



**IMPROVING THE HEALTH AND WELL-BEING OF ALL
BY EMPOWERING COMMUNITIES, ORGANIZATIONS,
AND PEOPLE TO TAKE INFORMED ACTIONS TO
PREVENT AND MITIGATE THE LIFELONG EFFECTS OF
CHILDHOOD ADVERSITY.**

Legislative Vision 2025

Three Pillars for Promoting Health and Well-Being

<p>Stable and Nurturing Families</p>	<p>Caregivers are key to providing nurturing experiences that protect children from adversity. When caregivers are supported, they can form strong, positive relationships with their children, promoting future health, learning, and success.</p> <p>What Helps: Programs and policies that support both parents and children together. For example, expanding access to paid leave allows caregivers to be present for important moments while maintaining financial stability. This benefits family well-being and strengthens Iowa’s workforce.</p>
<p>Safe and Healthy Environments</p>	<p>Schools, organizations, and communities are vital for children's healthy development and success. Strong relationships between families, schools, and local organizations create supportive networks that help children thrive in safer environments.</p> <p>What Helps: Trauma-informed and healing-centered policies can help schools and communities address the impacts of trauma, preventing further harm and creating safer spaces. Key strategies include training educators to recognize trauma, resilience-building programs that teach coping skills, and multidisciplinary response teams made up of educators, mental health professionals, and law enforcement to enhance safety and respond to crises.</p>
<p>Access to Physical and Mental Health Support</p>	<p>Access to care is essential for family stability and community resilience. Healthy families can better support each other, build strong relationships, and contribute to their communities.</p> <p>What Helps: Integrated care models that include physical health, mental health, and social services to meet the needs of families. One example is a Perinatal Psychiatric Access Program (PPAP), which provides real-time consultations to frontline providers with concerns about the mental health of perinatal patients, offering expert guidance and connecting families to resources. This strengthens care for new mothers and improves the healthcare workforce’s capacity.</p>

What are ACEs?

Adverse Childhood Experiences are traumatic incidents that can dramatically upset a child’s sense of safety and well-being

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