

UNDERSTANDING

Adverse Childhood Experiences

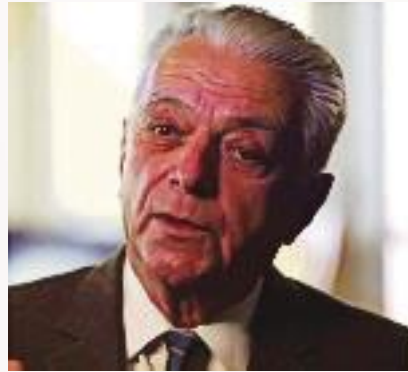
Building Self-Healing Communities



01/12/14

NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report



Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

HUMAN NERVOUS SYSTEM

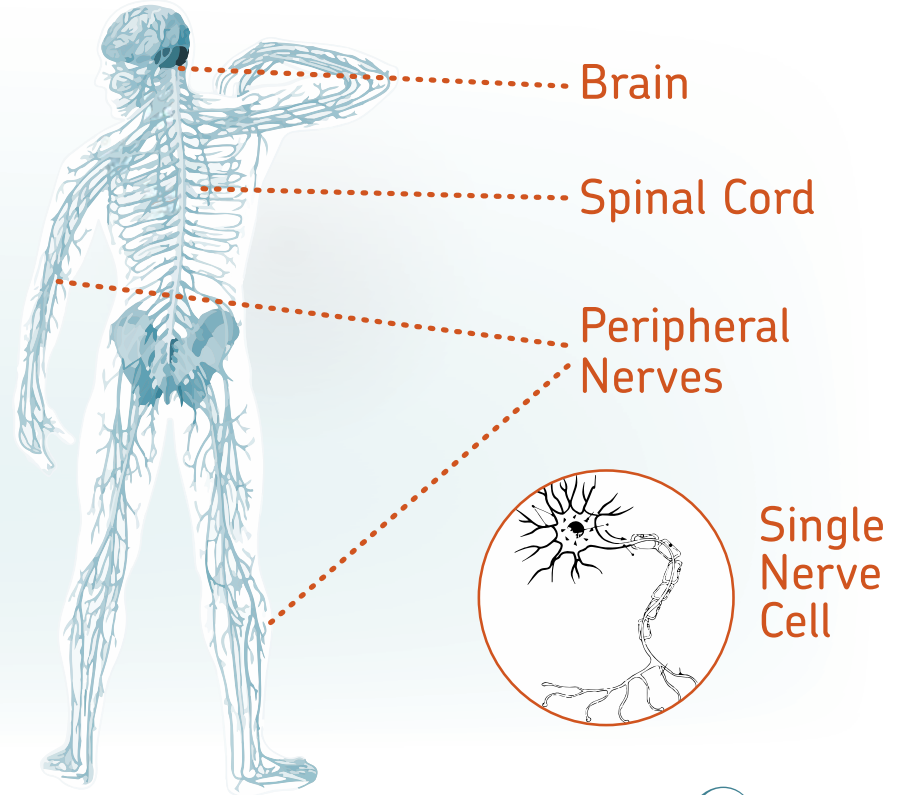
Nervous system

ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience

