Friends and Family,

As we look back on all that was achieved in 2016 and how Center for Youth Wellness (CYW) elevated national awareness on Adverse Childhood Experiences (ACEs), we are in awe of the strides we’ve made and steadfast in the work ahead.

At CYW, our mission is to improve the health of children exposed to Adverse Childhood Experiences.

According to the National Survey of Children’s Health, 34.8 million children across the United States are impacted by Adverse Childhood Experiences (ACEs). ACEs are exposures in childhood such as abuse, neglect, parental incarceration, divorce and domestic violence that have been shown to affect just about every domain in which a child functions. Research has documented a dose-response effect between ACEs and behavioral problems, learning impairment, incarceration, drug addiction and long-term health issues, including heart disease, diabetes, cancer, stroke, Alzheimer’s and suicide.

CYW is a leader in understanding and translating the emerging science of ACEs into direct clinical practice, and educating the public and practitioners on the urgency of addressing the impacts of ACEs.

It was not long ago that most people in this country had never even heard of ACEs. Now, educators, pediatricians, and policymakers are joining the movement to understand the importance of screening for ACEs and treating their effects. CYW is proud to stand at the forefront of this movement at the local, state and national level.

As we move boldly forward, we continue to feel the urgency of our work to address and prevent the effects of Adverse Childhood Experiences. We thank you for all of your support in 2016 and invite you to continue on this journey with us to ensure all #ChildrenCanThrive!

Regards,

Nadine Burke Harris, MD, MPH, FAAP
Founder and CEO

Christopher Padula
Executive Director
In partnership with the Bayview Child Health Center, CYW has provided universal screening to all patients and multidisciplinary interventions in a real-world community-based clinic.

CYW’s ACEs screening tool has been downloaded via our website by over 1,500 clinicians in 24 different countries.

CYW started the second phase of our 3-year research study with UCSF Benioff Children’s Hospital Oakland and UCSF to measure biomarkers associated with ACEs and toxic stress.

Researchers from CYW conducted a systematic investigation of over 15,000 scholarly articles and a thorough scan of the pediatric and scientific field to identify current best measures, practices and interventions.

The biannual CYW National Conference on ACEs was convened with over 500 practitioners, educators and pediatricians, featuring inspirational speakers like Dr. Mona Hanna-Attisha and Bryan Stevenson.

CYW was featured in Jamie Redford’s film, Resilience: The Biology of Stress; The Science of Hope, selected for participation at Sundance Film Festival.

CYW Founder and CEO, Dr. Nadine Burke Harris was awarded the prestigious Heinz Award for the Human Condition, recognizing her leadership in the field.

CYW expanded visibility for the issue of ACEs via dozens of speaking engagements and national media features in The Washington Post and on NPR.
ABOUT CYW

The Center for Youth Wellness (CYW) is part of a national effort to transform pediatric medicine and the way society responds to children exposed to Adverse Childhood Experiences (ACEs) that can cause toxic stress. Through our public awareness, research and clinical programs, we are committed to improving the health of children and adolescents.
WHAT WE DO

In pursuit of our vision, CYW is fundamentally committed to preventing, screening and healing the impacts of ACEs and toxic stress.

PREVENT
Raising national awareness among pediatricians, parents, and policymakers

SCREEN
Educating health care professionals on how to effectively screen for and treat ACEs and toxic stress

HEAL
Developing, employing and researching treatments and promising practices that heal the brains and bodies of children
RESEARCH

CYW RESEARCH PUBLISHED IN CHILD HEALTH JOURNALS AND SHOWCASED AT NATIONAL CONFERENCES

Advances in Pediatrics
A detailed review to define early life adversity and toxic stress and its implications for pediatric health.

Zero to Three
An article detailing the Center for Youth Wellness’ unique model and approach to ACE screening in a primary pediatric care setting in partnership with the Bayview Child Health Center.

The CYW screening and intervention process, and an evaluation of the model were also published as a poster at the Society for Adolescent Health and Medicine (SAHM) 2016 Annual Meeting in Washington DC.
**CYW Presented Research at Academy of Pediatrics Annual Meeting in San Francisco**

A systematic review of pediatric health outcomes associated with Adverse Childhood Experiences was presented at the Academy of Pediatrics Annual Meeting in San Francisco in 2016. This research helped identify health outcomes of children exposed to adverse childhood experiences and toxic stress. The findings were presented in a poster session at the AAP Annual Meeting in October 2016. CYW Staff received an award for Best Abstract in the section on Child Abuse and Neglect and selected for a press release by AAP Media Relations. Research identified in the literature review are part of a larger environmental scan of measures and interventions for toxic stress and ACEs.

**CYW Completes First of Its Kind Community Based Participatory Research (CBPR) Study on Childhood Adversity in Partnership with Leadership High School Students**

Youth researchers from Leadership High School (LHS), in partnership with CYW, completed data collection on prevalence of ACEs among youth, and the association of ACEs with socio-demographics and academic performance. In August 2016, youth involved in the study traveled with staff to Washington, DC to present their findings at the Community-Engaged Research (CEnR) Annual Meeting. Watch an overview of the research project and related findings.
CYW and Leadership High Youth Visit the White House

Dr. Nadine Burke Harris and LHS student researcher, Sheanna Soriano, traveled to Washington, DC to participate in a panel on trauma-informed approaches in school and specific efforts to support girls of color and rethinking discipline.

