











The Truths About ACEs
















ADVERSE CHILDHOOD EXPERIENCES

Childhood events can have lasting adverse effects on health and well-being.

TYPES OF ACEs

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

IMPACT of ACEs

BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones



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