



LOGO
PLACEHOLDER

Events &
Resources

LINKS
About Us

JOIN US!

COMPLETE WEBSITE
COMING SOON

RESILIENT MARIN

Who Needs to be Trauma Informed? All of Us!

WHO WE ARE

We are parents and professionals concerned about the impact of childhood trauma on our youth and our community.

We believe Marin can effectively address trauma and create a community where everyone can thrive.

WHAT WE DO

AWARENESS

Increase awareness about Positive and Adverse Childhood Experiences (PACES) and intergenerational trauma.

IMPACT

Aid the community in understanding the impact of PACES on mental & physical health, substance use, school performance, and justice system involvement.

TRAUMA INFORMED CARE AND RESILIENCY

Collaborate with agencies serving youth and young adults to implement effective practices across systems.

ADVOCACY

Coalition-building, advocacy, and policy-making on local, regional, and national level.

“Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood and untreated cause of human suffering.”

PETER LEVINE

MARIN COUNTY - BY THE NUMBERS

To be updated with Marin’s data.

- **61%** of adults had at least one ACE and 16% had 4 or more types of ACEs
- At least **5** of the top 10 leading causes of death are associated with ACEs
- Preventing ACEs could reduce the number of adults with depression by as much as **44%**
- **Females** and several racial/ethnic minority groups were at a greater risk for experiencing 4 or more ACEs

ACES - THE IMPACT WE CAN HAVE

Preventing ACEs could **REDUCE** a large number of health conditions:

- Adults with depression by as much as **44%**
- Adults with heart disease by as mu by as **13%**
- Adults with cases of overweight/obesity by as much as **2%**
- At least **5** of the top 10 leading causes of death are associated with ACEs

Contact Us

Marion Kregeloh
marion@marinmovement.com

EVENTS & RESOURCES

Everyone can:

1. Recognize challenges that families face and offer support and encouragement to reduce stress.
2. Support community programs and policies that provide safe and healthy conditions for all children and families.

EVENTS (SAMPLE)

IDENTIFY TRAUMA - WEBINAR

Join us on Fri, August 25th to learn about how to identify trauma.

HELP YOUR CHILD - SEMINAR

Come to Hotel Acme to learn about helping your child.

RESOURCES

TRAUMA TRANSFORMED

Advancing trauma-informed systems.

BUILDING TRAUMA-INFORMED COMMUNITIES

CDC Blog.

PODCAST - TRANSFORMING TRAUMA

From NARM Training Institute.

PACESCONNECTION

Site with a variety of resources.

ACEs

CDC Vital Signs.

Trauma-informed care shifts the focus from “What’s wrong with you?” to “What happened to you?”

PARTNERS



Contact Us

Marion Kregeloh

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ABOUT US

VISION

Marin County is a resilient community working together to understand, prevent, and address childhood trauma.

MISSION

Resilient Marin educates the community and collaborates with agencies serving youth to ensure that childhood trauma is understood, identified, and prioritized to prevent re-traumatization and reduce the impacts of unaddressed trauma.



“One out of every four children attending school has been exposed to a traumatic event that can affect learning and/or behavior.”

NCTSN CHILD TRAUMA TOOLKIT FOR EDUCATORS

WHY YOU SHOULD JOIN US!

Resilient Marin was started by parents and professionals concerned about the impact of childhood trauma on our youth and our community. Childhood trauma occurs in many ways – abuse, neglect, parental substance use, loss of a parent, divorce, separation due to immigration, and other adverse experiences.

When a child experiences repeated or extreme trauma it can affect them for the rest of their lives, leading to school failure, substance use, involvement in the justice system, and other outcomes.

Unresolved trauma affects the whole community.

We want trauma to be identified and addressed as early in a child’s life as possible, increasing their chances to thrive in our community. This means educating the community, schools, health care providers, and others working with youth about signs of trauma and how to address it.

There are trauma informed care practices backed by neuroscience and evidence-based research, developed for many settings that are effective. We want to partner with schools and other systems to implement these practices. **Join us in creating a resilient community where everyone can thrive!**

Contact Us

Marion Kregeloh

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CORE COMMITTEE MEMBERS



Marion Kregeloh

Founder/Coordinator,
Resilient Marin

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Don Carney

Trauma Informed Professional
and Expert, Founder YTJ

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Jeannine Curley

Trauma Informed Professional
and Expert, Founder OTW

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Kristen Gardner

Consultant

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“The experiences in the first years of life are disproportionately powerful in shaping how your brain organizes.”

OPRAH WINFREY, WHAT HAPPENED TO YOU?: CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING

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