

Mayor's Commission for Children Minutes

May 18th 2021 8 am

Zoom meeting

Commission members present: Dr. Kaleen Long, Dr. Elizabeth Andrews, Monica Horton, Chris Jarratt, Missy Riley, Christy Davis, Jennifer McClure, Amy Chenoweth, Brandy Harris

Advisory Council present: Gerry Lee, Dr. Denise Fredrick, Christian Mechlin, Alexis Brown, Kimberly Shinn Brown, Mike White, Dr. Kayce Morton, Dr. Tamara Fusco, Susie Henderson, Dr. Doug McNeal,

Dr. Andrews introduced Krista Pyle.

ACEs are associated, in a dose response fashion, with common and consequential health conditions such as asthma, diabetes, depression, heart disease and cancer. It is now known that one important way in which ACEs increase risk of negative health outcomes is through prolonged activation of the biological stress response and associated changes to brain, immune, hormonal and genetic regulatory systems – known as the toxic stress response.ⁱⁱⁱ There is hope -- **toxic stress is amenable to treatment.** We can act now to change and save lives. We can screen for ACEs and toxic stress risk, intervene early, respond with evidence-based trauma-informed care, and significantly improve the health and well-being of individuals and families. **These efforts can also reduce the risk of intergenerational transmission of ACEs and toxic stress.**

<https://strongertogetherspringfield.com>

You can follow their education on Toxic stress and building resilience in Springfield at their webpage.

Meeting adjourned at 9:15