

# ACES & MENTAL HEALTH DIAGNOSES

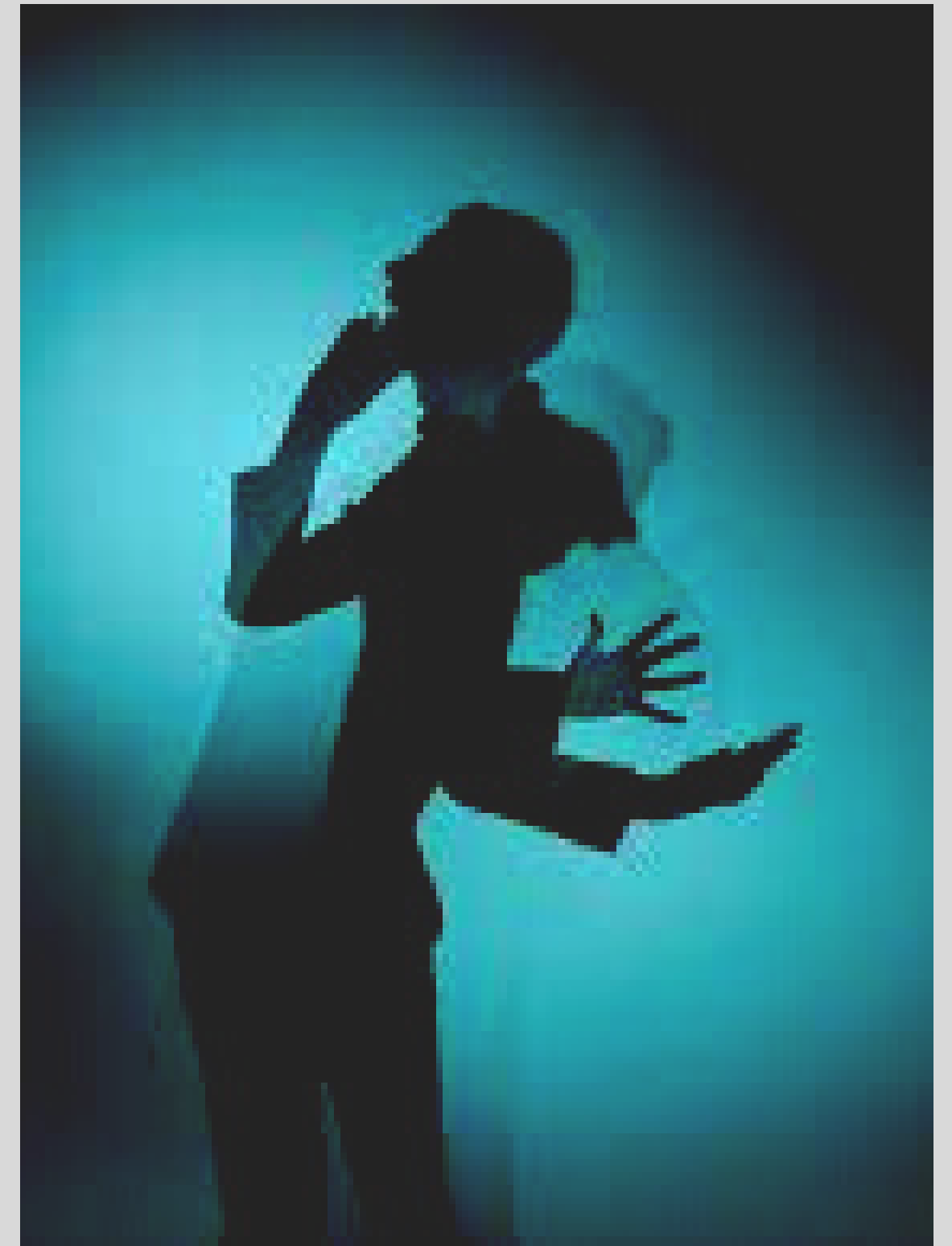
