



Building Resilience
in Wake County

MAKING GREAT PLACES



GENEROUSLY HOSTED BY

Adverse Childhood Experiences (ACEs)

Quotes from the Film

“We tend to divide the world of mental health separate from the world of physical health, but the body doesn’t do that.”

NADINE BURKE HARRIS, MD, MPH, FAAP, CENTER FOR YOUTH WELLNESS

“An ACE score of 4 or more makes children 32 times as likely to have problems in school.”

NADINE BURKE HARRIS, MD, MPH, FAAP, CENTER FOR YOUTH WELLNESS

“Exposure to early adversity and trauma literally affects the structure and function of children’s developing brains.”

NADINE BURKE HARRIS, MD, MPH, FAAP, CENTER FOR YOUTH WELLNESS

“We need a two-generation approach recognizing that the child is experiencing ACEs now and the parent likely experienced ACEs during their own early years.”

ANGELO P. GIARDINO, MD, PhD, TEXAS CHILDREN’S HOSPITAL

“...there is stress and there’s **stress**. ...toxic stress is this chronic activation of stressors with no buffering protection, no support.”

JACK SHONKOFF, MD, HARVARD UNIVERSITY

Resources

The ACES Connection

www.acesconnection.com

Centers for Disease Control and Prevention

The Essentials for Childhood

www.cdc.gov/violenceprevention/pdf/EfC_onepager-a.pdf

Veto Violence

<https://vetoviolence.cdc.gov>

The ACE Study

www.cdc.gov/violenceprevention/acestudy/index.html

Center for Study of Social Policy

Strengthening Families

www.cssp.org/reform/strengtheningfamilies

The Protective Factors Framework

www.cssp.org/reform/strengtheningfamilies/about/protective-factors-framework

Connections Matter

www.connectionsmatter.org



www.AdvocatesForHealthInAction.org

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE



NEGLECT

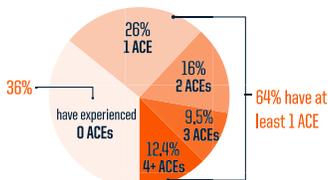


percentage of study participants that experienced a specific ACE

HOUSEHOLD DYSFUNCTION

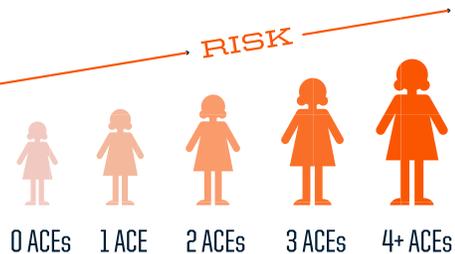


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

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