

Behavioral Health Resources For Schools

Adverse Childhood Experiences (ACEs)

Adverse childhood experiences (ACEs) are potentially traumatic events that can have negative, lasting effects on health and well-being. These experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian.











Adverse Childhood Experiences have been linked to

- risky health behaviors,
- chronic health conditions,
- low life potential, and
- early death.

As the number of ACEs increases, so does the risk for these outcomes.



The ACEs survey includes 10 questions around the topics of abuse, neglect and household dysfunction (see survey). ACEs are linked to behavioral and physical health outcomes including:

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

- Suicide attempts.
- Lifetime depressive episodes.
- High-risk sexual behaviors.
- Negative physical health outcomes.
- Poor dental health.

More resources on ACEs can be found by accessing the following web sites:

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

<https://www.cdc.gov/violenceprevention/acestudy/index.html>