

# ADVERSE CHILDHOOD EXPERIENCES

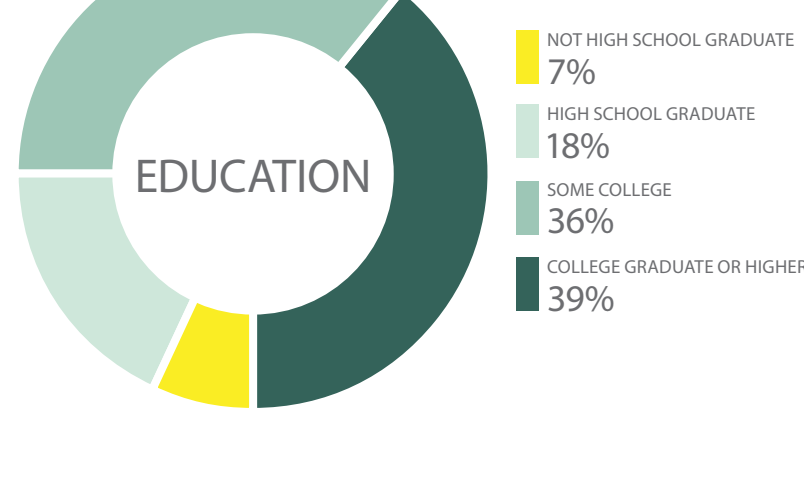
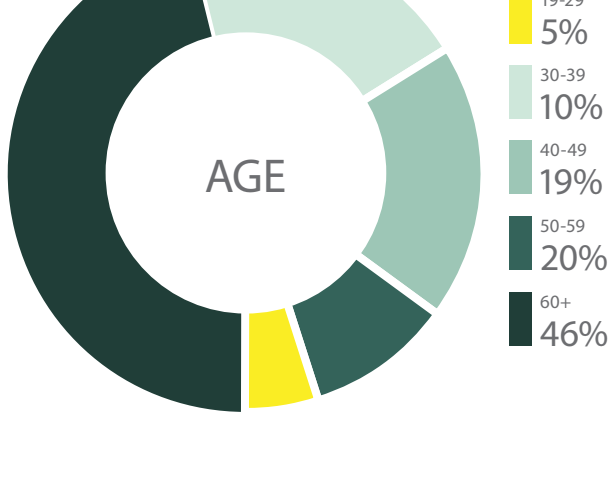
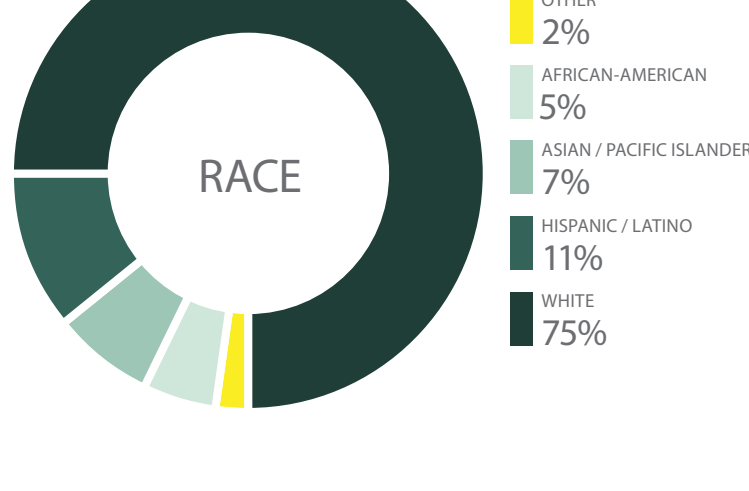
looking at how ACEs affect our lives & society

## WHAT ARE ACEs?

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18. The landmark Kaiser ACE Study examined the relationships between these experiences during childhood and reduced health and well-being later in life.

