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

### Protective factors

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

---

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Maternal, Infant, and Early Childhood Home Visiting Grant number X05MC29509 for $7,648,351. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.
ACEs 101: Impact and Our Opportunity

RESOURCE GUIDE

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