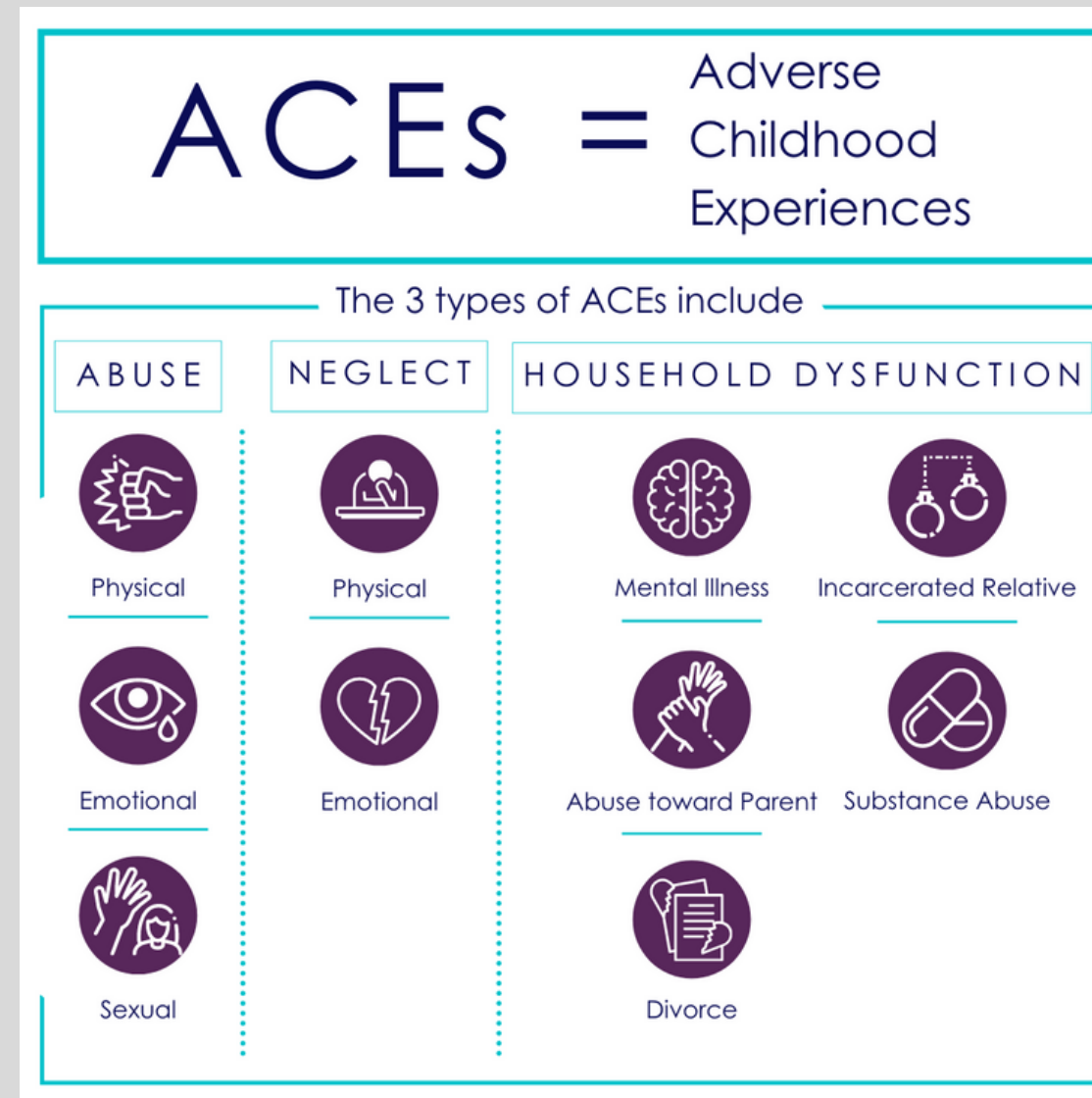
BY: CLAIRE ASHCRAFT