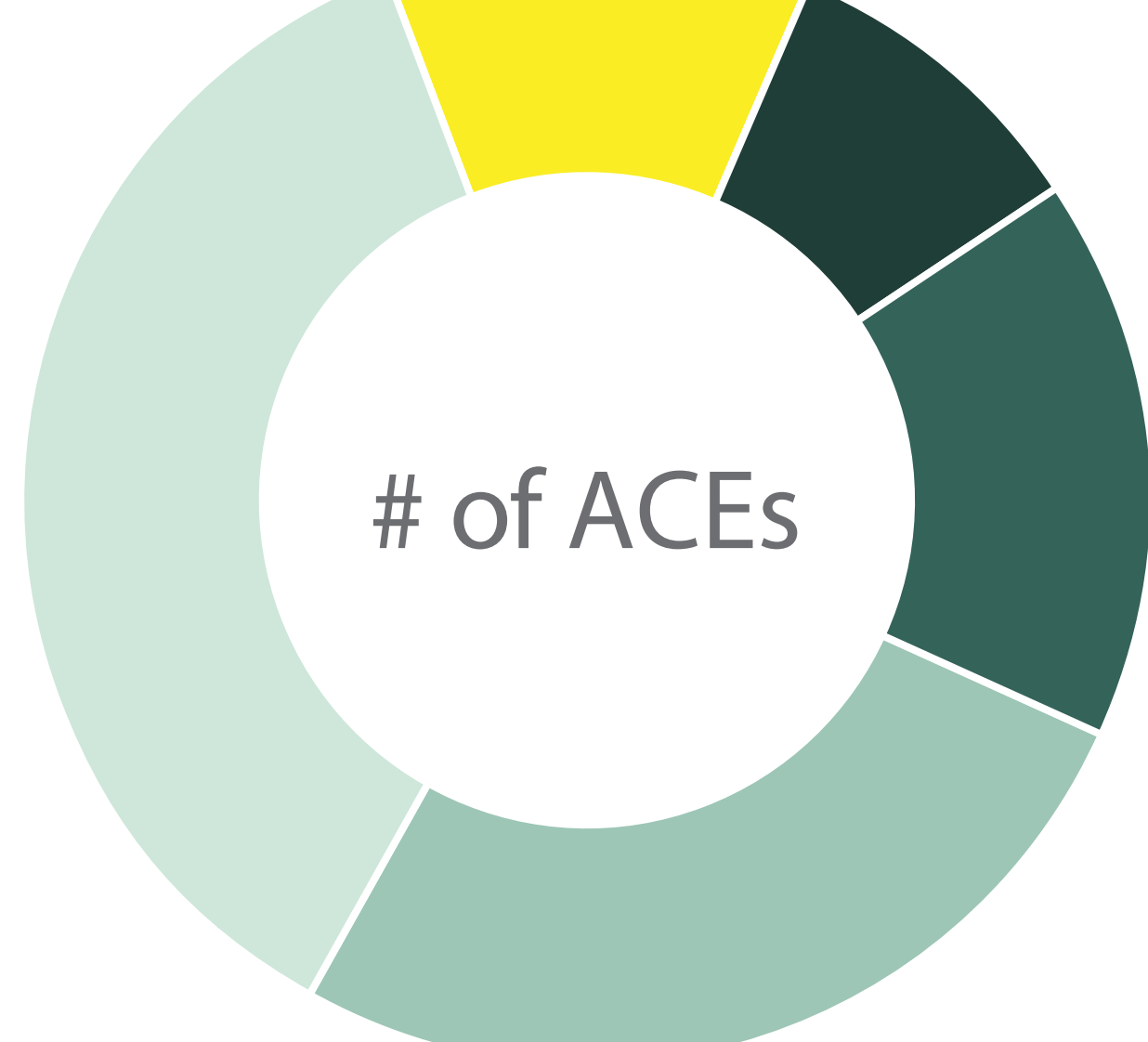
### WHO PARTICIPATED IN THE ACE STUDY?

Between 1995 and 1997, over 17,000 people receiving physical exams completed confidential surveys containing information about their childhood experiences and current health status and behaviors. The information from these surveys was combined with results from their physical exams to form the study's findings.



\*Participants in this study reflected a cross-section of middle-class American adults.

