

Acknowledging ACEs

EXPLORING BETTER HEALTH FOR FAMILIES

What are ACEs?

- ACEs stands for Adverse Childhood Experiences, which may be defined as **traumatic events** such as **maltreatment** or exposure to **violence** that occur *before* the age of **18**.
- Exposure to such experiences places individuals at a **high risk** for both **physical** and **mental health** conditions.

10 Types of ACEs*

*Identified by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente



mental illness



partner violence



parental separation



incarceration



substance abuse



physical abuse



emotional abuse



sexual abuse



physical neglect



emotional neglect

Why acknowledge?

- ACEs **do not** define us.
- Acknowledging ACEs can be used to practice **better health** for both families and individuals.

Individuals with **six or more** ACEs have a life expectancy that is **19 years shorter** than individuals with none.

Health-Risks:

- ACEs are associated with **9 out of 10** of the leading causes of **death** in the U.S. and closely linked to the following conditions:
-Asthma -ADHD
-Anxiety -Depression

Empower your child to...**

**Recommended by ACEs Aware
www.acesaware.org

1

Maintain healthy relationships.

- Practice respectful language (even when upset).
- Spend quality time with family and friends.
- Ask for help if a relationship feels physically or emotionally unsafe.

4

Get good sleep.

- Create a peaceful sleep environment.
- No electronics 30-min before bed.
- Sustain a sleep schedule.

2

Exercise daily.

- Limit screentime.
- Walk 20-min a day.
- Engage in sports and fun physical activity!

5

Practice mindfulness.

- Practice mindful breathing and other calming techniques.
- Take moments to pay attention to how you feel physically and emotionally.
- Find way to express gratitude.

3

Practice healthy nutrition.

- Lower sugar intake.
- Drink more water.
- Eat a well-balanced diet (protein-rich, whole grains, veggies, fruits).

6

Prioritize mental health.

- Discuss mental health matters with family.
- Identify a local mental health professional.
- Explore treatment options (e.g., counseling, therapy, psychiatric services).

RESOURCES

- The National Domestic Violence hotline: **800-799-SAFE (7233)**
- The National Sexual Assault hotline: **800-656-HOPE (4673)**
- National Suicide Prevention Lifeline: **800-273-TALK (8255)**
- The National Alliance on Mental Illness: **1-800-950-NAMI (6264)**

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