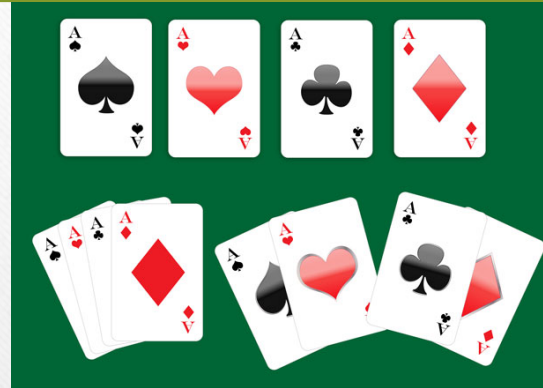


ACEs

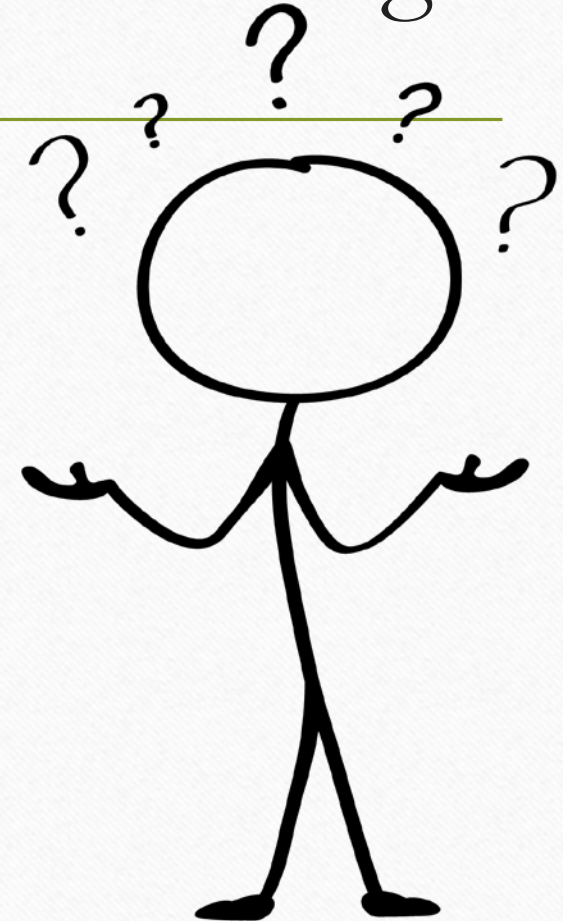


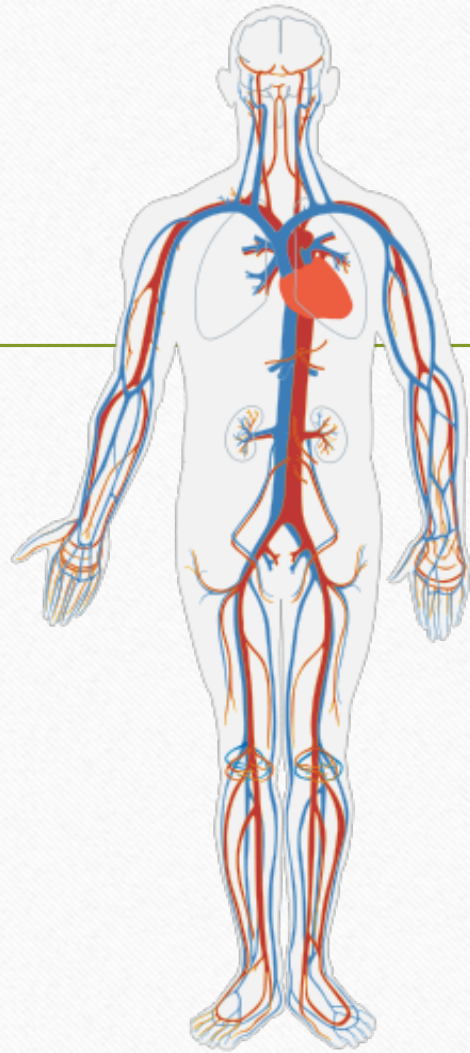
What are ACEs and how do they affect your game?

*Special thanks and credit to www.healthfederation.org

ASSUMPTIONS of Audience Knowledge

- Little or no knowledge of ACEs Study
- Know the definition of Resilience
- Know the definition of Trauma





*It's BIOLOGY, not
PATHOLOGY....*

All of Our Experiences
are Embedded in the

Way our Bodies and
Minds Function.

The Body Keeps the Score

Bessel Van Der Kolk

ACEs Video



Looking at the ACEs

The Original Questionnaire



+5 ACEs

- Foster Care
- Bullying
- Racism/Discrimination
- Unsafe Neighborhood
- Community Violence

Adverse Childhood Experiences

A

- 17,000 adults
- 10 types of adverse experiences

C

- Only 1/3 had *NO* ACES
- 16% had *4 or more* ACES

E

- More ACES were **STRONGLY** correlated with significantly poor health outcomes and health risk behaviors

Higher ACE scores increases risk for...

- 2.5X more likely to fail a grade
 - Score lower on standardized tests
 - More receptive/expressive language difficulties
-
- Suspension or expulsion-more frequent
 - Referral to special education at higher rates

Cumulative Impact of Trauma

- ACES tend to come in groups or cluster
 - For example, if you had a battered mother,
 - 95% of children exposed will have at least one other ACE
 - 52% will have up to 5 additional ACES
 - The tipping point for adaptive responses or little biological impact is 4...

The First Signs of ACEs

- Birth-twelve months
 - Changes in sleeping and eating patterns
 - Fear of new things
 - Clinginess
- Thirteen – Sixteen months
 - Isolation
 - Fearfulness
 - Difficulty paying attention
- One and a half – Five years
 - Atypical aggressive behaviors
 - Withdrawal
 - Loss of developed skills

Let's Review

