

## **Columbia County Childhood Trauma Informed Network Letter of Commitment**

**Between** Columbia County                      **and the Childhood Trauma Informed Network (CTIN)**

**New Member Organization:** Columbia County Public Health

**As a party to this agreement, I join the CTIN in my understanding that:**

- A proven correlation exists between the occurrence of childhood adversity and toxic stress and serious and costly medical, emotional and behavioral health challenges throughout individual lives and across generations;
- The cumulative effects of these problems severely impact both individuals and society, often manifesting as debilitating illnesses, addictions, insecurities, depression and other mental or emotional disturbances, as well as developmental disorders, joblessness, poverty, domestic violence, child abuse/neglect, homelessness, prostitution, incarceration, early death and suicide;
- Children, adults and communities can learn skills and ways of thinking to boost resilience. Resilient people can cope with stress, overcome adversity and thrive despite challenges in life. People who are resilient see setbacks and disappointments as opportunities to grow;
- Protective factors are the opposite of adverse childhood experiences (ACEs)—the circumstances in a child’s life that buffer her/him from harm and promote stability and resilience. Research has shown that supportive family and social relationships, exercise, adequate sleep, proper nutrition, spending time in nature, listening to music, and meditation are key protective factors for individuals. Protective community factors may include adequate housing, access to health care, support in times of need and caring adults outside the family who serve as mentors and role models.<sup>i</sup>

**With this information comes the responsibility to use it. As a CTIN member organization, I agree to:**

1. Attend CTIN monthly steering committee and/or sector workgroup meetings;
2. Adopt trauma informed principles and practices across my organization;
3. Identify a champion and internal core team that is the lead for my organization;
4. Become conversant in preventing, protecting against and healing childhood trauma and building resilience;
5. Participate in trainings, projects and programs that address the mission of the CTIN; replicate trainings received by the CTIN for other staff in my organization;
6. Work towards a common goal, shared agenda and metrics and mutually reinforcing activities;
7. Support other CTIN member organizations on their journey to adopt trauma informed practices by sharing lessons learned and providing peer-to-peer support and information.

This agreement will remain in effect indefinitely; either party may terminate the agreement upon written notice to the other.

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Name	Alex Tardif	Organization	Columbia County	Date	
Title	Chair, Board of Comm.	Signature			

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<sup>i</sup> Definition source: Hochman, A. & Stevens, J. (2019). The Language of Aces. *The Community Resilience Cookbook*. Retrieved from: <http://communityresiliencerecipebook.org/the-language-of-aces/>