HELPS US UNDERSTAND WHY

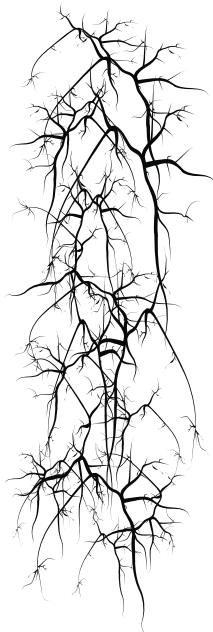
A C E s
ARE SO POWERFUL



SYNAPTIC DENSITY



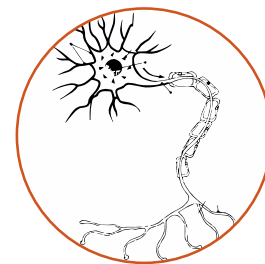
At Birth



Elementary Age

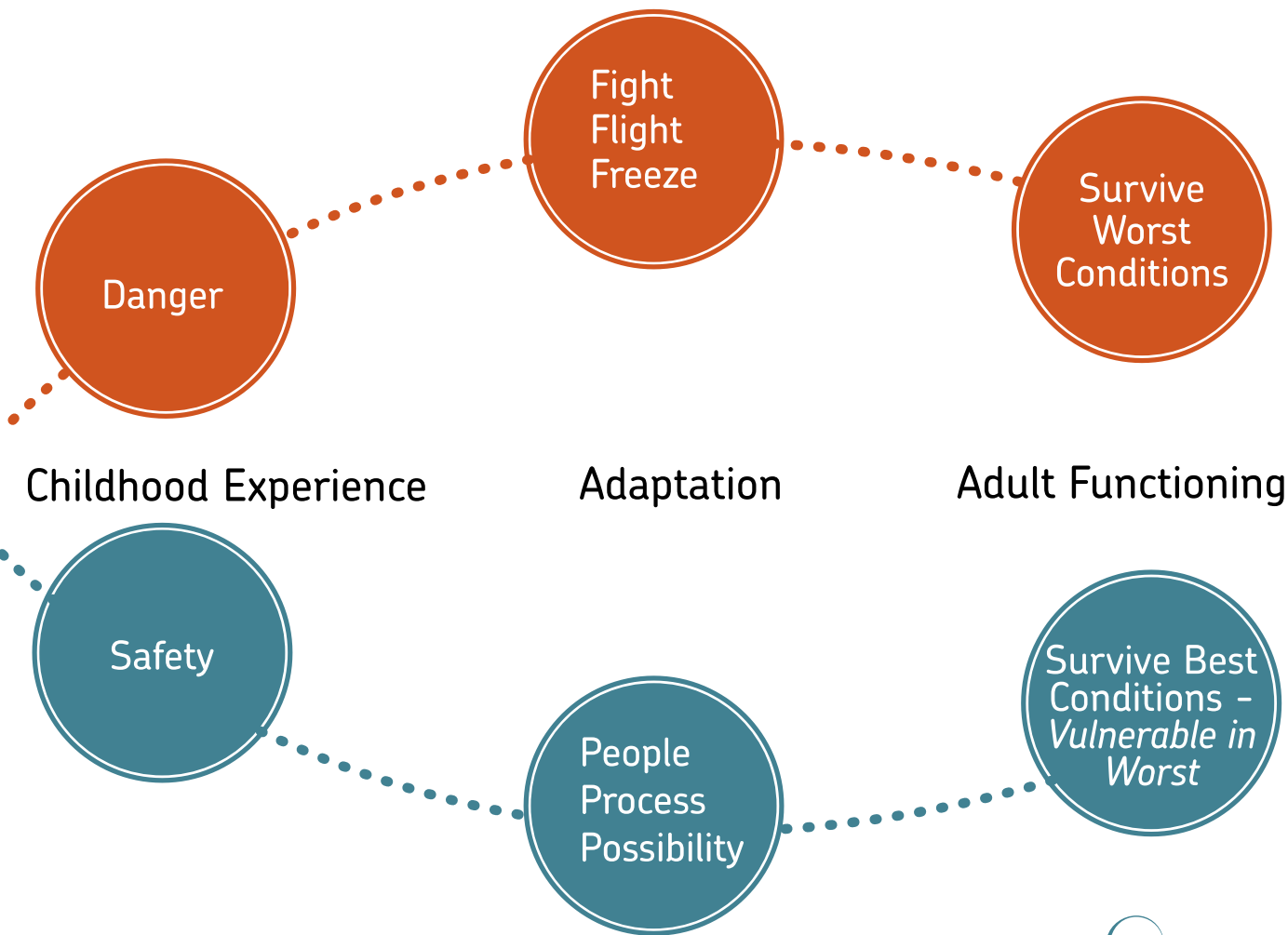



Puberty



Single
Neuron

CONCEPTION





What kind of situations might be a good match for a person who tends to be edgy, hypervigilant, emotionally detached, or quick to act?

ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY

collides

WITH SOCIAL
EXPECTATIONS
we run into

TROUBLE



EXPERIENCE & ADAPTATION
sensitive periods
Cause-Effect



STRESS

Interpretations Can Differ

set points in place by
EARLY ADULTHOOD



At Birth

SYNAPTIC DENSITY



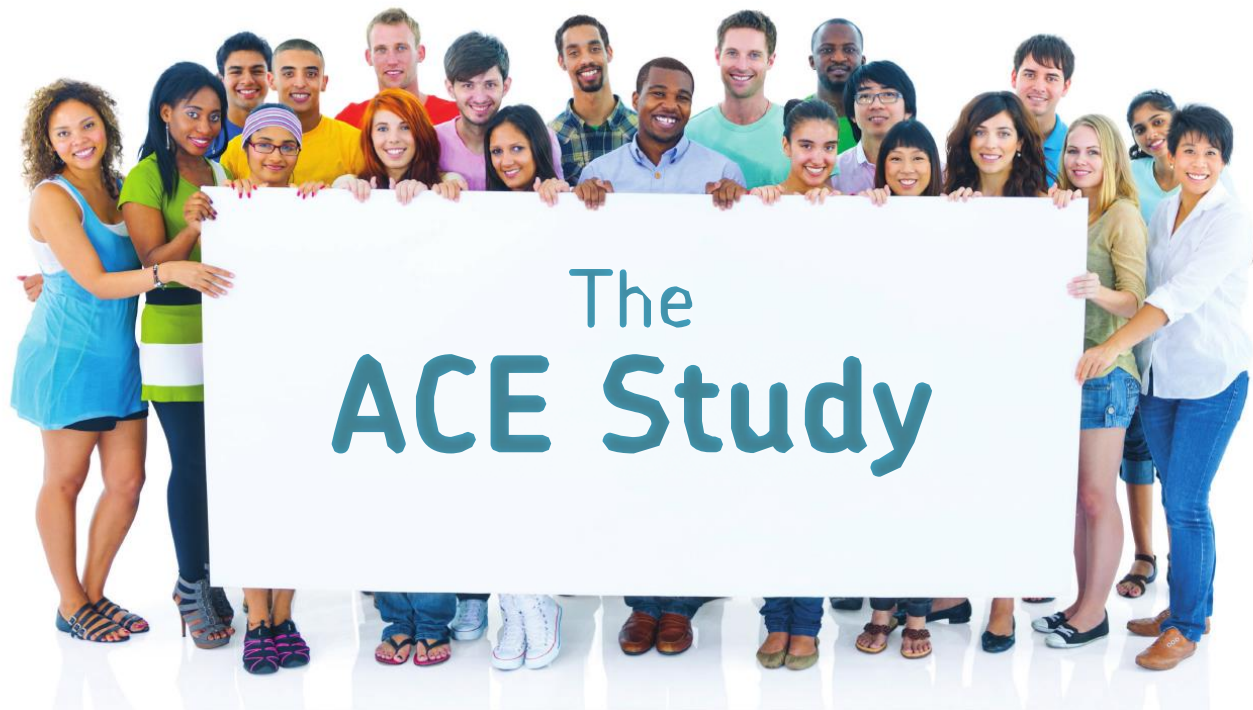
Elementary Age





have a collective
CHOICE







FINDING MORE CONNECTIONS

how multiple forms of
childhood adversity
can affect many important
PUBLIC HEALTH PROBLEMS

