

April 2014 Monthly Update

CENTER FOR
YOUTH  **WELLNESS**
health begins with hope



Announcements:

- This month, we are excited to announce the launch of our new website at www.centerforyouthwellness.org! Visit us there to learn more about what needs to be done to mitigate the impacts of ACEs and toxic stress. Each monthly update moving forward will be available as a PDF on our website in the News section.
- In addition, we congratulate our families: moms, dads, and kids, for completing the six-week long cooking course together, held by Cooking Matters. Healthy eating is an important part of the holistic approach we take to give our families real tools to improve their lives. Thank you to our dedicated amateur chefs and to the 18 Reasons Cooking Matters instructors for bringing healthier and happier eating habits into all our

lives.

Awards:

- We're excited to announce that CYW founder and Chief Executive Officer, Dr. Nadine Burke Harris will be awarded the Community Leader Award by the Leadership California Legacy of Leadership Awards on April 28, 2014 at the Westin in San Francisco.
- In addition, Dr. Nadine Burke Harris will be honored as "[a healing voice from Bayview Hunters Point,](#)" by [Public Advocates](#). April is [National Minority Health Month](#), an effort to raise awareness about the health disparities that continue to affect people of color. We thank them for another opportunity to bring ACEs, toxic stress, and early prevention into the public eye.

Policy news:

- Last month, CYW Chief Operations Officer Suzy Loftus testified before the California State Assembly Select Committee, on Justice Reinvestment. Speaking from her perspective as a former prosecutor, Loftus urged the Select Committee to invest more in early childhood healthcare rather than the historical "lock 'em up" approach. "If we want to foster safer and stronger communities, we need to identify effective interventions for toxic stress and ACEs," testified Loftus. "[This] is the strategy that builds a lasting foundation for a more prosperous and safer state."

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