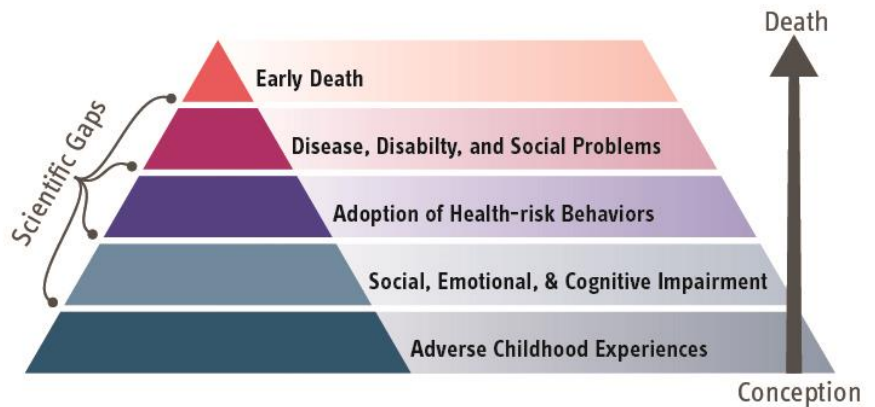


# ACEs 101: Impact and Our Opportunity

RESOURCE GUIDE

**ACEs** is a study that links adverse childhood experiences to risks for poor adult health.



## Categories of ACEs

### Abuse

- Emotional
- Physical
- Sexual

### Neglect

- Physical
- Emotional

### Family Dysfunction

- Incarcerated relative
- Mother treated violently
- Mental illness
- Divorce
- Substance abuse

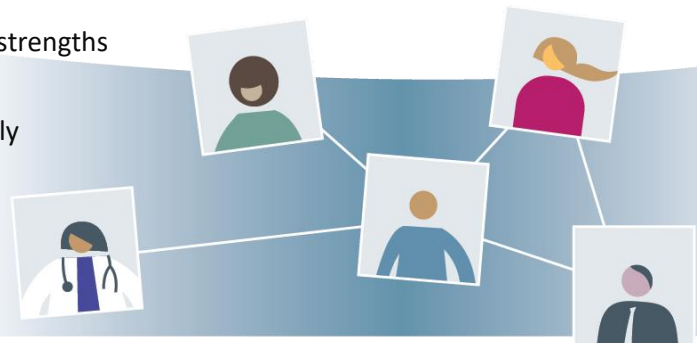


**ACEs** relate to overall quality of life. Poor physical and mental health can jeopardize a person's everyday functioning, impairing activities such as employment, parenting, attendance, relationships and self-care. They are linked to increased risk for:

- |                          |                    |                                     |                           |
|--------------------------|--------------------|-------------------------------------|---------------------------|
| • Cardiovascular disease | • Asthma           | • Chronic Depression                | • Teen sexual behaviors   |
| • COPD                   | • Diabetes         | • Antidepressants                   | • Domestic violence       |
| • Liver disease          | • Cancer           | • Suicide attempts                  | • Shorter life expectancy |
| • Stroke                 | • Adult smoking    | • Likelihood of >50 sexual partners |                           |
| • Kidney disease         | • Adult alcoholism |                                     |                           |
| • Arthritis              | • IV drug use      |                                     |                           |

**Protective factors** are supports and strengths that can be leaned on during times of stress.

- Social connections outside the nuclear family
- Parenting education
- Development of resilient strategies
- Economic assistance in times of need



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## Resources

### [Finding Your ACEs Score Questionnaire](#)

[ACEsConnection.com](#) – A forum for scientists and researchers to share information and collaborate; sponsors blogs dedicated to sharing ideas and knowledge; platform for advocacy

[ACEsTooHigh.com](#) – A site that would engage the general public with resources and human-interest stories

[NEAR@Home](#) – Offers lessons in preparing, asking, listening, affirming and remembering to walk participants through scripts and possible scenarios for addressing ACEs with clients

[Lemonade for Life](#) – A guide to using ACEs to Build Hope and Resilience, University of Kansas Center for Public Partnerships and Research, 2019.

## Videos

- How childhood trauma affects health across a lifetime, Nadine Burke Harris, TEDMED. September 20114, Lecture. [Video](#)
- Center on the Developing Child, Harvard University
- Experiences Build Brain Architecture - [Video](#)
- Serve and Return Interaction Shape Brain Circuitry - [Video](#)
- Toxic Stress Derails Healthy Development - [Video](#)
- “Still Face Experiment: Dr. Edward Tronick.” *Helping Babies from the Bench: Using the Science of Early Childhood in Court. Zero to Three.* [Video](#)
- *The Road Ahead: Reframing the Teen Experience*, Kickapoo Native Connections Grant Number 5H79SM061926, Substance Abuse and Mental Health Services Administration, 2018, Center for Public Partnerships and Research, University of Kansas. [Video](#)

## Books

Jackson Nakazawa, D. [Childhood Disrupted: How your Biography Becomes your Biology](#)