## HOW COMMON ARE ACEs?

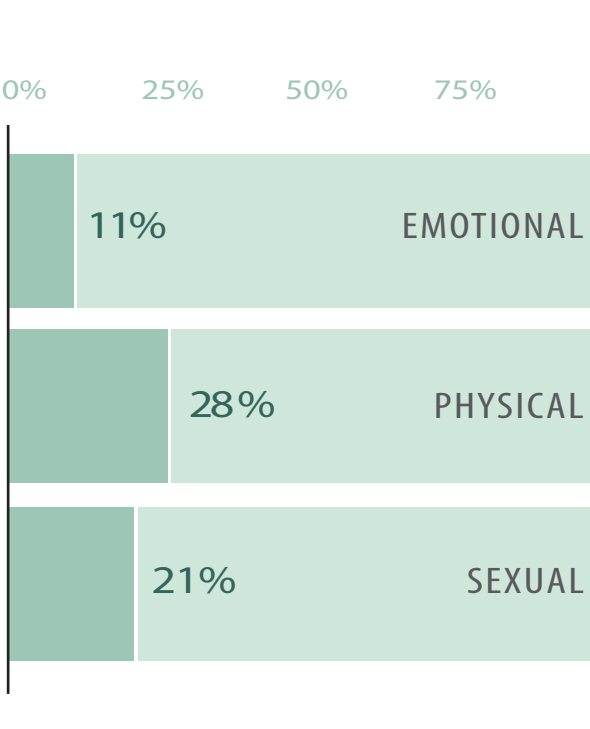


Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

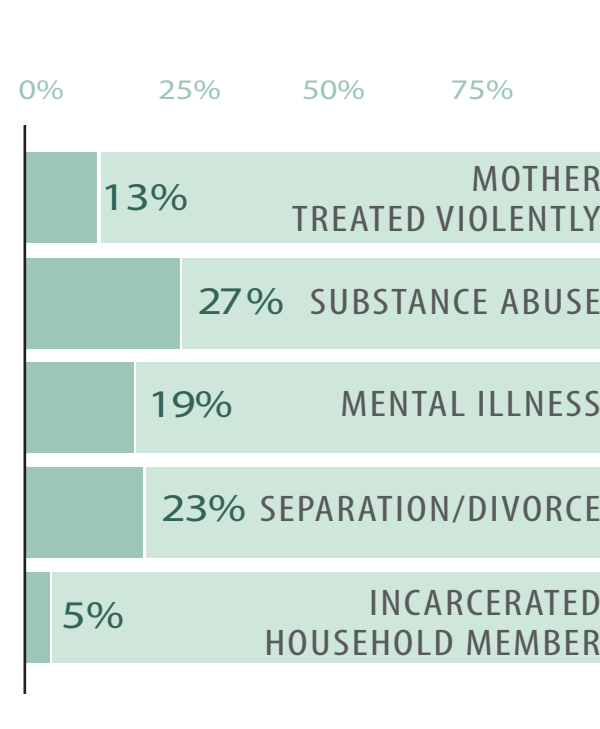
### TYPES of ACEs

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had an incarcerated household member. Respondents were given an **ACE score** between 0 and 10 based on how many of the 10 types of adverse experiences they reported experiencing.

