Our life experiences can impact our health

ABUSE

HOUSEHOLD DYSFUNCTION

WHY DOES THIS MATTER?

Individuals and Families

When we experience trauma as young people, it can impact the way our brain develops which can lead to more challenges over our lifespan. Additionally, the effects of childhood trauma can be passed down through generations.

Communities

The lifetime cost per victim of childhood trauma is about $200,000. This includes losses in job productivity, child and adult medical and social services costs, and costs to the criminal justice system.

WHAT’S YOUR STORY?

Do you experience any of these behaviors or coping skills?

- Anxiety or depression
- Difficulty learning
- Oversensitivity to stressful situations
- Emotional outbursts
- Trouble in relationships
- Addictions
- Any of the health and behavioral challenges listed inside?

Consider your own life history and what kind of tough experiences you’ve had. If trauma is a part of your past, acknowledging it and addressing it can help improve your health and well-being.

Fortunately, the brain is adaptable and can heal, at any age, from the effects of Adverse Childhood Experiences. What strengths do you have that have helped you get through tough times? What things can you do to help retrain your brain?

SUPPORT IS AVAILABLE

- Haven House
  24/7 Crisis Line
  (907) 235-8943
- South Peninsula Behavioral Health Services
  (907) 235-7701
- Kachemak Bay Family Planning
  (907) 235-3436
- Homer R.E.C. Room
  (907) 235-3436
- Sprout Family Services
  (907) 235-6044
- Alcoholics Anonymous
  (907) 235-6822
- Food Pantry
  (907) 235-1968
- Religious Communities
  See POP411.ORG for a list of local churches and other community resources

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WHAT’S THE ALASKA STORY?

- Physical Abuse
  - 19.1% ALASKA
  - 14.8% FIVE STATE AVG
- Substance Abuse
  - 33.0% ALASKA
  - 29.1% FIVE STATE AVG
- Sexual Abuse
  - 14.8% ALASKA
  - 12.2% FIVE STATE AVG
- Separation or Divorce
  - 26.6% ALASKA
  - 31.7% FIVE STATE AVG
- Emotional Abuse
  - 31.0% ALASKA
  - 25.9% FIVE STATE AVG
- Witnessed Domestic Violence
  - 16.3% ALASKA
  - 18.7% FIVE STATE AVG

ADVERSE CHILDHOOD EXPERIENCES

In a 2013 phone survey, most Alaskans reported experiencing one or more Adverse Childhood Experiences, or ACE, before age 18.

This survey showed that, overall, Alaskans have higher rates of Adverse Childhood Experiences, or ACEs, than most other states.

ACEs in Alaska

Learn More About

ADVERSE CHILDHOOD EXPERIENCES

e also known as

ACEs

35.6%  0 ACEs

64.4%  1 ACEs

FIND MORE CITATIONS AND RESOURCES

- National ACEs: www.cdc.gov/violenceprevention/acestudy/
- Alaska ACEs: dhss.alaska.gov/abada/ace-ak/Pages/default.aspx
- ACEs Connection: aceschomeconnection.com
- National Child Traumatic Stress Network: nctsn.org

CITATIONS

FIND MORE CITATIONS AND RESOURCES

mapp mappofskp.net
Resilience is the ability to bounce back from setbacks in our lives. More importantly it is the way we can prevent stress from causing serious physical, mental and emotional issues if left unattended. Practicing positive and often simple activities can actually retrain our brain, at any age, to handle emotional and stressful situations in a new way, potentially avoiding long term effects on the body whether or not we experienced severe trauma in our childhood.

**WHAT ARE ACEs?**
ACEs are Adverse Childhood Experiences, or tough times that happen to us when we are kids. If we experience severe tough times, or trauma, as kids, it can impact our lives as adults in many different ways. Trauma happens when stress becomes overwhelming and toxic to a child’s growing brain, either from one serious event, or if stress is constant over time.

In 1998 the Center for Disease Control (CDC) concluded the biggest study ever conducted to look at the connections between this childhood trauma and adult health problems. This is the Adverse Childhood Experiences, or ACEs study. This scientific investigation looked at 10 different types of childhood trauma: