

ACEs

Adverse Childhood Experiences

There are 3 types of ACEs

Children who experience toxic amounts of stress develop differently. They are more prone to risky health behaviors and early death.

How common are ACEs? In Washington State:

62% Have at least one ACE category
26% have ≥ three
5% have ≥ six

Abuse



Physical



Emotional



Sexual

Neglect



Physical



Emotional

Household Dysfunction



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

What are the outcomes?

Compared to an individual with 0 ACEs, an individual with 4 or more ACEs is...

- 7 times as likely to be alcoholic
- 3 times as likely to be depressed
- 2 times as likely to have heart disease.



High ACE scores increase the risk of negative health outcomes

Possible Risk Outcomes:

Lack of physical activity
Smoking
Alcoholism
Drug use
Missed work
Severe obesity
Diabetes
Depression

Suicide attempts
STDs
Heart Disease
Cancer
Stroke
COPD
Broken bones
Fetal death

There is hope!



Resiliency

The natural capacity to navigate life well.

The ability to meet challenges, survive, and do well despite adversity.

Resiliency is made up of three components:

How can you improve these skills?



Capability



Intellectual & employable skills
Self regulation, control and flexibility
Focus attention, behavior, and emotions toward achieving long-term goals
Positive self view

Stay positive, Be kind to yourself
Do not put yourself down
Visit a counselor for help
Go to school
Take community classes
Expand your existing knowledge
Be mindful of your behaviors
Practice a positive perspective
Build on your coping skills
Manage your expectations
Take control of emotions
Make note of what works for you

Attachment and Belonging



Bonds with parents or caregivers
Positive adult relationships
Healthy friendships and partnerships

Identify your care givers
Establish the boundaries of your relationships
Accept faults, focus on positives
Look for relationships that:

- Amplify your life
- Minimize stress
- Add to your energy
- Are respectful and supportive

Look for friends and partners who:

- Listen and do not judge
- Support without smothering
- Allow you to be your own person

Community, Culture, and Spirituality



A sense of meaning, hope, and faith
A network of support
Community engagement

Get out more
Associate with people who's opinions you trust
Give back to society
Build self-worth
Find aspects of your community you enjoy
Feel safe within a network of support
Have a positive outlook
Confide in the community
Be optimistic

What is your key to resilience?

Think of a time when your life was really tough. What helped you navigate through that period? What helped you move forward?