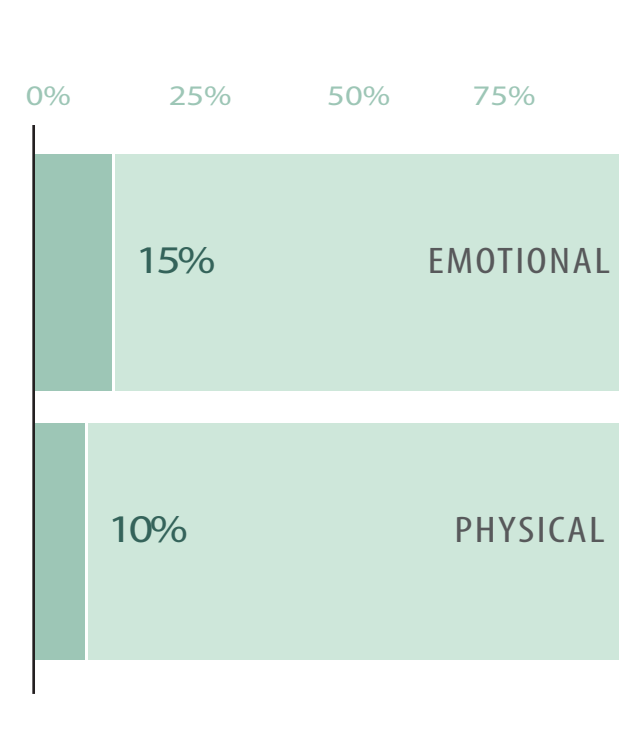
#### ABUSE



#### HOUSEHOLD CHALLENGES



#### NEGLECT



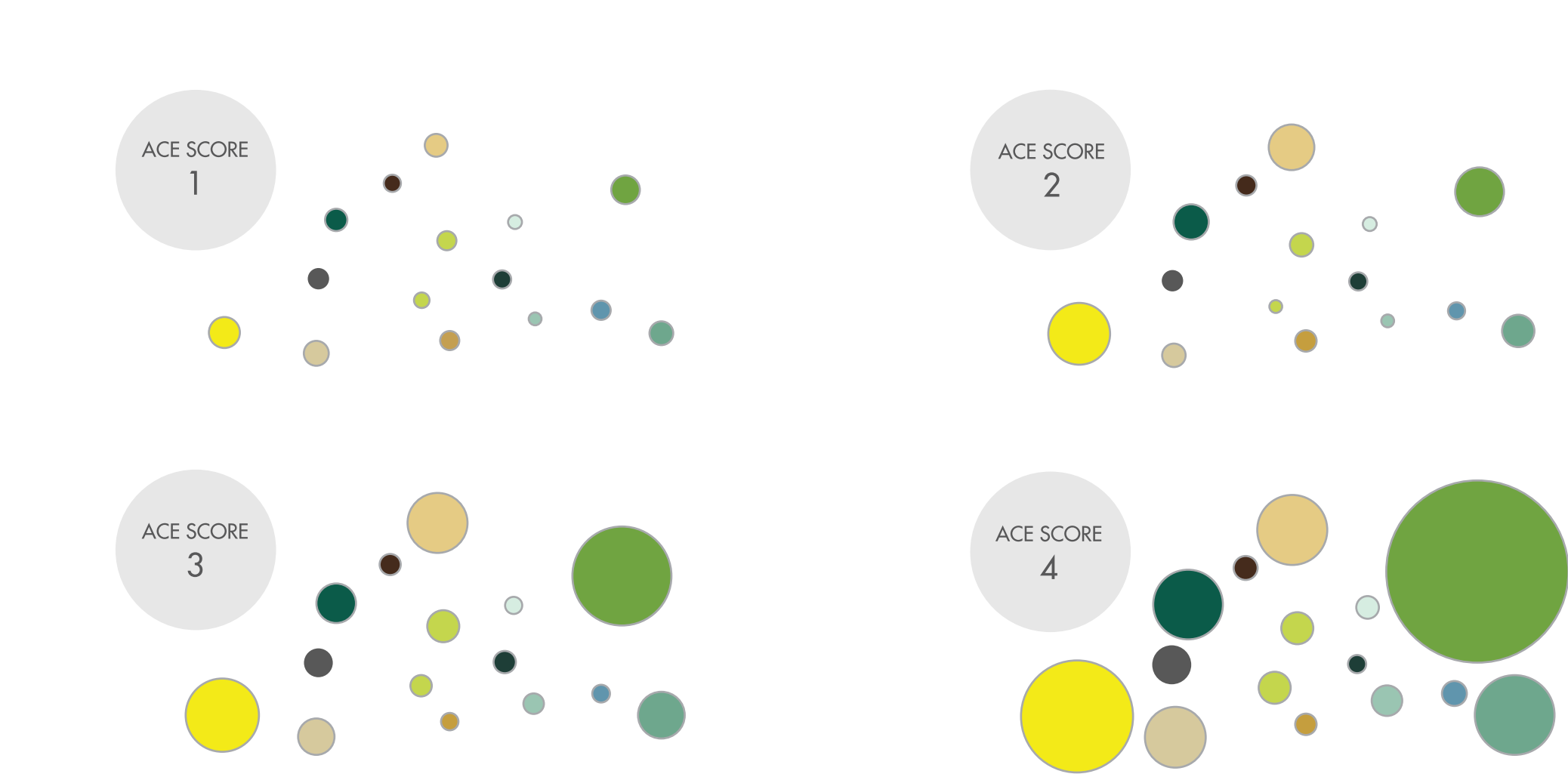
## HOW DO ACEs AFFECT OUR LIVES?