# ABOUT

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years).

## FOR EXAMPLE:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide



ACEs can have lasting, negative effects on health, well-being, as well as life opportunities such as education and job potential. These experiences can increase the risks of injury, sexually transmitted infections, maternal and child health problems (including teen pregnancy, pregnancy complications, and fetal death), involvement in sex trafficking, and a wide range of chronic diseases and leading causes of death such as cancer, diabetes, heart disease, and suicide.

## MENTAL HEALTH AND ACES

Children growing up with toxic stress may have difficulty forming healthy and stable relationships. They may also have unstable work histories as adults and struggle with finances, jobs, and depression throughout life. These effects can also be passed on to their own children. Some children may face further exposure to toxic stress from historical and ongoing traumas due to systemic racism or the impacts of poverty resulting from limited educational and economic opportunities.





# THE LONG TERM

Studies suggest that there is a strong correlation between experiencing traumatic ACEs as a child and having health issues as an adult.

Preventing ACEs could potentially reduce a large number of health conditions. For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.

# U.S. CHILDREN MENTAL HEALTH



45%  
of children experience ACEs

4.4%  
of children have depression

73.8%  
of the 4.4% also have anxiety

Studies suggest that mental health diagnoses and having a history of ACEs are greatly connected.



# CONNECTIONS

## QUOTE:

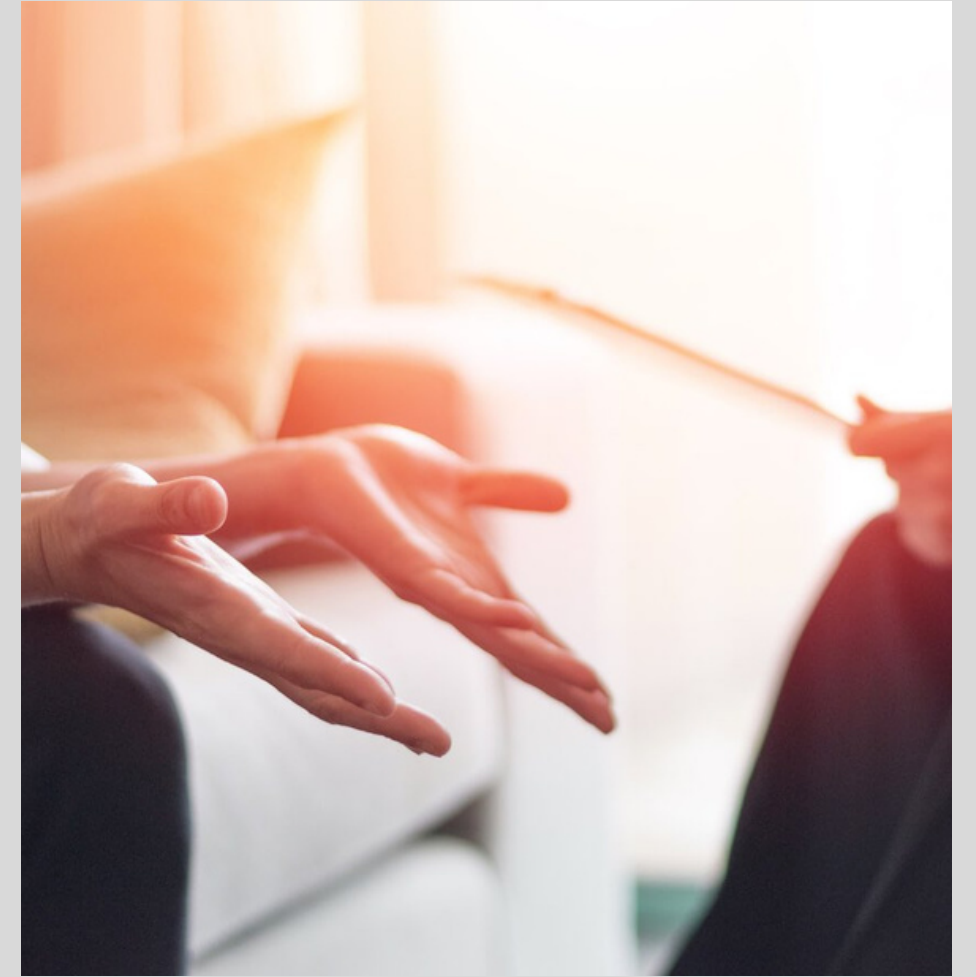
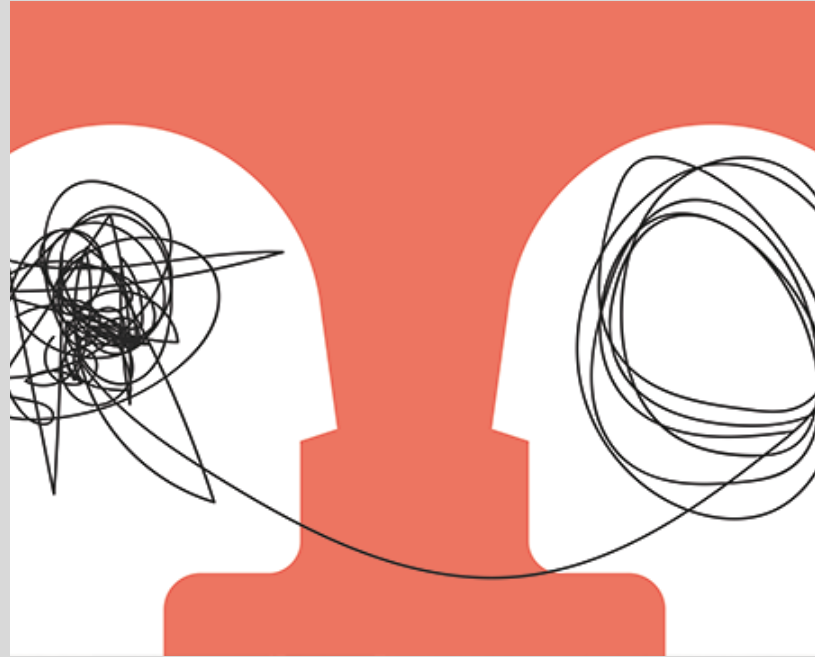
"Our study demonstrates a differential association between ACEs and anxiety and depression. This highlights the importance of assessing the impact of ACEs on internalizing behaviors separately. These findings are significant for pediatric providers as diagnosis and treatment for mental health disorders are vital components of pediatric care and further support the American Academy of Pediatrics' recommendation to screen for ACEs."

