



By focusing on healing, reducing, and preventing trauma, a trauma-informed community can break the cycle of adversity that leads to risky behaviors, creating a healthier, more supportive environment for all its members. This proactive approach not only addresses current issues but also helps prevent future generations from experiencing similar challenges.

How You Can Help: By getting involved in creating a trauma-informed community, you can play a crucial role in healing, reducing, and preventing trauma. Here's how:

- **Promote Awareness:** Educate others about the impact of trauma and the importance of trauma-informed practices.
- **Support Local Initiatives:** Engage with or support programs that focus on building a trauma-informed community, such as those offering mental health resources or violence prevention programs.
- **Foster Strong Relationships:** Whether at home, school, or in the community, fostering strong, supportive relationships is key to building resilience and preventing trauma.

Together, we can break the cycle of adversity and create a healthier, more supportive environment for everyone in St. Lucie County.

Who's involved? Planning Committee Members

- Jessie Adamson, Tykes and Teens
- Melanie Afanador, SafeSpace, Inc.
- Jordan Bebout, Communities Connected for Kids
- Teresa Bishop, CEO, Roundtable of St. Lucie County
- Terry Ann Burke, CILO
- Stacey Cason, St. Lucie Public Schools
- Cassey Chang, Tykes and Teens
- Christina Current, SafeSpace
- Steve Estima, Families of the Treasure Coast
- Shamra Gilles, Roundtable of St. Lucie County
- Sara Grimson, Tykes and Teens
- Wynonah Johnson, Healthy Start St. Lucie, GROW Doula
- Gregory Jones, Treasure Coast Barbers United, Inc.
- Darcy McFolley, IGNITE Youth Alliance, Cayuga Center
- Siobhan McGoorty, Sexual Assault Assistance Program
- Jennifer Mead, Early Learning Coalition of St. Lucie County
- Vic Miller, Project L.I.F.T
- Marcus Mills, IGNITE Youth Alliance, Cayuga Center
- Stefanie Myers, Florida Department of Health St. Lucie County
- Dorothy Oppenheiser, Southeast Florida Behavior Health Network
- Laurie Owens, Florida Department of Health St Lucie County
- Stacy Pierre, Florida Department of Health St Lucie County
- Kimberly Reid, Helping People Succeed
- Kelly Santos, Children's Services Council of St. Lucie
- Kayla Schug, Boys & Girls Clubs of St Lucie County
- Mary Sirmons, Survivors of Murdered Victims Support Group
- Clorisse Stephens, Helping People Succeed
- Aquanda Thomas, Department of Juvenile Justice
- Veronica Wade, New Horizons of the Treasure Coast
- Joell Willis, YMCA of the Treasure Coast

Committee Initiatives:

The Peace4SL planning committee, comprising dedicated members from diverse sectors, has been actively advancing our mission. Together, we have undertaken various initiatives: Reviewing county-specific data on ACEs to gain insights into the prevalence and impact within our community. Conducting extensive discussions to identify and assess existing resources to build resilience and effectively leverage available assets. Analyzing current approaches and opportunities for enhancement to strengthen trauma-informed practices across various sectors.

Communities and schools nationwide, such as those in San Francisco, Spokane, San Diego, and Walla Walla, have successfully implemented trauma-informed strategies. These initiatives have led to remarkable outcomes, including a 90% decrease in suspensions, improved academic performance, and higher graduation rates, particularly benefiting students with the highest ACE scores ([PACEs Science 101 \(FAQs\) – Positive and Adverse Childhood Experiences | PACEsConnection](#)). By embracing trauma-informed and resilience-building practices, we can create environments that promote healing, reduce violence, and enhance overall well-being. Peace4SL is dedicated to paving the way for a supportive, empowered, and resilient community in Saint Lucie County. Together, we can make a difference in the lives of individuals and families affected by ACEs, fostering a brighter future for our community.