Adverse Childhood Experiences ARE COMMON

Household Dysfunction

Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

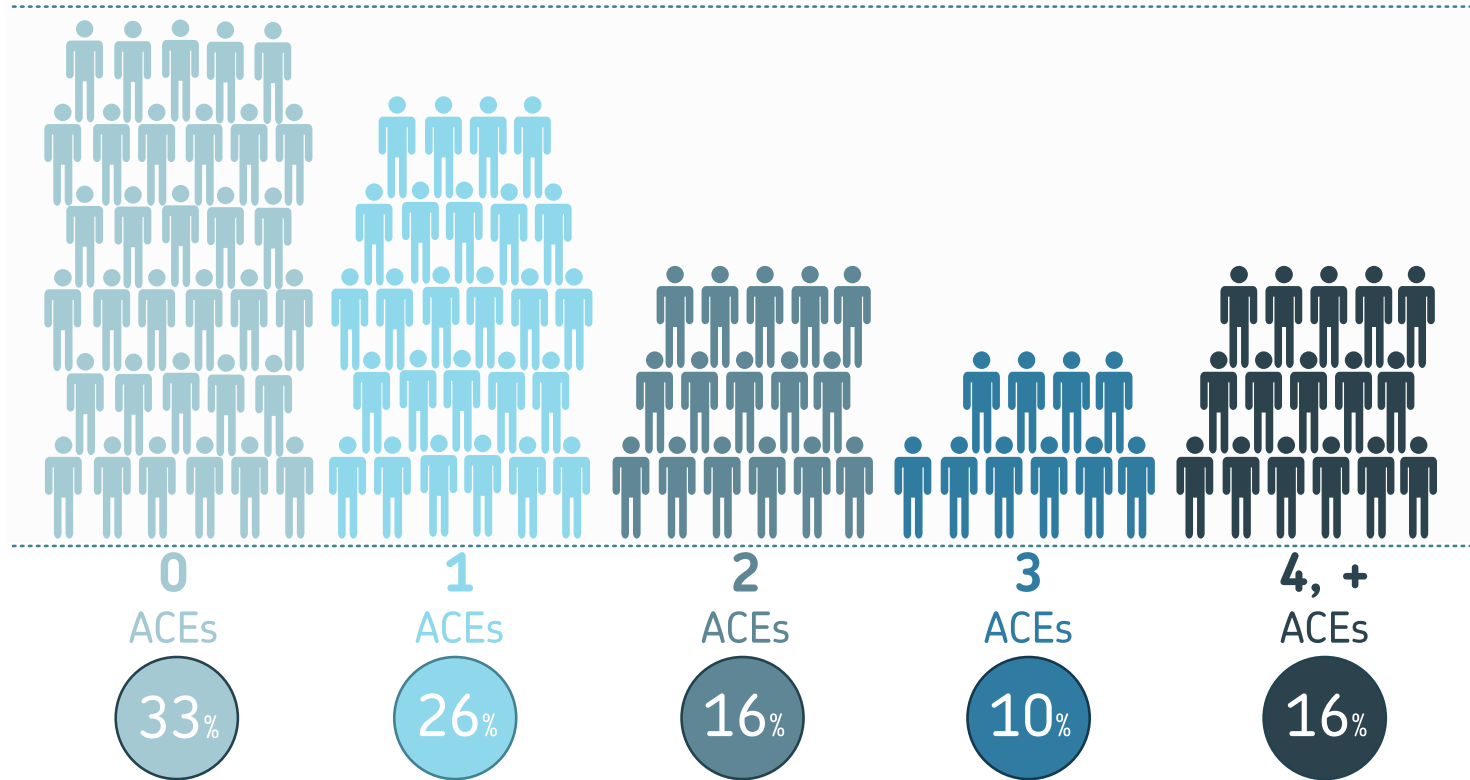
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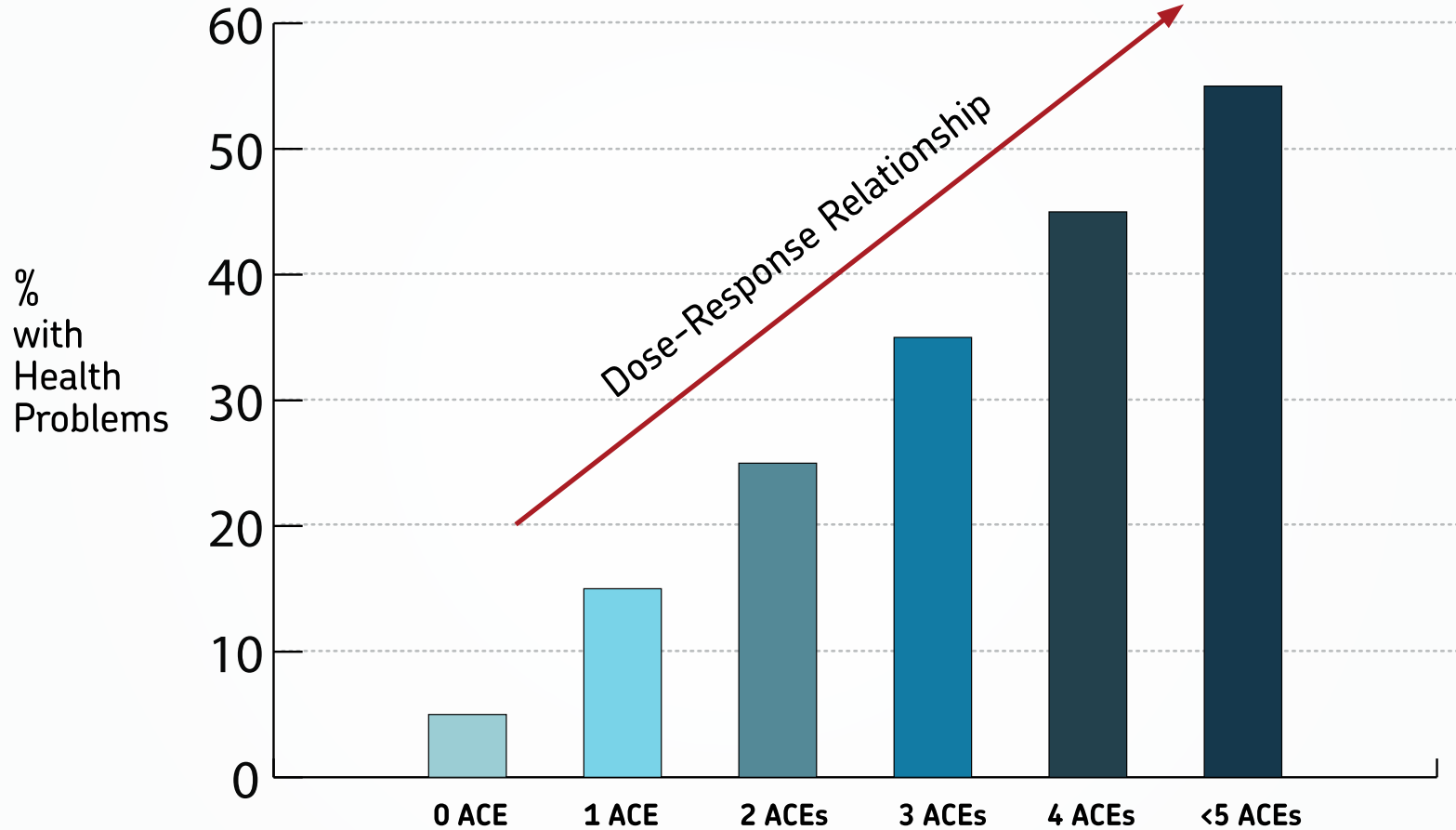
TOTAL 10 ACEs