### ACEs CAN HAVE LASTING EFFECTS ON BEHAVIOR & HEALTH...

Simply put, our childhood experiences have a tremendous, lifelong impact on our health and the quality of our lives. The ACE Study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and the leading causes of death.

The following charts compare how likely a person with 1, 2, 3, or 4 ACEs will experience specified behaviors than a person without ACEs.

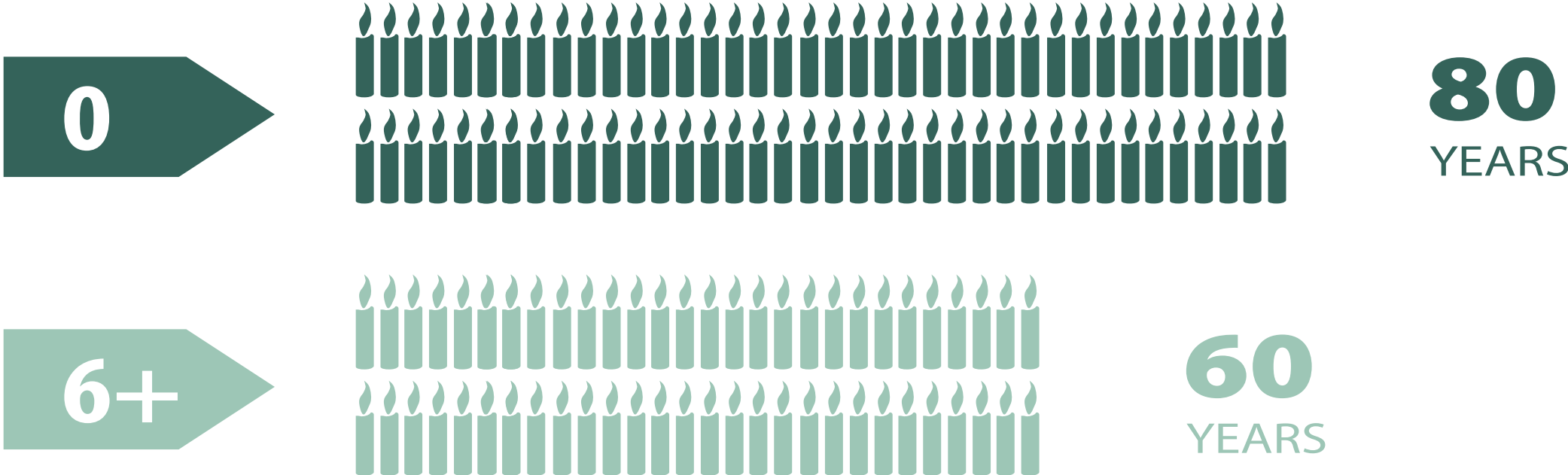
- PHYSICAL & MENTAL HEALTH**
  - Severe obesity
  - Diabetes
  - Depression
  - Suicide attempts
  - STDs
  - Heart disease
  - Cancer
  - Stroke
  - COPD
  - Broken bones
- BEHAVIORS**
  - Lack of physical activity
  - Smoking
  - Alcoholism
  - Drug use
  - Missed work



