# Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

## Abuse
- Emotional abuse
- Physical abuse
- Sexual abuse

## Household Challenges
- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

## Neglect
- Emotional neglect
- Physical neglect

People with 6+ ACEs can die

**20 yrs**

earlier than those who have none

1/8 of the population have more than 4 ACEs

## 4 or more ACEs

**3x** the levels of lung disease and adult smoking

**11x** the level of intravenous drug abuse

**14x** the number of suicide attempts

**4x** as likely to have begun intercourse by age 15

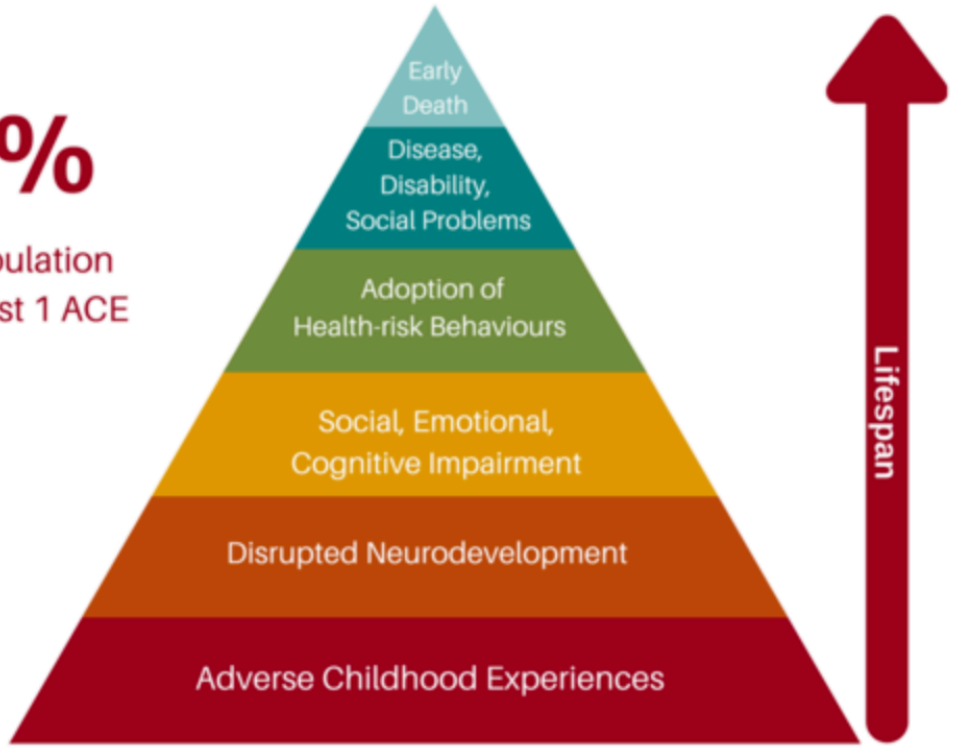
**4.5x** more likely to develop depression

**2x** the level of liver disease

> **Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today**
>
> Dr. Robert Block, the former President of the American Academy of Pediatrics

**67%**

of the population have at least 1 ACE

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Adverse Childhood Experiences (ACEs)

# ACE-informed Approach

"An ounce of PREVENTION is worth a pound of cure"

Benjamin Franklin

Negative impacts of ACEs are significantly mitigated by having an

**Always Available (trusted) Adult (AAA)**

People with 4+ ACEs and **NO** CONSTANT SUPPORT are

**3x**

more likely to do any two of the following:

heavy drinking

poor diet

daily smoking

Than people with 4+ ACEs and **CONSTANT AAA SUPPORT**

The presence of **PROTECTIVE FACTORS** can often mitigate the consequences of ACEs

Safe, stable, nurturing relationships

Concrete support for families in times of need

Parental resilience

Caregiver knowledge & application of positive parenting skills

Child's social and emotional skills

ACE-aware, supportive communities and social systems

## TRAUMA-INFORMED CARE

Holistic, multi-agency, non-stigmatising, information sharing among all professionals

**All children need to develop :**

**EMPATHY**
ability to understand & share the feelings of others

**RESILIENCE**
tools to respond to the challenges of life

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ACE-informed approach