ACE Score = Number of ACE Categories

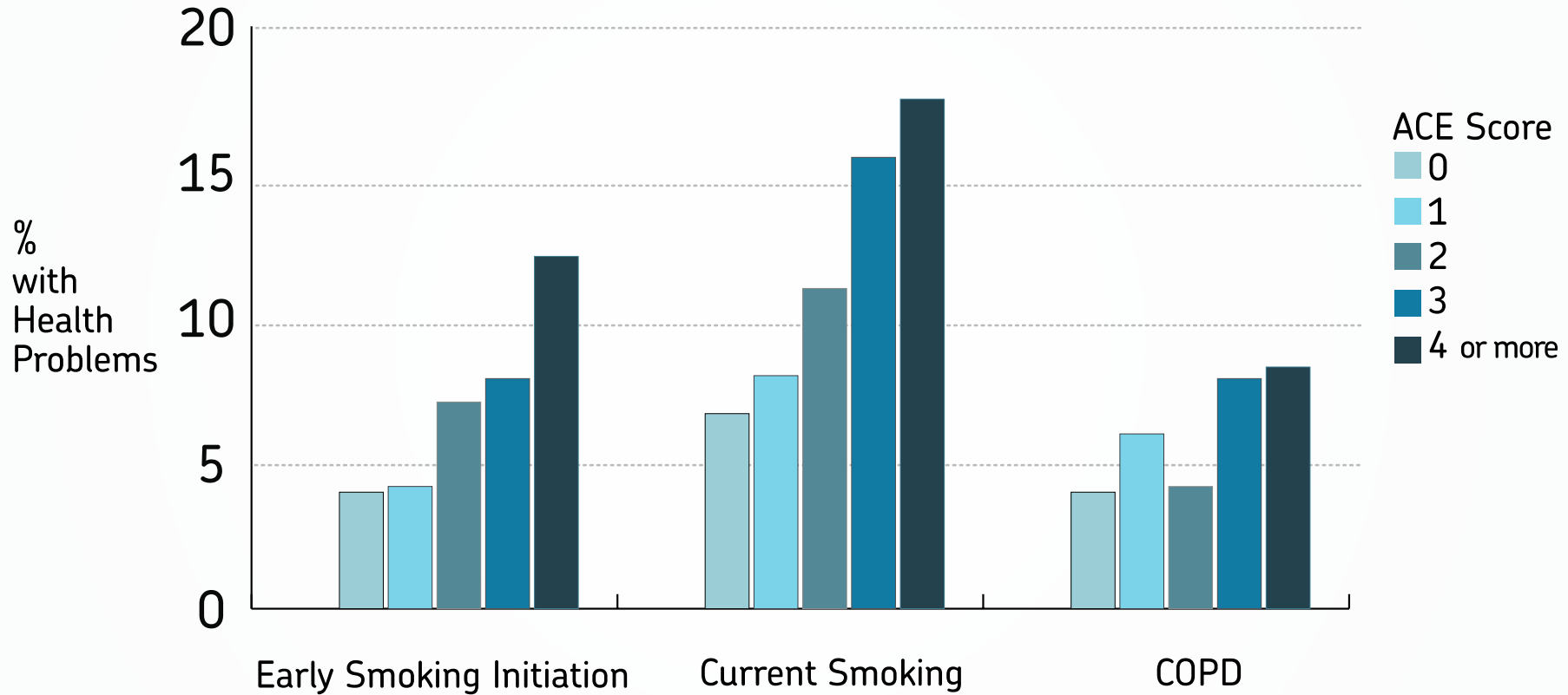


ACE Scores Reliably Predict Challenges During the Life Course

ACE Score and Health Problems



