

ACEs Trauma

Understanding Adverse & Positive Childhood Experiences

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What Are ACEs?



Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood – including abuse, neglect, and household dysfunction.

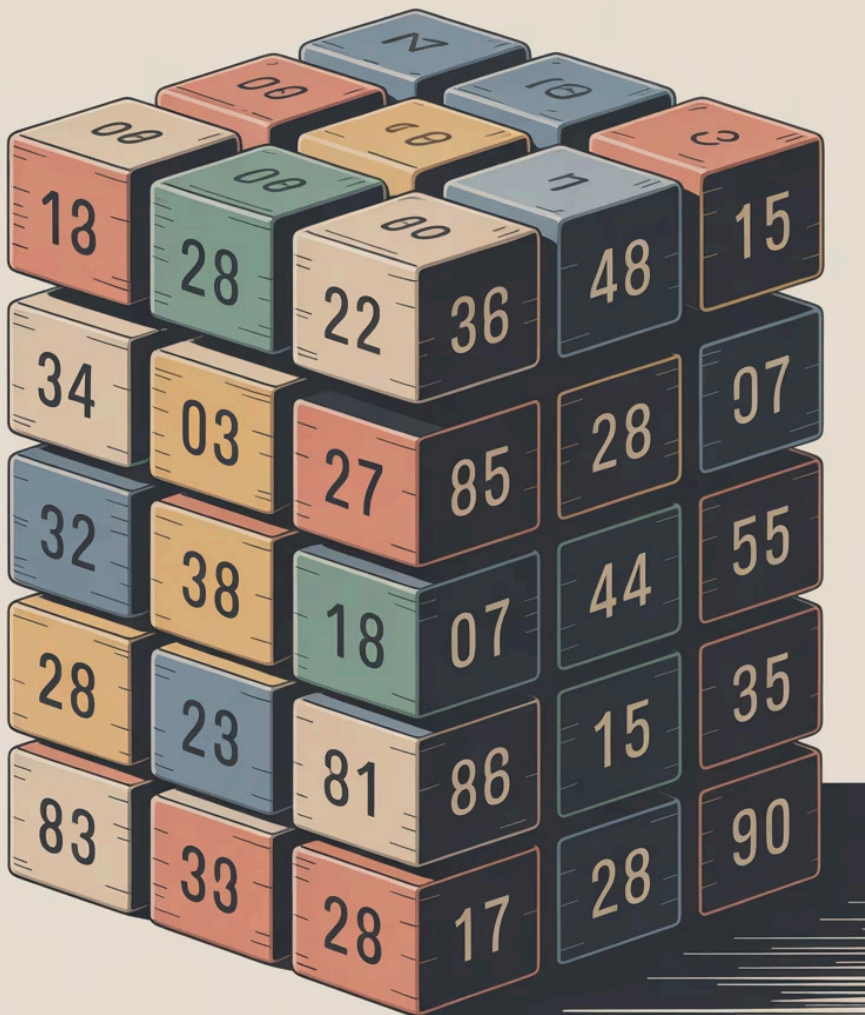
ACEs significantly impact long-term health, behavior, and life potential. They contribute to workplace absenteeism and burden healthcare, emergency services, mental health, and the criminal justice system.

- ❏ Childhood adversity plays a critical role in the development of chronic physical, mental, economic, and social health challenges.

From Trauma to Impact



The more ACEs a person has, the greater their risk for negative health outcomes across every dimension of life.



The ACE Score

ACE scores range from **0 to 10**. Each unique type of trauma adds one point – regardless of frequency. Think of it like a cholesterol score for childhood trauma.

Score of 4
2x more likely to smoke · 7x more likely to be alcoholic · 400% increased risk of emphysema

Score of 4+
1,200% increased risk of suicide · More depression, broken bones, and autoimmune diseases

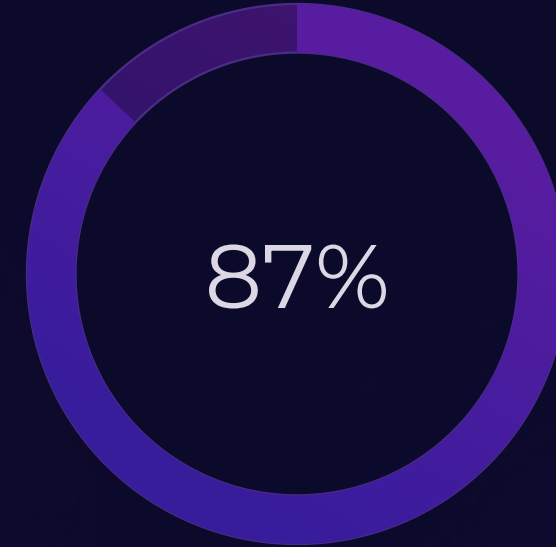
Score of 6+
Lifespan may be shortened by up to **20 years**

What Your ACE Score Means



Adults with ACEs

Nearly 64% of adults have at least one ACE



Likely Have More

If you have one ACE, there's an 87% chance you have more

Elevated Risks Include:

→ Cancer & heart disease

→ Mental illness & depression

→ Substance use disorders

→ Shortened life expectancy



Positive Childhood Experiences (PCEs)

PCEs build emotional and mental health resilience. **7 key PCEs** are linked to strong adult mental health:



Family Connection

Talking with family about feelings · Support during hard times



Community & School

Participating in traditions · Belonging in school



Safe Relationships

Supportive friendships · Caring non-parent adults · Feeling safe at home

Healing Through Perspective

"You have to make the decision to **let go of the past** if you want to move forward."

— *Bryant McGill*

"Life is ten percent what happens to you and **ninety percent how you respond to it.**"

— *Lou Holtz*

"I am not what happened to me, I am **what I choose to become.**"

— *Carl Gustav Jung*

Thank You

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- 📄 Understanding ACEs and PCEs is the first step toward healing — for individuals, families, and communities.

