



Adverse Childhood Experiences

ACEs Awareness



What is Adverse Childhood Experiences (ACE)?

- ❖ ACEs is the potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



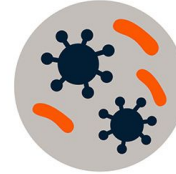
Diabetes



Depression



Suicide attempts



STDs



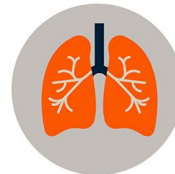
Heart disease



Cancer



Stroke



COPD



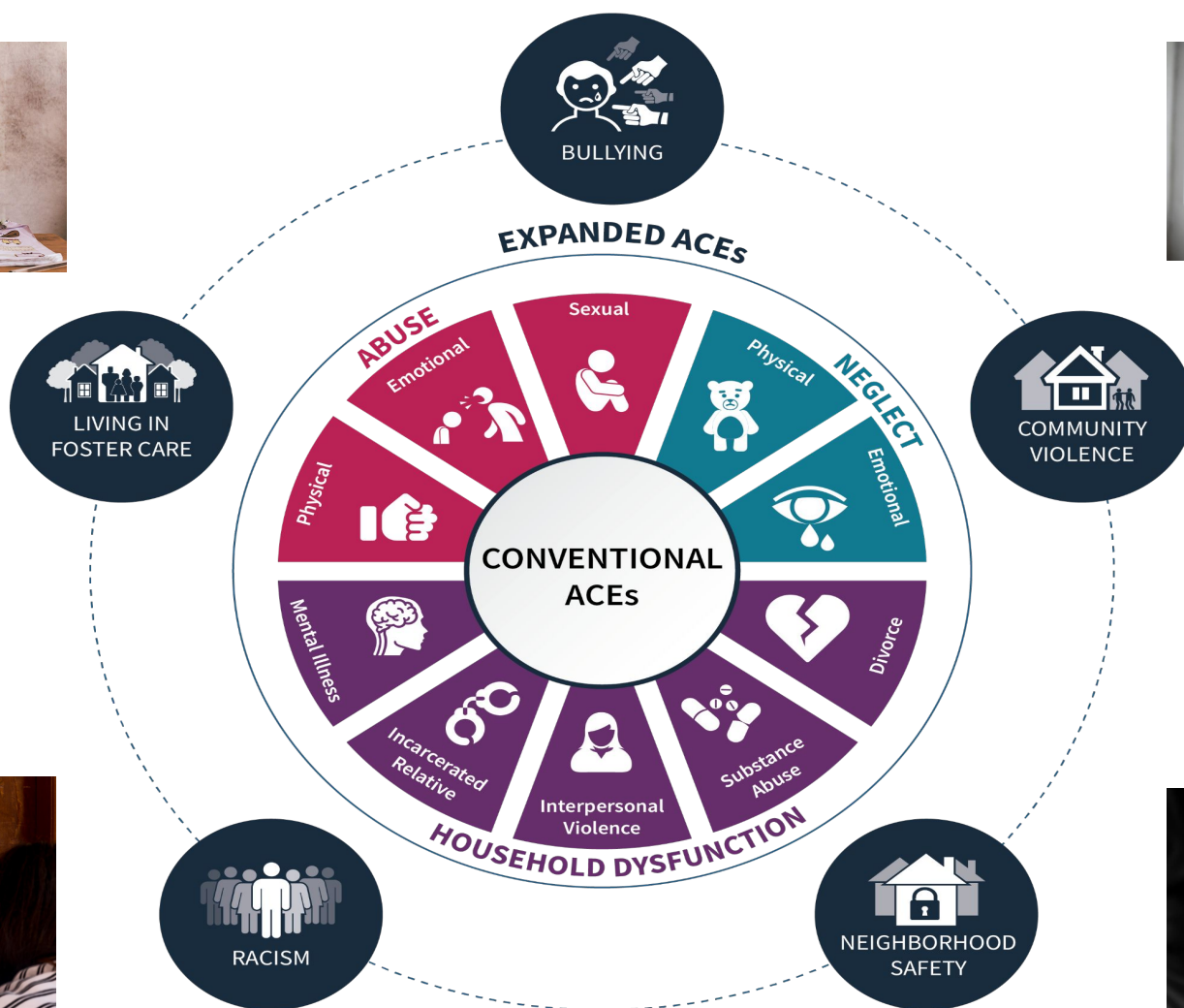
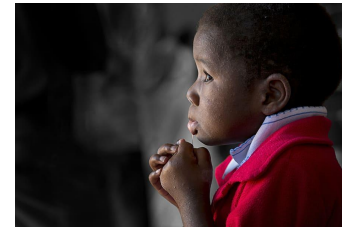
Broken bones

History of Adverse Childhood Experiences Study

- ❖ The CDC-Kaiser Permanente adverse childhood experiences (ACEs) study is one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being. The original ACE study was conducted at Kaiser Permanente from **1995 to 1997**.

Importance of Understanding ACEs, Trauma, & Toxic Stress:

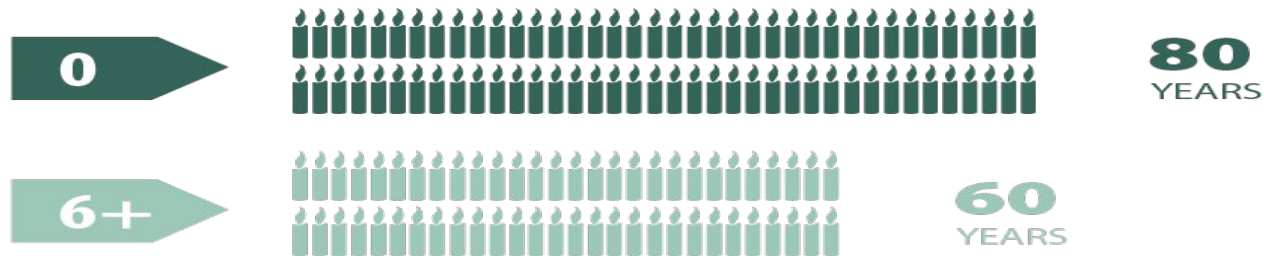
- ❖ The increased public understanding that childhood adversity, including ACEs, can cause trauma and toxic stress—and, in turn, have a lasting impact on children's physical and mental health—presents an important opportunity to turn this awareness into action.



HOW DO ACEs AFFECT OUR SOCIETY?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



ECONOMIC TOLL

The lifetime cost of non-fatal child maltreatment (which covers 5 of 10 ACEs) incurred annually in the United States is **\$401 billion**.



Peterson, C., Florence, C., & Ilevens, J. (2018). The economic burden of child maltreatment in the United States, 2015. *Child abuse & neglect*, 86, 178-183. The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention. 2015 non-fatal child maltreatment estimates

What can be done to support children?

❖ In Schools

- Maintain safe, stable, and nurturing relationships and environment.
- Connect youth to caring adults and activities.
- Implementation of SEL program.

❖ In our Community...

- Parent support programs for teens and teen pregnancy preventions programs.
- Mental illness and substance abuse programs.
- Parent training programs.
- Mentorship: **Big Brothers Big Sisters!!!**

THANK YOU for dedicating your time to mentoring children!

For more information...

- YouTube - Ted Talk “How childhood trauma affects health across a lifetime” - Nadine Burke Harris”
- <https://www.cdc.gov/violenceprevention/aces/index.html>