ACEs, Smoking and Lung Disease

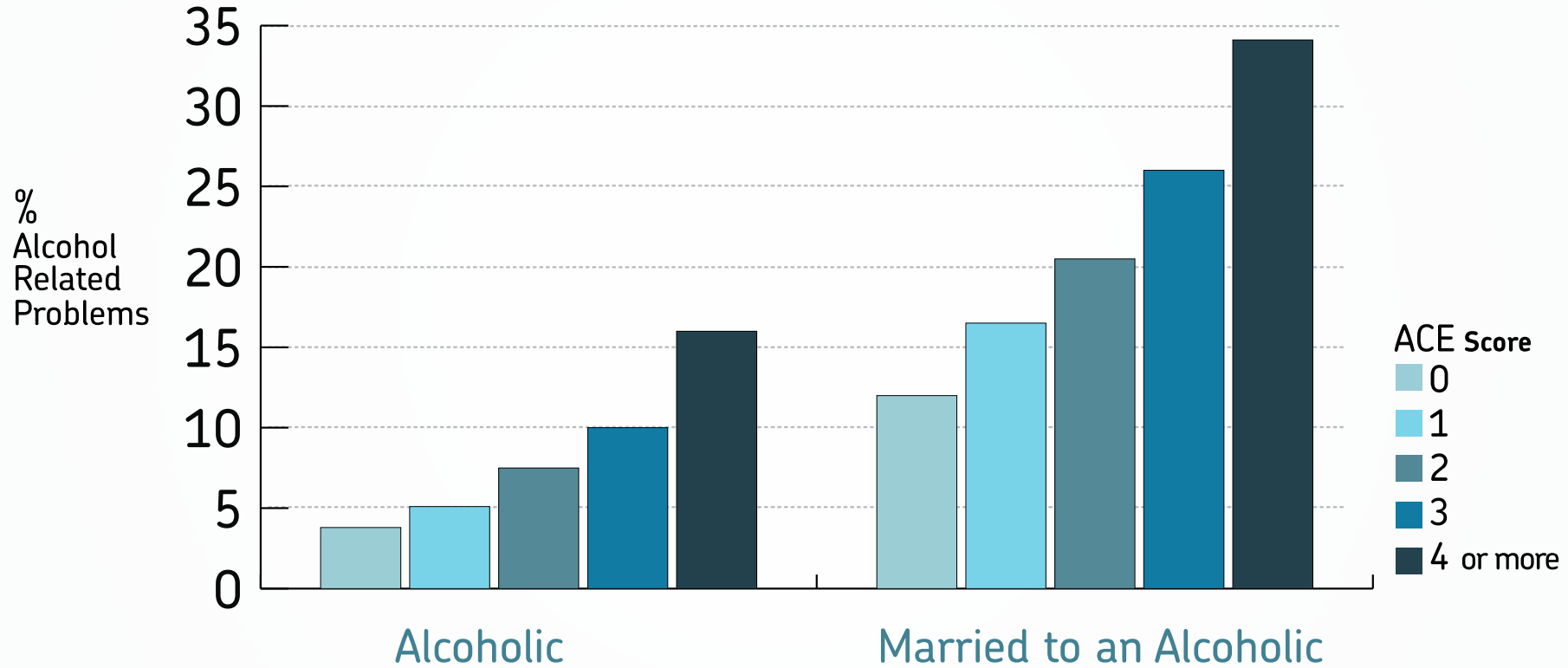




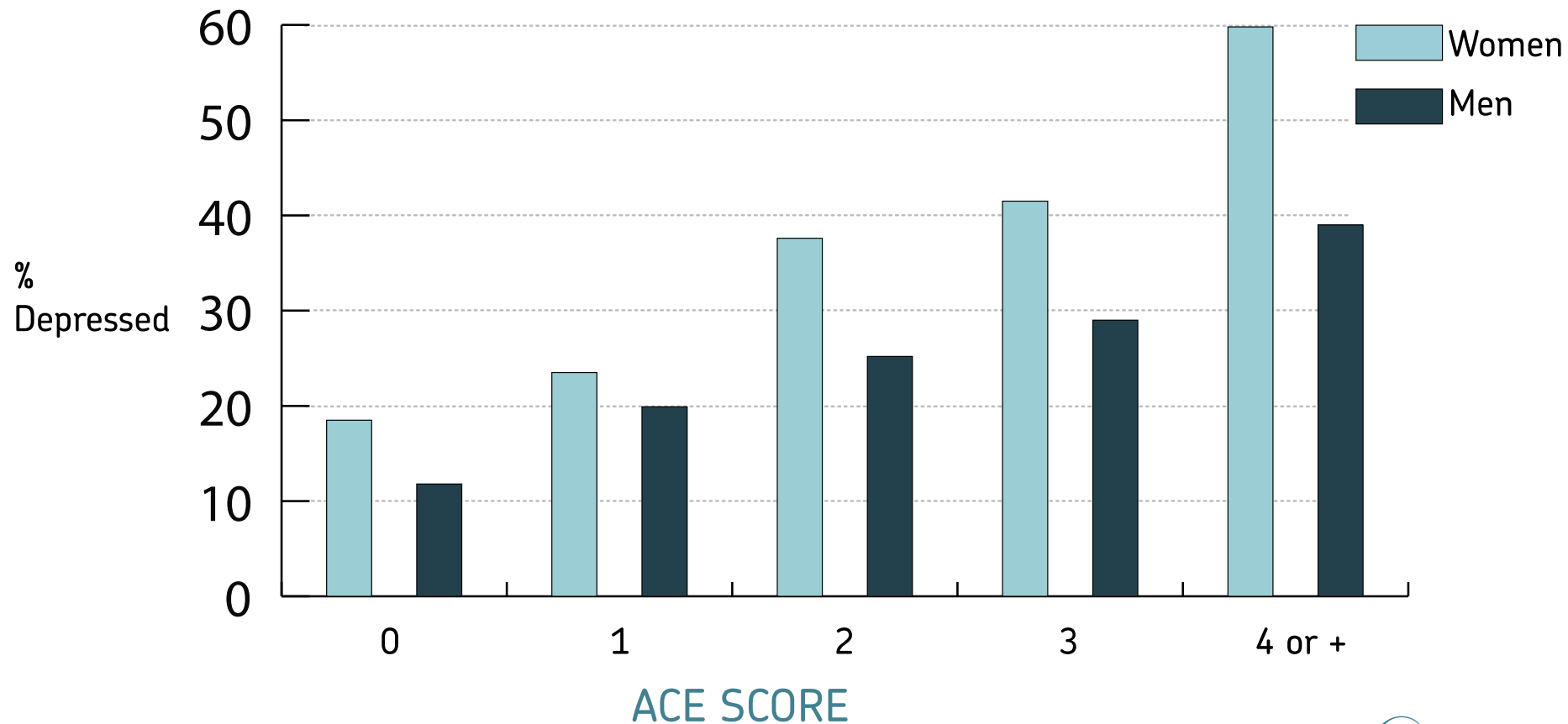
Anxiety
Depression
Difficulty Concentrating

