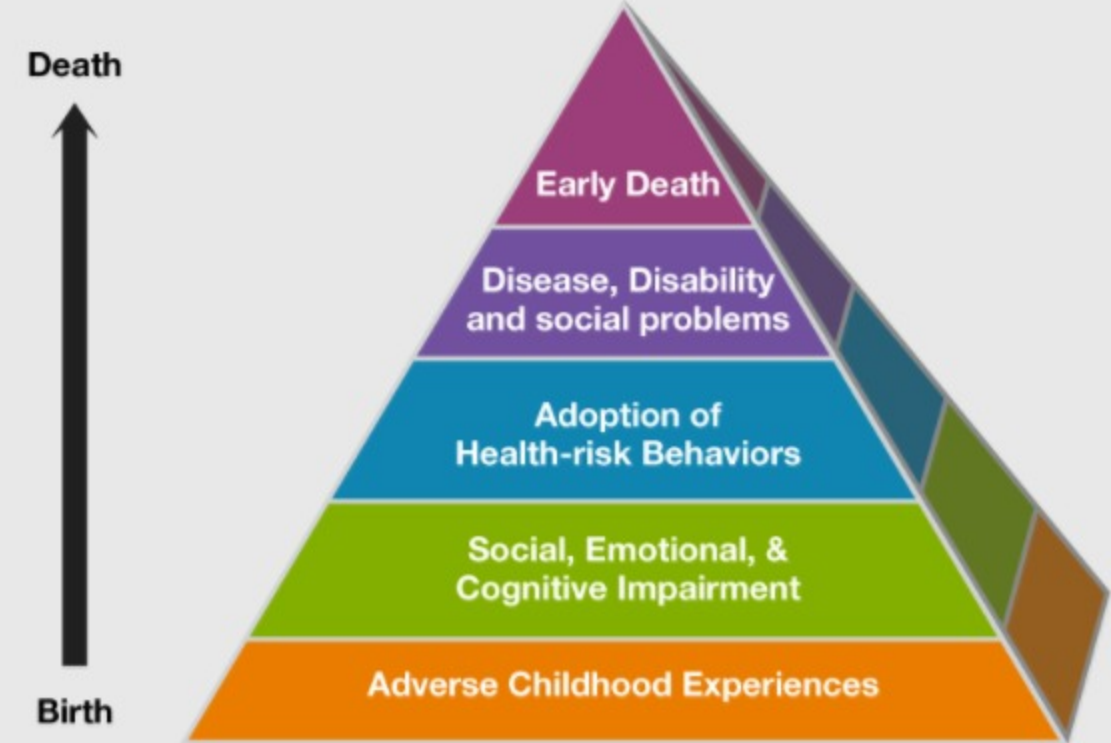


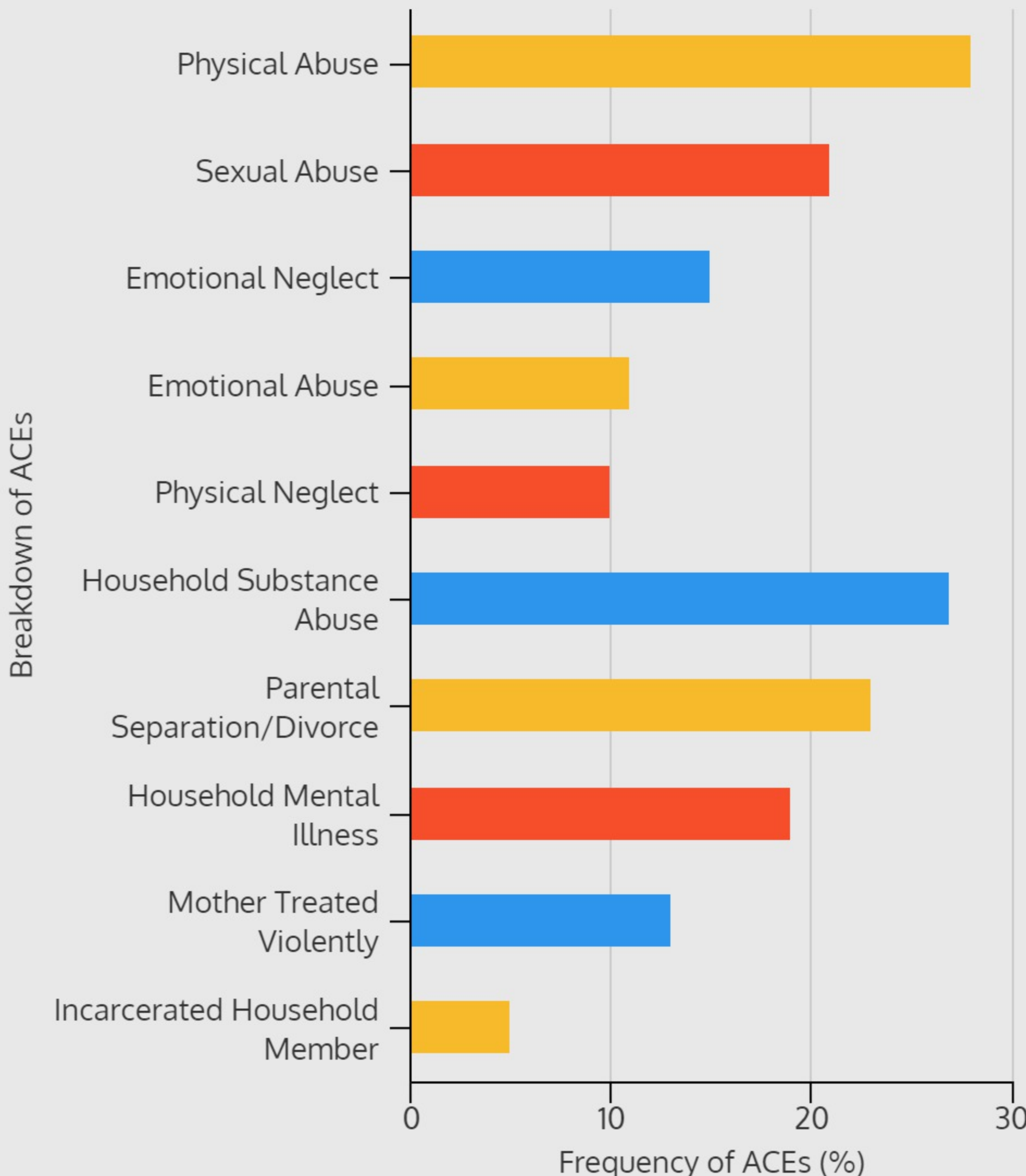
ADVERSE CHILDHOOD EXPERIENCES (ACE)

