



RICHMOND CITY SHERIFF'S OFFICE
1701 FAIRFIELD WAY
RICHMOND, VIRGINIA 23223



FOR IMMEDIATE RELEASE

**From Trauma to Prison to Harvard. The Power of Resilience
RCSO sparks the conversation about Trauma Informed Care during National
Mental Health Awareness Month**

Richmond, Va. (4/19/18) – In recognition of National Mental Health Awareness Month, the Richmond City Sheriff's Office is hosting all day activities on **Wednesday, May 2** to bring awareness to the impact that trauma has on individuals, families and the community.

According to the Adverse Childhood Experiences (ACE) study, the more individuals experience traumatic events in childhood the more probable they will have negative, lasting effects on their health and well-being. These traumatic experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian.

To help make a difference, RCSO is leading the discussion on trauma informed care. This treatment is first recognizing that people often have many different types of trauma in their lives. It is our responsibility as a community to emphasize physical, psychology and emotional safety for trauma survivors to help rebuild a sense of control and empowerment.

To inform the community we will host several presentations by renowned speaker Andre Norman and trauma informed care services providers throughout the day at the Richmond City Justice Center. The presentations will range from speaking with our residents, community service providers, youth offenders and the Richmond community.

Our last presentation will be open to the community from 6:00 p.m. – 8:00 p.m. at the Richmond City Justice Center. Please register for this event by clicking this [Eventbrite link](#).

If you have questions about this event please contact Alexis Carey, at (804) 514-2782 or please email me at alexis.carey@richmongov.gov.

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