ACES BY: ANNA BENKO

ACES DEFINED

- Adverse Childhood Experiences
- ACE score
 - Tally of different types of abuse, neglect, and other hallmarks of a rough childhood
 - The rougher your childhood, the higher your score is likely to be
 - The higher your chance for later health problems
- 10 types of childhood trauma are measured in ACES

ACES can have lasting effects on....



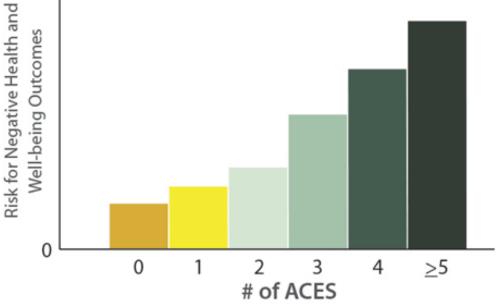
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



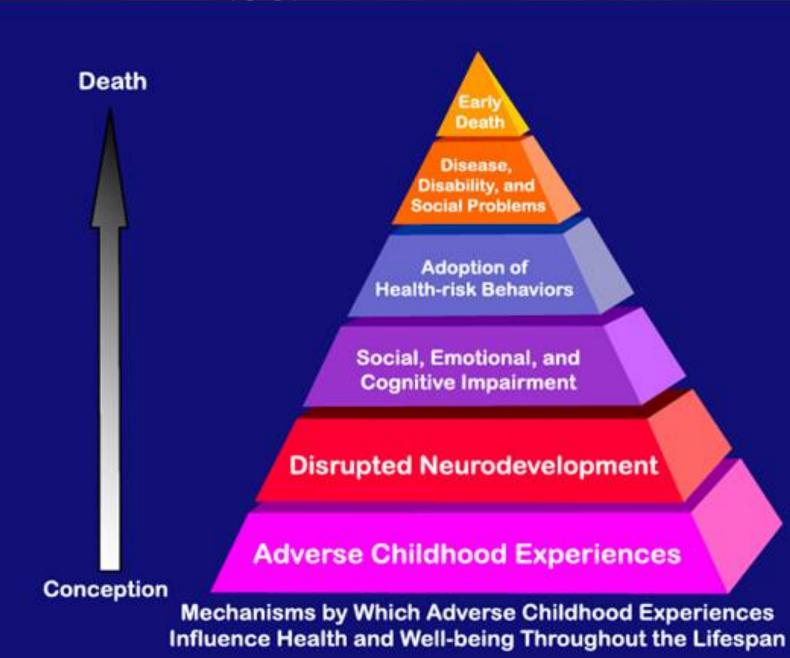
Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work) ACEs have been found to have a graded dose-response relationship with 40+ outcomes to date.



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



• While you were you were growing up, during your first 18 years of life:

- 1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you?
- or
- Act in a way that made you afraid that you might be physically hurt?
- Yes No
 If yes enter 1
- 2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you?
- or
- Ever hit you so hard that you had marks or were injured?
- Yes No
 If yes enter 1
- 3. Did an adult or person at least 5 years older than you ever...
- Touch or fondle you or have you touch their body in a sexual way?
- or
- Attempt or actually have oral, anal, or vaginal intercourse with you?
- Yes No
 If yes enter 1

4. Did you often or very often feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

Yes No

If yes enter 1 _

5. Did you often or very often feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes No

If yes enter 1 _

6. Were your parents ever separated or divorced?

'es No

If yes enter 1

7. Was your mother or stepmother:

or

Often or very often pushed, grabbed, slapped, or had something thrown at her?

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or

Ever repeatedly hit at least a few minutes or threatened with a gun or knife?Yes NoIf yes enter 1

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No
If yes enter 1 _____

Prevalence of indicators of negative well-being, by number of adverse childhood experience (12-17)

Measure of well being	0 ACEs	1 ACEs	2 ACEs	3+ ACEs
High externalizing behavior	18%	26%	33%	41%
Low engagement in school	25%	33%	44%	48%
Household contacted due to problems at school	13%	23%	31%	38%
Grade repetition	6%	12%	14%	21%
Does not stay calm and controlled	24%	34%	40%	44%
Does not finish tasks started	27%	36%	44%	49%
Diagnosed with a learning disability	9%	13%	16%	23%
Fair or poor physical health	2%	4%	4%	6%

WHAT CAN WE DO?

- Identify barriers and challenges upfront with the community (before deciding on the services)
- Provide services to deal with depression, anxiety, trauma, PTSD, domestic violence, substance dependence, and other conditions that get in the way of creating an environment of positive relationships that a child needs from the beginning and throughout the developmental life-span
- Consider location, capacity, cultural alignment, community assessed needs and community involvement strategies
- Strengths-based approach to supporting children that incorporates natural supports ("the village"), services ("treatment, support, advocacy"), and skills building related to self-advocacy, education and empowerment
- Create family centered, youth focused services and supports
- Utilize a 'wraparound' approach to working with children and their families

REFERENCES

 https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/acegraphics.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2F ACE_graphics.html