“I have seen many storms in my life. Most storms have caught me by surprise, so I had to learn very quickly to look further and understand that I am not capable of controlling the weather, to exercise the art of patience and to respect the fury of nature.”
- Paulo Coelho

“The best thing one can do when it’s raining is to let it rain.”
- Henry Wadsworth Longfellow

“Look deep into nature, and then you will understand everything better.”
- Albert Einstein

“To meditate means to go home to yourself. Then you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you.”
- Thich Nhat Hanh

“In order to heal others, we first need to heal ourselves. And to heal ourselves, we need to know how to deal with ourselves.”
- Thich Nhat Hanh

“Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.”
- Thich Nhat Hanh

“People sacrifice the present for the future. But life is available only in the present.”
- Thich Nhat Hanh

“People have a hard time letting go of their suffering. Out of fear of the unknown, they prefer suffering that is familiar.”
- Thich Nhat Hanh

“When you love someone, the best thing you can offer is your presence. How can you love if you are not there?”
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“Adopt the pace of nature: her secret is patience.”
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In Wisconsin, 61% of Black parents report that they are living in neighborhoods that are usually or always safe for their children (compared to 94% of White parents).
- 2011-2012 National Survey of Children’s Health

33% of transgender individuals reported having experiences of mistreatment, harassment, or denial of services by a doctor.
- U.S. Transgender Survey, 2015

40% of transgender individuals have attempted suicide (compared to 4.6% in general population).
- U.S. Transgender Survey, 2015

Gender non-conforming children who were assigned male at birth are 300% more likely to be sexually abused.
- Harvard School of Public Health

54% of deaf boys have been sexually abused as compared to 10% of hearing boys.
- National Child Traumatic Stress Network

50% of deaf girls have been sexually abused as compared to 25% of hearing girls.
- National Child Traumatic Stress Network

In Wisconsin, 23% of Black residents used an emergency room within a year (compared to 15% of White residents; highest of racial demographic groups).
- WI Dept. of Health Services, Family Health Survey, 2008-2010

Maltreatment of children with disabilities is 1.5-10 times more common than of children without disabilities.
- National Child Traumatic Stress Network

In Wisconsin, 31% of Black residents reported having fair or poor health (compared to 12% of White residents; highest of racial demographic groups).
- WI Dept. of Health Services, Behavioral Risk Factor Survey 2008-2011

In Wisconsin, 61% of Black parents report that they are living in neighborhoods that are usually or always safe for their children (compared to 94% of White parents).
- 2011-2012 National Survey of Children’s Health

21% of Black high school students in Wisconsin reported rarely feeling safe from physical harm while at school, with 8% skipping school due to feeling unsafe.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011
“To be whole. To be complete. Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from.”
- Terry Tempest Williams

“Wilderness is not a luxury but a necessity of the human spirit.”
- Edward Abbey

“In the depth of winter I finally learned that there was in me an invincible summer.”
- Albert Camus

“The family is one of nature’s masterpieces.”
- George Santayana

“One touch of nature makes the whole world kin.”
- William Shakespeare

“The breaking of a wave cannot explain the whole sea.”
- Vladimir Nabokov

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.”
- R. Buckminster Fuller

“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”
- Khalil Gibran

“Nature does not hurry, yet everything is accomplished.”
- Lao Tzu

“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.”
- Rachel Carson

“Nature does not hurry, yet everything is accomplished.”
- Lao Tzu

“Nothing in a caterpillar cannot explain the whole sea.”
- Vladimir Nabokov
90% of sexually abused children will develop Post-Traumatic Stress Disorder.  
- National Council for Community Behavioral Healthcare

In the U.S., 70% of adults have experienced some type of traumatic event at least once (223.4 million people).  
- National Council for Community Behavioral Health

Students with 3+ Adverse Childhood Experiences are 2.5 times more likely to fail a grade.  
- Health & Medicine Policy Research Group

Mindfulness practices helped school achieve an 8-22% reduction in disciplinary referrals.  
- Health & Medicine Policy Research Group

Each additional Adverse Childhood Experience increases the risk of being hospitalized with an autoimmune disease.  
- The National Center for Biotechnology Information

A man with an Adverse Childhood Experience (ACE) score of four is 4 times more likely to engage in domestic violence than one with an ACE score of zero.  
- Kaiser/CDC ACEs Study

Childhood abuse or neglect raises the chance of juvenile arrest by 59%.  
- Prevent Child Abuse New York

Approximately 90% of juvenile detainees reported having experienced at least one traumatic event.  
- National Institute of Corrections

Approximately 10% of incarcerated mothers have a child in a foster home or other state care.  
- U.S. Dept. of Justice

Gender non-conforming children who were assigned female at birth are 60% more likely to be sexually abused.  
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- Harvard School of Public Health
“How do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?”
-bell hooks

“Pain travels through families until someone is ready to feel it.”
-Stephi Wagner

“The more healthy relationships a child has, the more likely [they] will be to recover from trauma and thrive. Relationships are the agents of change.”
-Dr. Bruce Perry

“I am making more time for the people who make me want to be the best version of myself.”
-Yung Pueblo