SMOKING

ACEs & Alcoholism & Marrying an Alcoholic



ACEs & Depression



EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse

Chronic Obstructive
Pulmonary Disease

Coronary Heart Disease

Depression

Drug Abuse & Illicit Drug Use

Fetal Death

Intimate Partner Violence

Liver Disease

Mental Health Problems

Obesity

Sexual Behavior Problems

Smoking

Unintended Pregnancy

Violence

Workplace Problems

ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population

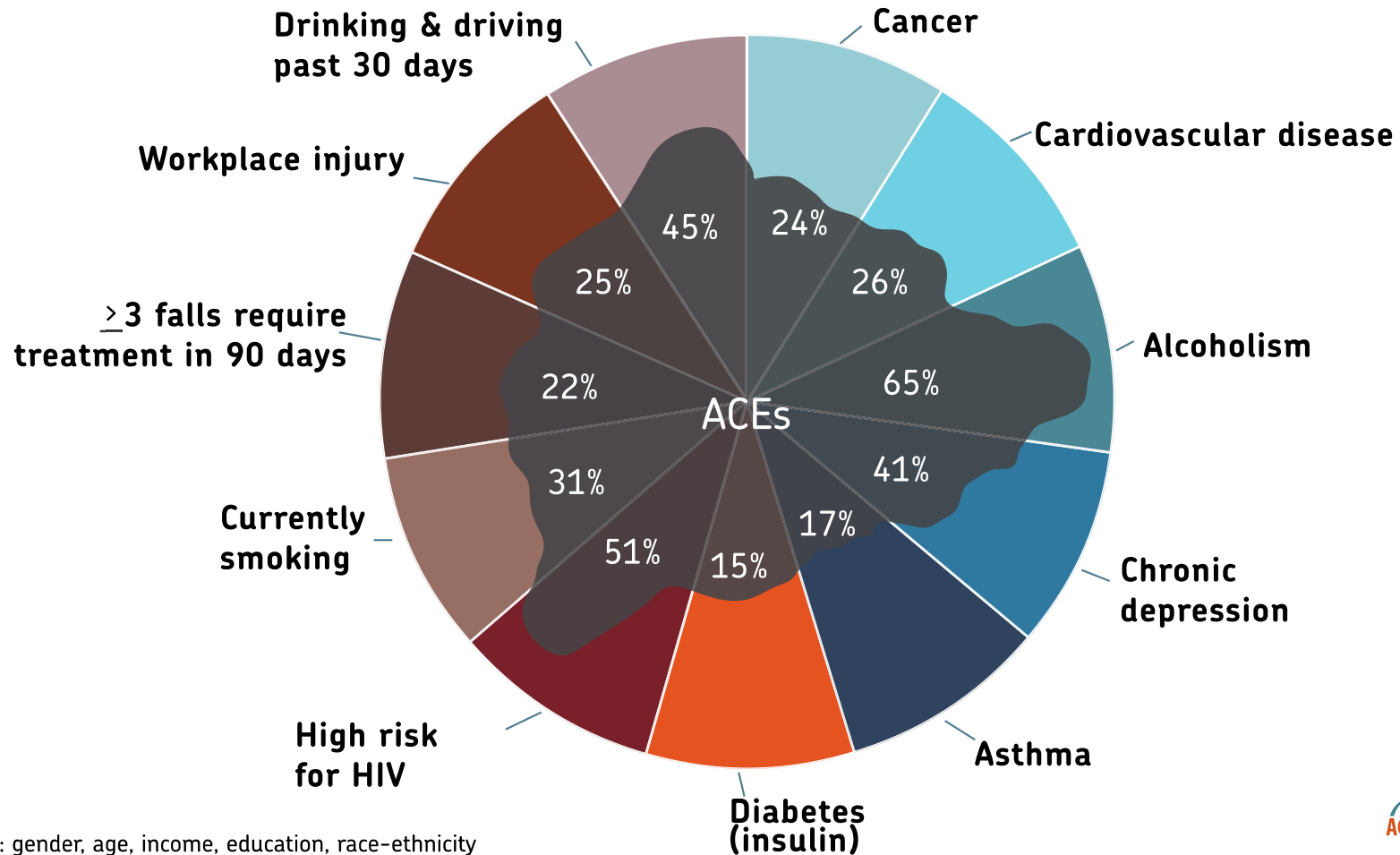


Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

Population Attributable Risk



We

have the power to
shift the dynamics
that lead to
high ACE scores.



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

Attachment & Belonging

RELATIONSHIPS

with caring and competent

people are

—VITAL—

contributors to
resilience & recovery





Community, Faith & Cultural Processes

WE

foster
thriving
communities

Community Capacity Development

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions



lifting all beings



CHANGE is up to US



It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.



Building Self-Healing Communities

Thank YOU!

www.aceinterface.com

ACE Business Solutions - ALASKA Stock Photos - Theresa Barila - Victoria Bigelow
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- Jim Sporeader - Martin Teicher - Wisconsin Children's Trust - Photographs of
people in these slides are of models; none should be considered victims or
perpetrators.