ACEs: HISTORY AND RELEVANCE

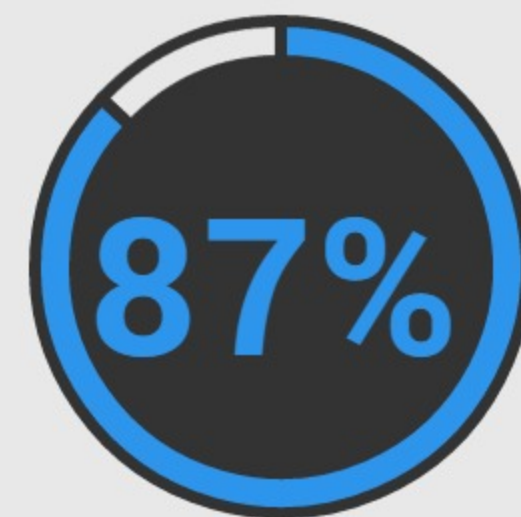
ACES are Adverse Childhood Experiences that harm children's development so much so, that the effects emerge in adulthood. The ACE study was a public health study initiated in 1995 by the Centers for Disease Control & Prevention and Kaiser Permanente and it uncovered a link between child maltreatment & experiences and later life health outcomes and well-being. Findings suggest that some of the worst health and social problems arise as a consequence of adverse childhood experiences.



WHAT ARE ACEs AND WHO HAS THEM?



ACEs are common. Approximately two-thirds (65%) of adults have at least one ACE.



If a person has one ACE, there's a nearly 90 percent chance that they have two or more.

WHY SHOULD WE CARE ABOUT ACES?



ADULTS WITH AN ACE SCORE OF 4+ WERE **460%** MORE LIKELY TO HAVE DEPRESSION AND **19%** OF ADULTS WITH ACE SCORE OF 4+ HAVE ATTEMPTED SUICIDE.



HIGH ACE SCORES YIELD INCREASED RATES OF BROKEN BONES, DIABETES, HEART DISEASE, OBESITY, CANCER, AND STROKE.



COST TO TAXPAYERS IS ROUGHLY **\$120 BILLION** A YEAR.



VICTIMS OF EARLY ACES ARE MORE VULNERABLE TO BEING REVICTIMIZED BY SEXUAL VIOLENCE. WOMEN WITH AN ACE SCORE OF 4+ ARE **500%** MORE LIKELY TO EXPERIENCE DOMESTIC VIOLENCE AND **900%** MORE LIKELY TO BECOME VICTIMS OF RAPE.



HIGH ACE SCORES CAN LEAD TO GREATER LIKELIHOOD OF SCHOOL DROPOUT AS WELL AS TEEN PREGNANCY RATES.

SO WHAT CAN WE DO? BUILDING RESILIENCY



LEARN THE FACTS

Take the time to learn and recognize the different childhood traumas so that we can better identify who experiences ACES.



TAKE ACTION

If you know of any abuse or neglect, make a report! Seek help from colleagues, supervisors and/or friends.

TAKE CARE OF OUR MINDS & BODIES

We can reduce the likelihood of ACES negatively impacting our health with exercise, mindfulness practices, good nutrition, adequate sleep, healthy social interactions and seeking mental health treatment.



BUILD TRAUMA INFORMED RESPONSES

It is important not to re-victimize individuals seeking services. Since the ACE study, many pediatrician offices, homeless shelters, classrooms, and police departments integrate trauma-informed approaches.



Sources:

1. CDC, www.cdc.gov/violenceprevention/acestudy/index.html
2. Jane Stevens, ACES Too High, www.cestoohigh.com

Contact Baltimore Child Abuse Center for more information

www.baltimorechildabusecenter.org

410-396-6147

