



ACEs Aware Trauma-Informed Network of Care Stress Busters – Orange County



The following list was compiled by participants in the OC ACEs TiNoC October 14th Steering Committee Meeting Jamboard activity and is intended to provide a starting point for identifying relevant Stress Buster resources within Orange County which may assist in mitigating the effects of trauma and toxic-stress. The intention is to build upon, leverage, and align existing services within our community to ensure common best practices and supports for the Orange County ACEs movement.

Quality Sleep

- Families Together of Orange County-medical clinic, Tustin
- Numerous commercially available apps
- Dr Riba's Health Club
- CHOC Sleep Clinic (for investigation of medical causes of sleep disturbance)

Balanced Nutrition

- City and County Parks and Recreation Programs – e.g., City of Tustin Parks and Recreation programs are low cost and offered year round
- Kipow at schools
- Dr. Riba's Health Club
- Local Farmers Markets/ Health Education about the benefits of eating farm to plate and growing your own food
- Kid Healthy works at school with kids to exercise at breaks and nutrition
- OC United (Mindful Eating 4-week class) – countywide
- WIC programs/SNAP (can be used at some farmer's markets as well)
- Orange County Nutrition & Physical Activity Collaborative (NUPAC)
- School gardens and health education nutrition / science of agriculture

Physical Activity

- Irvine Regional Park
- Boys and Girls clubs
- School PE
- OC nature trails
- Rebound Mentorship
- OC beaches
- Your Irvine website - physical activity classes for adults and teens
- Kid Healthy works at school with kids to exercise at breaks and nutrition



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- Shea Center (Therapeutic riding center in SJC)
- Dr. Riba's Health Club
- OC United (Trauma-Sensitive Yoga) – countywide
- Fit4MOM Stroller Strides classes (also covers social connections)

Mindfulness Practices

- School Well Spaces
- Dr. Riba's Health Club
- CHOC Psychology Clinics and Primary Care clinics
- Western youth Services Clinics
- OC United - Living Compass (parents/adults/teens/children)
- Child Guidance Centers
- Transcendental Meditation Orange County (David Lynch Foundation)
- OC United - Creativity + Cooperation Art Workshop (for children)
- Biofeedback practices
- Western Youth Services: Jumpstart 4 Kids school based Programs host Lunch Clubs, and offer mindfulness practices at recess for activities
- OC United - Tea for the Soul (for caregivers/adults)

Experiencing Nature

- Ocean Institute, Dana Point (they have provided activities to our inpatient mental health center as well)
- Sherman Gardens, Corona Del Mar
- Talbert Nature Preserve, Costa Mesa
- OC Parks <https://www.ocparks.com/>
- OC beaches
- The Ecology Center <https://www.theecologycenter.org/> San Juan Capistrano
- Family friendly nature centers in orange county:
<https://www.funorangecountyparks.com> - has 17 different sites throughout OC
- Community gardens are also a great venue to access as a stress buster. They create social connections, get people out to move and grow healthy food

Mental Health Care

- Western Youth Services – countywide
- Child Guidance Center – countywide
- Children's Mental Health Access Collaborative



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- Federally Qualified Health Centers, including: Families Together of Orange County in Tustin Serve the People in Santa Ana
Hurtt Family Health Clinic in Tustin
- Hoag Maternal Mental Health Program
- School mental health services - varies with each school
- OC United (Making Sense of Your Worth Program + Therapy) – countywide
- Perinatal Mood and Anxiety Disorders Toolkit with resources/services in the county
- NAMI offers programs for families and youth. Support groups, workshops.
- Mental Health Equity Collaborative
- UCI Dept of Psychiatry
- Pepperdine University Graduate School community clinic
- Children and Families Coalition of Orange County
- CHOC Psychology, Primary Care
- Family Resource Centers
- SUD Treatment - Youth MAT Treatment Providers: KCS and Southland Integrated Services
- Frances Smith Center for Individual and Family Therapy at Chapman University
- Start Well Mental Health Consultation for early care and education.

Supportive Relationships

- OC United (Support Groups, Wellness Circles) – countywide
- Every Baby Home Visiting Program
- Boys and Girls Clubs, Big Brother Big Sisters, YMCA Youth Programs
- Full-service partnerships throughout Orange County
- Mecca Community Partners
- Home visiting programs, Mommy and Me classes, Early Relational Health
- Parenting Program - Olive Crest
- Start Well program for those who have children in an early education/preschool/childcare program. Focuses on the relationship between child and adult; also supports child behavior concerns
- Project Dulce