



Mayor Greg Wheeler

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Proclamation

WHEREAS, there is compelling scientific evidence that demonstrates a strong correlation between negative childhood experiences—known as Adverse Childhood Experiences (ACEs) or “toxic stress”—and lifelong health and social challenges; and

WHEREAS, ACEs may include physical, sexual, or verbal abuse; physical and emotional neglect; witnessing domestic violence; the loss of a parent through separation or divorce; or having a family member who experiences mental illness, substance use disorder, or incarceration; and

WHEREAS, in Kitsap County, 62% of residents report at least one ACE, and over 37% report three or more ACEs—and research shows that the greater the number of ACEs, the higher the risk for social, emotional, behavioral, and physical health challenges, including school suspension, dropout, unemployment, homelessness, incarceration, chronic disease, and substance use; and

WHEREAS, ACEs are linked to many of our most costly community issues, including intravenous drug use, mental illness, suicide attempts, alcoholism, domestic violence, homelessness, adult incarceration, prescription drug abuse, and major chronic health conditions; and

WHEREAS, resiliency is the antidote—built through supportive relationships and adaptive skills such as emotional regulation, stress management, decision-making, and healthy relationships—which can transform potentially toxic stress into tolerable stress and foster lifelong well-being; and

WHEREAS, resiliency must be nurtured across the lifespan, through consistent meaningful engagement with caring adults, supportive environments that foster agency, pathways, and goals, and community-wide collaborative efforts that empower individuals and families to thrive; and

WHEREAS, Kitsap Strong envisions a flourishing community where all children are raised with consistency and nurturance, and are mobilizing residents, organizations, and leaders to prevent ACEs in future generations by strengthening individual and community resilience;

NOW, THEREFORE, I, Greg Wheeler, Mayor of the City of Bremerton, do hereby proclaim October 2025 to be

RESILIENCY AWARENESS MONTH

and urge all residents to learn about the impact of ACEs, to embrace resilience-building practices in daily life and work, and to support the mission of Kitsap Strong in creating a community of hope, healing, and opportunity.



Signed this 24th of September 2025

A handwritten signature in blue ink, reading "Greg Wheeler". The signature is written in a cursive style and is positioned below the date line.

Mayor Greg Wheeler