“Goal: Find the balance between loving without attachments and not letting people harm you.”
-Yung Pueblo

“Nothing ever goes away until it teaches us what we need to know.”
-Pema Chödrön

“All too often women believe it is a sign of commitment, an expression of love, to endure unkindness or cruelty, to forgive and forget. In actuality, when we love rightly, we know that the healthy, loving response to cruelty and abuse is putting ourselves outside of harm’s way.”
-bell hooks

“Love is space; it is developing our own capacity for spaciousness within ourselves to allow others to be as they are.”
-Rev. angel Kyodo williams

“Flower work is not easy. remaining soft in fire takes time.”
-poem by nayyirah waheed

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In the U.S., 90% of clients in public behavioral health care settings have experienced trauma. -SAMHSA-HRSA Center for Integrated Health Solutions

Studies show that 60% of Wisconsinites report at least 1 Adverse Childhood Experience. -WI Children’s Trust Fund

1 out of 7 children (ages 2-8) have a diagnosed mental, behavioral, or developmental disorder. -2011-2012 National Survey of Children’s Health

Studies show that about 14% of Wisconsinites report 4 or more Adverse Childhood Experiences. -WI Children’s Trust Fund

Up to 1 out of 5 children experience a mental disorder in a given year -National Research Council and Institute of Medicine Report

In 2007, costs to individuals, families, and society as a result of mental disorders was estimated to be $247 billion. -National Research Council and Institute of Medicine Report

26.8% of adolescents (ages 12-17) reported that they were the target of bullying in Wisconsin (compared to 21% nationwide). -2016-17 National Survey of Children’s Health

In the U.S., 61% of men report exposure to at least one lifetime traumatic event. -SAMHSA-HRSA Center for Integrated Health Solutions

In the U.S., 51% of women report exposure to at least one lifetime traumatic event. -SAMHSA-HRSA Center for Integrated Health Solutions

In the U.S., 90% of clients in public behavioral health care settings have experienced trauma. -SAMHSA-HRSA Center for Integrated Health Solutions

More than 33% of youth exposed to community violence will develop Post Traumatic Stress Disorder. -National Council for Community Behavioral Healthcare

1 out of 7 children (ages 2-8) have a diagnosed mental, behavioral, or developmental disorder. -National Research Council and Institute of Medicine Report

Studies show that about 14% of Wisconsinites report 4 or more Adverse Childhood Experiences. -WI Children’s Trust Fund
“Every once and a while, take off your life and rest.”
-poem by nayyirah waheed

“Most children are amazing critical thinkers before we silence them.”
-bell hooks

“We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions.”
-Brené Brown

“We can’t heal what we don’t acknowledge, but acknowledgement can be painful and takes work, so we need effective tools and safe spaces where all feel welcome.”
-Lama Rod Owens

“Nothing I accept about myself can be used against me to diminish me.”
-Audre Lorde

“The wound is the place where the Light enters you.”
-Rumi

“If we must both be right, we will lose each other.
—exile”
-poem by nayyirah waheed

“Staying vulnerable is a risk we have to take if we want to experience connection.”
-Brené Brown

“Unharm someone by telling the truth you could not face when you struck instead of tended.
—put the fire out (unburn)”
-poem by nayyirah waheed

“Every once and a while, take off your life and rest.”
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“Every once and a while, take off your life and rest.”
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23% of Black adults and 21% of Hispanic adults in Wisconsin reported having four or more Adverse Childhood Experiences.
- WI Dept. of Health Services, Behavioral Risk Factor Survey 2008-2011

American Indian high school students have the highest risk for considering, planning, and attempting suicide compared to their peers.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

Less than 60% of Black high school students, Hispanic high school students, and American Indian high school students strongly believe their teachers care about them.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

Hispanic adults were nearly 200% more likely to not have health insurance coverage in Wisconsin.
- WI Dept. of Health Services, Behavioral Risk Factor Survey 2008-2011

Over 1/4 of Black and Hispanic adults in Wisconsin reported rarely or never receiving emotional support.
- WI Dept. of Health Services, Behavioral Risk Factor Survey 2008-2010

32% of both American Indian, and Asian high school students in Wisconsin reported feeling sad/hopeless for at least 2 weeks, causing them to stop doing usual activities.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

32% of both American Indian, and Asian high school students in Wisconsin reported feeling sad/hopeless for at least 2 weeks, causing them to stop doing usual activities.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

19% of Hispanic high school students in Wisconsin reported rarely feeling safe from physical harm while at school, with 7% skipping school due to feeling unsafe.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

Compared to White Wisconsin residents, Black residents are 4 times more likely to be living in poverty, and Lao/Hmong residents are 2.5 times more likely.
- American Community Survey 2010

Between 1/4 and 1/3 of Black, Hispanic, Asian, and American Indian high school students reported depression, compared with 1/5 of White high school students.
- WI Dept. of Public Instruction, Youth Risk Behavior Survey 2007-2011

Hispanic Wisconsin residents were least likely, of other measured demographics, to have visited a dentist within the past year.
- WI Dept. of Health Services, Behavioral Risk Factor Survey 2008-2011

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