## HOW DO ACEs AFFECT OUR SOCIETY?

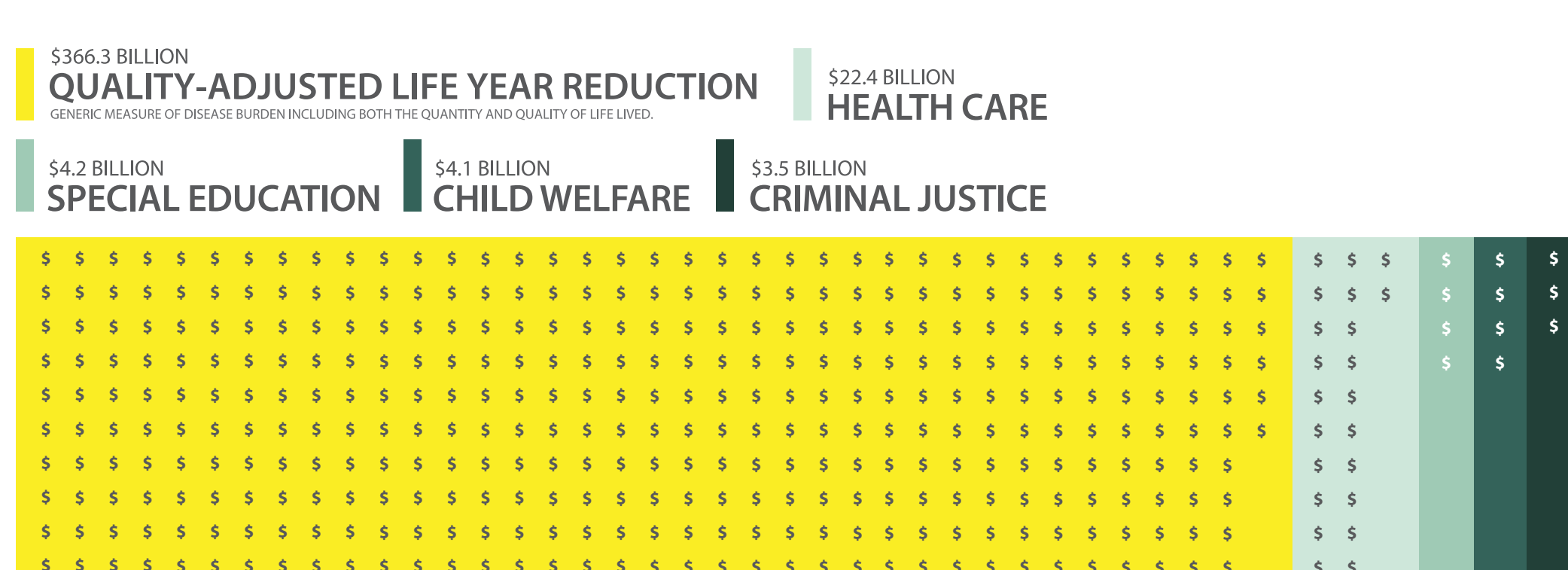
### LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.

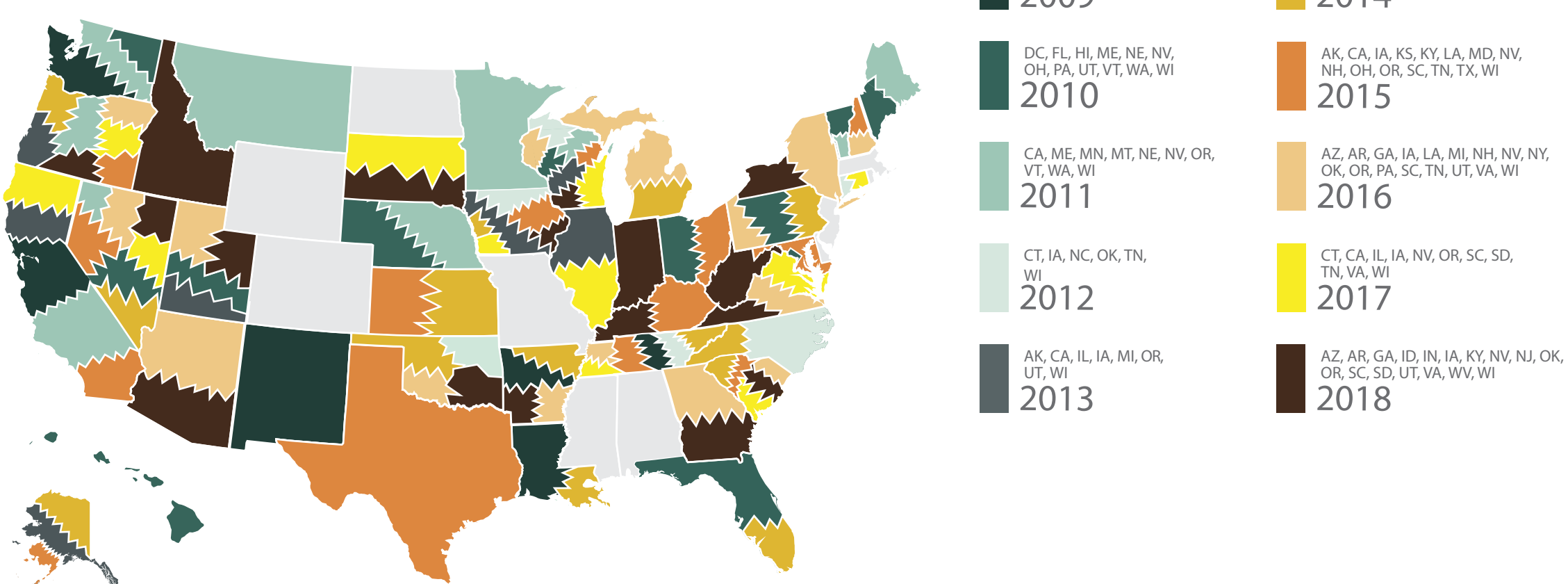


### ECONOMIC TOLL

The lifetime cost of non-fatal child maltreatment (which covers 5 of 10 ACEs) incurred annually in the United States is **\$401 billion**.



## THE ACE STUDY CONTINUES



Although the study ended in 1997, some states are collecting information about ACEs in their population through the Behavioral Risk Factor Surveillance System (BRFSS).

## What can Be Done About ACEs?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable, and nurturing relationships and environments** can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

The earned income tax credit (EITC) is a policy that the federal government, states, territories and some municipalities have implemented to build workers' financial stability, especially those with children. The EITC raises approximately 6 million people—half of them children—above the poverty line each year, and research suggests that the policy reduces child abuse and risk factors for child abuse and neglect.

- Parent support programs for teens and teen pregnancy prevention programs
- Mental illness and substance abuse treatment
- ABC High quality child care
- Sufficient economic supports for families with lower incomes.
- Home visiting to pregnant women and families with newborns
- Parenting training programs
- Intimate partner violence prevention
- Family-friendly work

## REFERENCES AND RESOURCES

### REFERENCES

- ACE Study
- Child Welfare Information Gateway
- Economic Cost of Child Abuse and Neglect
- Essentials for Childhood





Community Based Care: Polk, Highlands & Hardee Counties

*Class #2  
Homework  
ACE Survey*

*\*One Per Person\**

*Please take a moment to fillout information on this ACE  
Survey.*

*We encourage you to be open and honest regarding these  
questions. Please ensure to put your name on the survey.*

*Thank you.*

[www.heartlandforchildren.org](http://www.heartlandforchildren.org)

1239 E. Main St. Bartow, Florida 33830 | 863-519-8900

Heartland for Children is a community-based care lead agency contracted with the Department of Children and Families.



Name: \_\_\_\_\_

### Finding Your ACE Score

**While 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?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often or very often** pushed, grabbed, slapped, or had something thrown at her?  
**or**  
**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 No If 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 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.**

Name: \_\_\_\_\_

## What is Your Resilience Score?

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

2. I believe that my father loved me when I was little.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

6. When I was a child, neighbors or my friends' parents seemed to like me.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

8. Someone in my family cared about how I was doing in school.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

9. My family, neighbors and friends talked often about making our lives better.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

10. We had rules in our house and were expected to keep them.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

12. As a youth, people noticed that I was capable and could get things done.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

13. I was independent and a go-getter.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

14. I believed that life is what you make it.

Definitely true      Probably true      Not sure      Probably not true      Definitely not true

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely true" or "Probably true"?) \_\_\_\_\_

Of these circled, how many are still true for me? \_\_\_\_\_