

# How ACEs Impacts Our Community



## What are ACEs

*Adverse Childhood Experiences are traumatic experiences from abuse, neglect, witnessing violence to household dysfunction. They can negatively impact our health throughout the lifespan.*



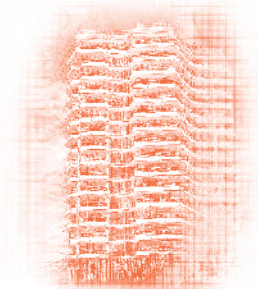
### Education

- Low language and reading skills
- Increased suspension, expulsion, dropout rates, tardiness & absenteeism
- Decreased problem solving skills
- Increased bullying/aggression
- Decreased emotional regulation
- Decreased educational attainment



### Criminal Justice

- Hypervigilance & distrust
- Increased aggressiveness
- Higher risk for conflict
- Increase in criminal activities, gangs, illegal drug use
- Intimate partner violence
- Early initiation of substance



### Business

- Decreased job readiness skills
- Increased under/unemployment
- Low/minimum wage jobs
- More on the job injury/illness
- Decreased productivity & performance
- High employee turnover & dissatisfaction



### Health

ACE score of 4 or more means an individual is:

- 4.6 times more likely to have chronic diseases and engage in “risky health behaviors” like smoking
- 3.9 times more likely to develop chronic lung disease
- 1.6 times more likely to become morbidly obese
- 6 times more likely to struggle with alcoholism
- 10.3 times more likely to inject drugs
- 12.2 times more likely to attempt suicide

*Studies show ACEs can have powerful effects in our lives and communities influencing...*



### Community & Family

- Difficulty understanding social cues
- Poor decision making skills
- Decreased sense of belonging and hope
- Increased isolation - fewer safe, stable friends
- Housing instability, frequent moves, increased homelessness
- Increased promiscuity, domestic violence, & risk of divorce
- Involvement in child welfare - leading to out-of-home placements & terminations
- Higher “toxic stress” - increasing the risk of ACEs in the next generation

# THE CAUSE

## *Toxic Stress in Family & Community Environments*

*ACEs are not destiny - their impact is largely dependent upon how WE, the community, respond to provide a pathway and opportunities for self-healing. We can help all children & adults navigate the maze of life.*

### Creating Harmful Paths

When we react to individual's behavior with isolation, rather than respond to their lived experience with empathy & understanding, we can set a person on a course that leads to a life of struggle.

### Creating Successful Paths

Resiliency research shows that all "successful" people, who experienced ACEs, had at least one adult in their life who helped them feel safe, good at something, and worthy of love. Safe, caring adults change the course of a person's life.

- 1-3 ACEs**
- Maternal Depression
  - Domestic Abuse
  - Alcoholism



**Bullying**