The Bay Area Research Consortium (BARC) successfully completed the pilot study of PEARLS

The CYW Research Team, as part of the ongoing collaboration with the Bay Area Research Consortium (BARC) on toxic stress and Health, successfully coordinated and completed the pilot study of the Pediatric ACEs Screening and Resiliency Study (PEARLS study), funded by grants from the Tara Health Foundation and Genentech. The study aims to expand and contribute to the science of childhood adversity through a partnership between three institutions: the Center for Youth Wellness, UCSF Benioff Children’s Oakland, and the Adversity Bio-Core (ABC) Bank at the UCSF School of Medicine and Pharmacy.
CLINICAL

PATIENTS AND FAMILIES SERVED

CYW Clinical Programs served 255 patients in partnership with the Bayview Child Health Center (BCHC).

223 of the 255 were children/youth and young adults (age 0-21) screened for Adverse Childhood Experiences (ACEs) using the Center for Youth Wellness Adverse Childhood Experiences Questionnaire (CYW ACE-Q) and referred for integrated care by their BCHC Primary Care Provider. These patients received ACEs and toxic stress psychoeducation and family-focused services that included participation by their parent(s)/caregiver(s). Additionally, 32 of the 255 patients served were parents/caregivers (age 24+) requiring more intensive individual therapeutic intervention in order to support their child/children in the therapeutic process.

CYW Measures Treatment Effectiveness to Inform Future Interventions

To assess treatment effectiveness, CYW began a standardized process of collecting physical and behavioral health metrics in March 2016. A formative evaluation is currently underway. Results will inform future interventions and data collection strategies to ensure Continuous Quality Improvement. CYW looks forward to sharing the results of the program evaluation in the 2017 Annual Report!
CYW PILOTS GROUP THERAPY OFFERINGS

CYW Clinical Programs piloted three group interventions in 2016 in order to increase access to CYW services and psycho-educational content, as well as assess the feasibility of group-based interventions as an effective intervention for our patients. Groups offered were Attachment Vitamins (a UCSF Child Trauma Research Program intervention); Parenting by Connection (a Hand in Hand Parenting curriculum) and a Multi-Family Music Therapy Group.

MULTI-FAMILY MUSIC THERAPY GROUP

Developed in partnership by CYW Clinical Programs, Bay Area Music Therapy, Tacuma King - Master Percussionist, and members of the San Francisco Chapter of the Links. The group was made possible by the generous financial support of the 62 Candles Fund and the San Francisco Chapter of the Links, in memory of Frank Tompkins.

The curriculum was developed by Bay Area Music Therapy clinician Julia Beth Runkle, MT-BC and Master Percussionist Tacuma King.

Evaluation of the program determined that:

- **100%** of respondents reported greater family communication at the end of the 8-week intervention
- **80%** reported greater satisfaction with their family relationships pre- to post-intervention
In October 2016, the Center for Youth Wellness hosted the second biannual Conference on Adverse Childhood Experiences (ACEs). The theme, “Awareness to Action,” called together thought-leaders and advocates from the education, early childhood, health, juvenile justice and child welfare sectors to build on our collective awareness efforts to implement policies and practices that benefit the whole child. Conference sessions focused on strengthening cross-sector collaboration as sectors work together to build state and national systems that help children who have faced early adversity.

The 2016 conference was a unique opportunity for every expert and practitioner to strengthen their commitment and efforts to advance the ACEs movement and build a better future for children exposed to early adversity.

“WE HAVE GOT TO BE BRAVE AND HOPEFUL.”

Bryan Stevenson
Founder and Executive Director of the Equal Justice Initiative
WHAT WE ACCOMPLISHED

✔ Build Connections
Gather professionals across sectors and specialties to share their experiences, learn from each other and collaborate.

✔ Advance Practice
Highlight the most promising policies and practices in use currently across sectors.

✔ Inspire Action
Showcase high profile national case studies of effective advocacy to inspire coordinated action.

SPONSORS INCLUDED
Kaiser Permanente
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Sierra Health Foundation

“I THOUGHT THE BEST PART OF THE CONFERENCE WAS THE ABILITY TO INNOVATE ACROSS SECTORS - THAT DOCTORS, SOCIAL WORKERS, POLICY MAKERS, EDUCATORS, LAWYERS, AND OTHER YOUTH-FACING FOLKS WERE IN THE ROOM.”

2016 ACEs Conference Participant
ADVANCING PEDIATRIC PRACTICE

CYW Hosts First Pediatric Symposium

In fall of 2016, the Center for Youth Wellness launched the first half day Pediatric Symposium for pediatricians, nurses and other medical staff working on or interested in ACE screening and referrals within pediatric medical settings. 122 child-serving health care providers gathered to learn more about current protocols, emerging research and developing practices on screening and referring patients who show the effects of ACEs and toxic stress.

