

ADVERSE CHILDHOOD EXPERIENCES

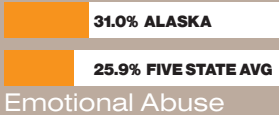
ACEs in Alaska

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

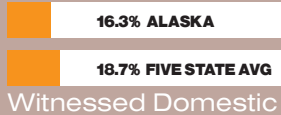
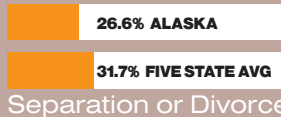
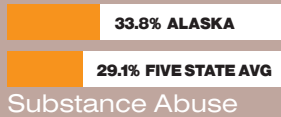
This survey showed that, overall, Alaskans have higher rates of Adverse Childhood Experiences, or ACEs, than most other states.



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

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



The Center
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

See POP411.ORG for a list of local churches and other community resources



Religious Communities

CITATIONS

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

FIND MORE CITATIONS AND RESOURCES



WHAT'S YOUR STORY?

Our life experiences can impact our health



Learn More About

ADVERSE CHILDHOOD EXPERIENCES

also known as




ACEs

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:

Types of Adverse Childhood Experiences

ABUSE 	Physical Sexual Emotional	NEGLECT 	Emotional Physical
HOUSEHOLD DYSFUNCTION 	Household Substance Abuse Parental Divorce Household Mental Illness	Witnessed Domestic Violence Incarcerated Household Member	

The ACEs study linked these 10 types of childhood trauma to adult health and behavioral problems, including:

Types of Adult Health & Behavioral Problems

BEHAVIORAL 	Lack of Physical Activity Smoking	Alcoholism Drug Use Missed Work
PHYSICAL & MENTAL HEALTH 	Morbid Obesity Diabetes Depression Suicide Attempts	Heart Disease Cancer Stroke <i>and many more</i>

PATHWAYS TO RESILIENCE

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.















RETRAIN YOUR BRAIN






FOR CHILDREN

-  Positive Role Models
-  Supportive Adults
-  Parental Involvement
-  Caring Community
-  Increased Parent-Infant Contact
-  Increased Knowledge of Child Development

FOR EVERYONE

-  Supportive Relationships
-  Healthy Food
-  Exercise
-  Smile
-  Talk About Feelings
-  Music
-  Walk in the Woods
-  Gratitude
-  Positive Thoughts
-  Laugh
-  Hope
-  Volunteer

FOR ADULTS

-  Acknowledge Trauma
-  Seek Support
-  Identify Emotional Triggers
-  Mental Health and Substance Abuse Treatment
-  Create Safe and Stable Nurturing Relationships