# Truths About ACES

# **EXPERIENCES**

Childhood events can have lasting adverse effects

on health and well-being.

## **TYPES OF ACEs**

## ABUSE

Physical

**Fmotional** 

Sexual





Physical

Emotional

## HOUSEHOLD DYSFUNCTION

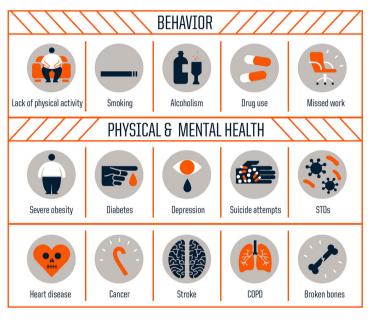


## Incarcerated Relative



## Substance Abuse

## IMPACT of ACEs



Strengthening Resilience Enhance protective factors to help people

Mental Illness

Mother treated violently

Divorce

Enhance protective factors to help people bounce back and reduce risk for poor health outcomes

#### Disrupting the Cycle educe risk of child

Reduce risk of child exposure to trauma through prevention and early intervention

#### Our Community Connected, Healthy, and

#### Lives Integrate accessible and effective supports that foster healing

Restoring

and recovery

## Foundation

Resilient

Establish shared knowledge and understanding to support trauma-informed values, actions and systems



The negative consequences of ACEs can be counteracted with support, care, and intervention. Children learn to develop crucial coping skills in Mountain Child Advocacy Center's therapy program. They know that they are not alone, and they adopt healthy ways to process toxic stress.

Information provided by a collaboration study from the CDC and Kaiser Permanente