











ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) are stressful or traumatic events experienced before age 18 that can affect a child's future health as an adult.
















WHAT ARE ACEs

Adverse Childhood Experiences are divided into three categories.

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION		
				
Physical	Physical	Mental illness	Divorce	Substance abuse
				
Emotional	Emotional	Incarcerated relative	Mother treated violently	
				
Sexual				

THE IMPACT OF ACEs

As the number of ACEs increases, so does the risk for negative health outcomes.

BEHAVIOR				
				
Problems in school	Physical inactivity	Smoking	Alcoholism	Drug use
PHYSICAL AND MENTAL HEALTH				
				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
				
Heart disease	Cancer	Stroke	COPD	Broken bones

COPING WITH ACEs

Research indicates that the risks posed by ACEs can be reduced.

PHYSICAL



Regular
exercise



More
sleep



Good
nutrition

EMOTIONAL



Positive
outlook



Mindfulness
practice



Supportive
relationships



Build
resiliency

THE SCREENING PROCESS

Doctors can play an important role as a trusted family adviser.



1 SCREEN

Parent/Guardian
completes ACEs
screener at time
of doctor's visit



2 TALK

Physician talks to child
and parent/guardian
on screener results



3 REFER

If child is determined
to be at risk, physician
may make a referral to:

- SCCRESA, with
parental consent, to
coordinate services
with child's school
- Community service
agencies