











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				

WHAT IMPACT DOES ACEs HAVE AT SCHOOL?

When in trauma, the brain does not work well. Stressed brains can't learn.

HOW IT HURTS	WHAT YOU SEE	OTHER ISSUES
<p>Symptoms of trauma on thinking:</p> <ol style="list-style-type: none"> 1 Difficulty concentrating 2 Problem solving is a challenge 3 Can't find the words to describe what they know 	<p>In the classroom, when thinking is compromised:</p> <ul style="list-style-type: none"> Difficulty processing verbal information Problems focusing Trouble following teacher directions Difficulty recalling and retaining information 	<p>Additionally, these cognitive deficits often result in:</p> <ul style="list-style-type: none"> ✓ Low self esteem ✓ Poor problem solving ✓ Increased truancy ✓ Behavior issues ✓ Hopelessness ✓ Increased peer conflict ✓ Increased dropout rates

HOW TO COPE 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

HOW DOES THE SCREENING PROCESS WORK?

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



1 SCREEN

Administer ACEs screener

OR

RESA will contact district administration



2 FURTHER CONSIDERATIONS

Possible referral to a Student Support Team



3 INTERVENTIONS

- Staff training
- RESA support
- Resilience focused behavior support plan
- Classroom mgmt tools
- Time-in approaches
- Self-regulation interventions
- Adult and peer connection