



OFFICE OF THE
**CALIFORNIA
SURGEON GENERAL**



association of california
school administrators

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Dear California Superintendents

We are in the midst of a youth mental health crisis, and our schools face the challenge of supporting the mental health and wellbeing of students daily.

That's why I'm reaching out to ask for your help in prioritizing a new, free training recently launched by my office. [Safe Spaces: Foundations of Trauma-Informed Practice for Educational and Care Settings](#) is an online two-hour training designed to help educators, school personnel and early care providers understand and respond to trauma and stress in young people.

[Research suggests that adverse childhood experiences](#) like homelessness, loss of parents or loved ones, abuse, neglect, violence or illness—can negatively affect students in the classroom. This can show up in many ways, but research shows children with three or more Adverse Childhood Experiences (ACE's) are five times more likely to have attendance issues, six times more likely to have behavior problems, and three times more likely to experience academic failure.

Safe Spaces helps give educators and staff the tools to help students who may be reacting to an overactivated stress response calm down so they are ready and able to learn. It also includes strategies for education personnel—recognizing that self-care is key to creating trauma-informed environments.

This new training can be taken individually, but also includes a facilitation guide for those who choose to take it as part of a community of practice.

Safe Spaces is meant to be foundational and help create more trauma-informed schools across the state. **We can only get there with the support of educational champions like you.**

I invite you to learn more about the training. Please visit www.osg.ca.gov/safe-spaces.

¡Sigamos juntos en salud! Together in health!

Diana E. Ramos, MD, MPH, MBA, FACOG
California Surgeon General