In my personal experience in working with clients, those that have ACEs are more likely to be diagnosed with depression, anxiety and ADHD.

# PERSONAL EXPERIENCE



My personal findings are very similar to those in national studies. Though my sample size is much smaller, the results are about the same.



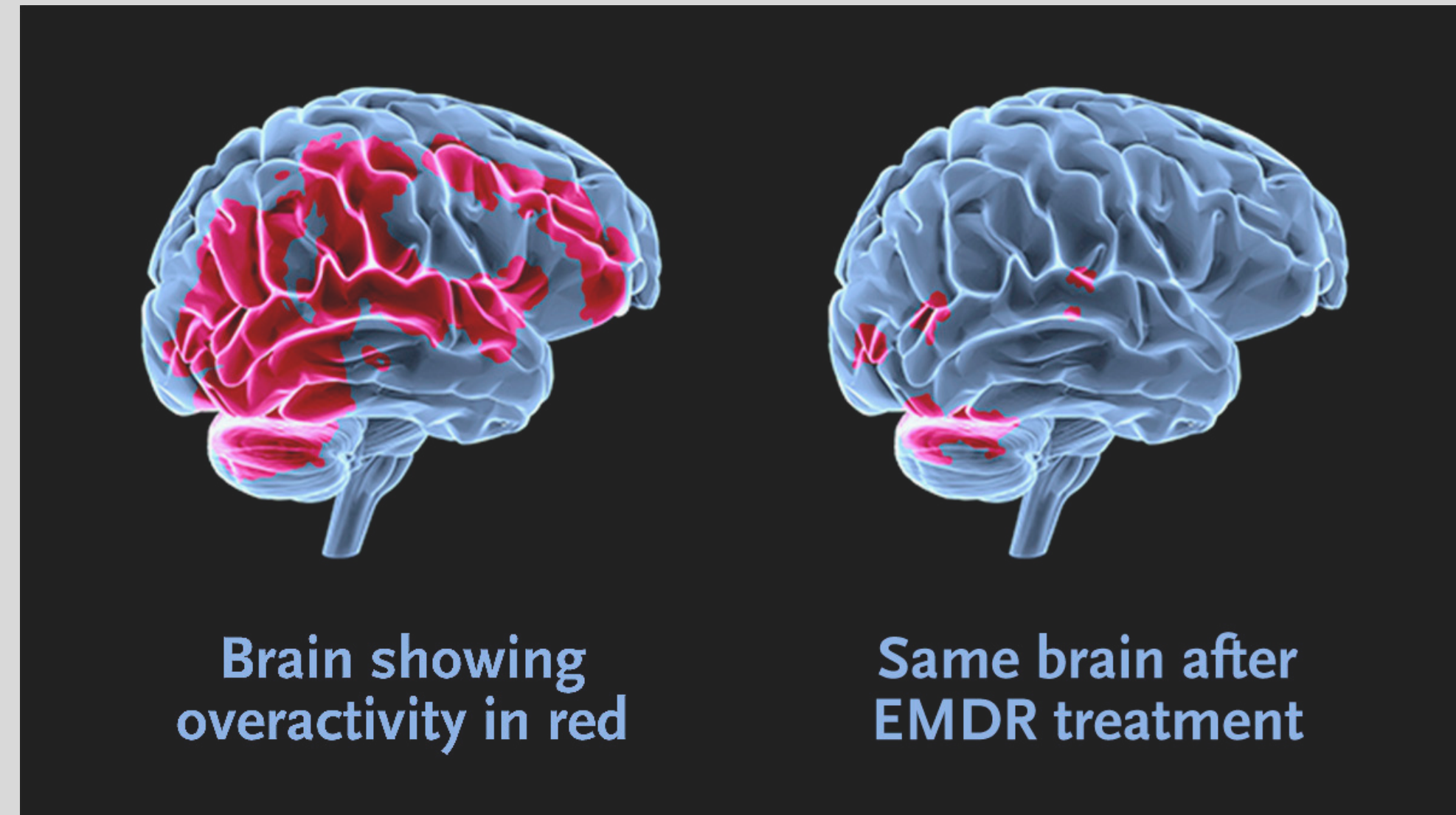
# THERAPEUTIC SOLUTIONS



Eye movement desensitization and reprocessing is a form of psychotherapy in which the person being treated is asked to recall distressing images; the therapist then directs the patient in one type of bilateral stimulation, such as side-to-side eye movement or tapping either side of the body.

# EMDR

EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process.





# PLAY THERAPY

"Play therapy utilizes play, children's natural medium of expression, to help them express their feelings more easily through toys instead of words."

It allows children to face their trauma without having to talk about it. It gives therapists more information about the trauma without having to ask a child questions that may cause them to have flashbacks about what has happened to them.

THANK  
YOU! ✦



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