National Pediatric Practice Community

In 2016, CYW laid the groundwork for the 2017 launch of the first National Pediatric Practice Community on ACEs (NPPC). The NPPC is a community of pioneering pediatric-serving medical practitioners interested in integrating ACEs screening into their workflow and using an ACEs and toxic stress framework to enhance the quality of patient care and health outcomes.

Learn more about the NPPC at NPPCaces.org

“THE TREATMENT IS INVESTING IN OUR YOUNG AND MOST VULNERABLE, AS EARLY AS POSSIBLE”

Dr. Mona Hanna-Attisha
Director, Pediatric Residency Program, Hurley Medical Center
ADVANCING PRACTICE THROUGH POLICY

Launch of 4CA (California Campaign to Counter Childhood Adversity)

At the second conference on Adverse Childhood Experiences (ACEs) in 2016, a group of participants from various sectors came together to continue to collaborate on policies to prevent and mitigate the effects of childhood adversity and toxic stress. In 2016, they launched the California Campaign to Counter Childhood Adversity (4CA), after developing a statewide policy agenda. The 4CA Action Plan was presented at the ACEs Policy Convening in San Diego, and it guides the Campaign’s advocacy efforts for three years, through 2018.

Sectors represented in 4CA include child welfare, early childhood, education, health, and youth justice. The Campaign is guided by the Steering Committee and campaign membership, with support from the Center for Youth Wellness and Children Now.

Contact us at 4CAkids@centerforyouthwellness.org

“I HOPE YOU TRULY BELIEVE IN THE COMMUNITIES YOU SERVE...BECAUSE PEOPLE CHANGE PEOPLE.”

Nelba L Márquez-Greene
Founder & Executive Director of the Ana Grace Project
SHOUTING IT FROM THE ROOFTOPS!

Dr. Burke Harris Presents at Dreamforce

Dr. Nadine Burke Harris was invited by Salesforce to spread the message about ACEs at the annual Dreamforce Conference’s Day of Compassion. The special theme and day are part of the company’s vision and commitment to using compassion as a way for society to come together and solve the most important problems we all face. Dr. Burke Harris spoke along cultural revolutionaries like Dr. Larry Brilliant, Elizabeth Gilbert (author of Eat, Pray, Love) and Daniel Goleman (author of Emotional Intelligence: Why It Can Matter More Than IQ). The session was viewed by a live audience of approximately 1,000 and an additional 60,000 through live streaming.

“From the way they are treated in the doctor’s office, to the way they are educated in school, to the way they are handled in the criminal justice system, people with ACEs are tragically underserved by our society. Fully understanding how to support children and adults with ACEs can have a huge ripple effect, creating a healthier, more just society for all of us.”

Dr. Nadine Burke Harris
Founder & CEO
**CYW Featured in *Resilience* Documentary**

Dr. Burke Harris and the Center for Youth Wellness participated in ‘Resilience: The Biology of Stress and the Science of Hope’, a documentary by filmmaker James Redford. The film outlines the physical, emotional and developmental impacts of adversity and toxic stress and chronicles the movement to fight back. ‘Resilience’ premiered at the January 2016 Sundance Film Festival and has since been shown in schools, community centers and organizations across the country, spreading the message of toxic stress and ACEs to thousands.

**Dr. Burke Harris Wins Prestigious Heinz Award**

Each year, the Heinz Family Foundation honors five individuals for their extraordinary contributions to key areas of society. In 2016, Dr. Burke Harris received the award in the category of Human Condition, an incredible recognition of her work and CYW’s contribution to the field of ACEs and toxic stress.

**Spreading the Message**

In June 2016, Dr. Burke Harris, as a guest of the Child Development Agency (CDA), spoke with health professionals about the issue of adverse childhood experiences and how they impact children’s health and well-being. CDA is a leader in Jamaica’s child protection system and works to promote child-friendly policies and ground-breaking programs to strengthen families.
“There’s actually a lot that we can do. The most important thing that we can do is early detection, right? We all know that an ounce of prevention is worth a pound of cure, and the earlier we detect, then we have the opportunity to take advantage of the child’s developing brain and body to have that development happen in a healthy environment as opposed to an unhealthy environment.”

“At the Center for Youth Wellness, which opened in 2011, children and their parents can see mental health workers, learn about mindfulness and other relaxation techniques, and meet with case managers who connect them with social services.”

“With roughly 450 attendees, the second incarnation of a biannual conference drew from a range of frontline practitioners, advocates and others across several fields from all over the country.”
Center for Youth Wellness’ (CYW) revenue exceeded expenditures for 2016. This surplus supports CYW’s general operating reserve fund.

CYW is very pleased that its independent auditor issued an unqualified opinion on its audited financial statements and there were no deficiencies identified in the internal control processes that would be considered a material weakness and reportable to the Board.

The information represents the financial activities for 2016. A complete copy of CYW’s financial statements audited by Armanino LLP is available upon request from Center for Youth Wellness.
2016 FISCAL YEAR CONTRIBUTIONS

**Founding Leadership Circle ($100,000+)**
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Battery Powered, a program of The Battery Foundation
The California Endowment
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**Benefactor ($10,000-$24,999)**
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