

→ **ACES and Responding to Complex Trauma**

August 11, 2014, 8:30 am – 3:30 pm

Puget Sound ESD - 800 Oakesdale Ave SW, Renton, WA 98057

**Responding to Complex Trauma (ACEs) using the Attachment, Self-regulation and Competency (ARC) Framework** This interactive workshop will focus on brain science, an overview of the Adverse Childhood Experience Study, and practical strategies for responding to children & youth impacted by trauma. You will learn how to use attachment practices, manage attunement, teach self-regulation to enhance executive function and increase a positive classroom/program climate.

**Objectives**

- Define complex trauma (Adverse Childhood Experience Study overview)
- Understand impacts of complex trauma
- Identify 10 building blocks of the attachment, self-regulation and competency model
- Implement 4 of the 10 building blocks of the attachment, self-regulation and competency model

**Costs:** Individuals \$125; teams of 4 or more \$100 per participant

**Register:** contact Teri Hebert at [thebert@psesd.org](mailto:thebert@psesd.org)

→ **CHANGE A LIFE IN ONE NIGHT.** FRI/SAT AUG 22/23 Puyallup's Meridian Habitat Park



**One Night In A Car** is a unique opportunity to taste the reality lived by hundreds of kids across eastern Pierce County – and the means to change it. *More than an experience, One Night will directly impact kids' lives in the context of community. Partner organizations have*

*assembled a one-of-a-kind time thought-provoking simulation of family poverty with a twist. You can expect an amazing night as young people and families from across the community gather to pool resources, sleeping bags and coffee in hand!*

***What will we do?** Participants will eat a typical meal from a local food bank, hear honestly and interact with front-line staff working with families and those who have experienced homelessness first hand, then spend the night sleeping in their car (or a tent if they so choose). This is no camping trip - participants will limit the resources they bring along to make the experience as true to life as possible. On Saturday morning, One Nighters will wake to an amazing pancake breakfast to celebrate the experience together and say goodbye to new friends.*

*How does this impact kids? We figured out what it costs to provide the keys that kids and families need to escape homelessness in our community. For \$350, Helping Hand House can provide an essential 6 weeks of mentoring, education and employment assistance in our Accountable Housing program - practical tools for a family with children to escape poverty in the context of a safe home.*

***One Night is like a charity 5k with no running involved.** Participants gather pledges ahead of time (\$350 for individuals/\$500 for a family) from friends and family to change the lives of real people. We make this part easy! Our team will help with messages and eye-opening stats you can use - just copy or repost them on Facebook, Twitter, or Instagram with the hashtag #onenightinacar. Your friends can respond and support you immediately online to help you reach your goal. Then spend the night experiencing the reality faced by hundreds of kids across our communities as they eat from the local food bank and sleep in the car. **How Do I Get Involved?***

***BE THERE:** If you haven't done so already, you can reserve your spot as a One-Nighter right now at [www.onenightinacar.org](http://www.onenightinacar.org). You don't want to miss this! There is a minimal ticket/registration fee for the event, which covers the cost of your t-shirt, food, and renting space for the event (paid at [registration via Eventbrite](#)).*

**REGISTER FOR THE EVENT (STEP 1)**

***MAKE THE IMPACT:** One-Nighter's raise or contribute at least \$350 (or \$500 as a family) from friends, family, classmates, or colleagues to end homelessness for a family here in eastern Pierce County. The funds raised go directly to serving kids in the Accountable Housing program - a transparent and high-impact opportunity to change a kid's life right away. The best way to do so? Keep reading...*

***USE YOUR INFLUENCE:** Set up your very own One-Nighter page and collect donations towards your goal using the full power of your social media influence for good. Many of the folks you're connected to care about the same things you do - so engage them and change real lives. **Click on the "Become A One Nighter" button, register with your Facebook account, upload a photo, share why this matters to you, and get it going!***

## BECOME A ONE NIGHTER (STEP 2)

**What is Helping Hand House?** Families come to Helping Hand House to escape homelessness forever. With 40+ homes spread across eastern Pierce County, Helping Hand House is a catalyst to living-wage employment, financial security, and education for the whole family. Together with friends like you, we are ending poverty for families with children in our community. Learn more at [helpinghandhouse.org](http://helpinghandhouse.org) or at [facebook.com/helpinghandhouse](https://facebook.com/helpinghandhouse).

**Register now to get started creating your impact with kids in our community.** We look forward to seeing you at One Night In A Car! As always, feel free to get in touch ([email me at impact@helpinghandhouse.org](mailto:emailmeatimpact@helpinghandhouse.org)) with any questions or feedback as we work together to end homelessness for kids and families in Pierce County.

Thank you again for all you do, and see you this August!  
Duke Paulson, Executive Director, Helping Hand House  
#onenightinacar

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### → **Gov. Inslee budget office is asking agencies to show what 15 percent cuts would look like**

Comment Posted on TNT story:

**If kids don't have food, healthcare, and stable housing, McLeary funding for education alone won't make the difference we and the WA Supreme Court are seeking. Students eating irregularly, being sick, doing their homework in the family car and/or moving frequently just can't keep up...actually can't learn.**

Read more here: [http://www.thenewstribune.com/2014/06/18/3250507/gov-inslee-budget-office-is-asking.html#emlnl=Government\\_Newsletter#storylink=cpy](http://www.thenewstribune.com/2014/06/18/3250507/gov-inslee-budget-office-is-asking.html#emlnl=Government_Newsletter#storylink=cpy)