

# Over 50% of Nebraskans Have at Least One ACE.

## What Are ACEs?

Adverse Childhood Experiences (ACEs) are stressful experiences that may occur during childhood and can effect life-long health and well-being.

### Abuse:



Emotional



Physical



Sexual

### Neglect:



Emotional



Physical

### Household Trauma:



Divorce/Separation



Substance Use



Domestic Violence



Mental Illness



Incarceration

Research shows any of these 10 experiences may effect a child's brain development. The more ACE stressors a child has, the more serious the effect may be.

## What Should Be Considered?

Stress on mothers can seriously contribute to ACEs in their children. Issues such as substance abuse or physical abuse can lead to poor health for both mothers and children.

### PRAMS 2011 data shows:

- 7 out of 10 Nebraska mothers report one or more stressful situations
- 1 out of 10 Nebraska mothers report depression or sadness

### Stressors asked about in the PRAMS Survey:

- Problems with alcohol or drug use
- Separation or divorce from husband or partner
- Incarceration of husband or partner
- Physical abuse
- Depression

### PRAMS Is...

The Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing statewide survey that asks mothers about their experiences and behaviors before, during, and after pregnancy.

<http://www.dhhs.ne.gov/prams>

**If you are a mother, understanding Adverse Childhood Experiences (ACEs) can help reduce your risk & your children's risks with issues linked to situations and stressors such as:**

- Smoking
- Alcoholism
- Illicit Drug Use
- Sexually Transmitted Diseases
- Depression & Anxiety
- Other Mental Health Problems
- Homelessness & Poverty
- Poor Quality of Life
- Unemployment
- Cancer
- Obesity
- Heart & Liver Disease
- Other Chronic Disease
- Relationship/Intimate Partner Violence
- Unintended/Adolescent Pregnancy
- Early Initiation of Sexual Activity
- Risk of Sexual Assault
- Fetal Death



**Resilience is the ability to recover or bounce back when bad things happen.**

**When stress happens, remember you can be strong.**

- **Relax** – take a break and find some time for yourself and your children.
- **Routine** – be consistent and develop a schedule that helps balance stress.
- **Reflect** – learn and grow from your mistakes.
- **Relationships** - develop long-term relationships for you and your child with good people
- **Responsiveness** - be attentive to your needs and your child's needs and development
- **Relax** – your mind and body from stressful situations.

**Asking for help is a sign of strength  
Talk to your doctor, nurse, family, friend, clergy or anyone you trust.**

Where to find more information:

**Resilience Trumps Aces**

[www.resiliencetrumpsaces.org/](http://www.resiliencetrumpsaces.org/)

**Prevent Child Abuse Nebraska**

[www.preventchildabusene.org](http://www.preventchildabusene.org)

**Nebraska Substance Abuse Treatment Center**

[www.RehabAndTreatment.com/Nebraska](http://www.RehabAndTreatment.com/Nebraska)

**The Nebraska Family Helpline**, 888-866-8660, is a free, confidential resource for parents who have questions regarding their child's behavior.

[www.nebraskafamilyhelpline.ne.gov](http://www.nebraskafamilyhelpline.ne.gov)

**ACEs Connection**

<http://acesconnection.com/>

**National Child Traumatic Stress Network**

[www.nctsn.org](http://www.nctsn.org)

References:

**Centers for Disease Control and Prevention. The ACE Study.**

<http://www.cdc.gov/violenceprevention/acestudy/>

**The Truth About ACEs. Robert Wood Johnson Foundation.**

<http://www.rwjf.org/en/search-results.html?u=&k=The+Truth+About+ACEs>

**Stress & Early Brain Development Understanding Adverse Childhood Experiences (ACEs). Spokane Regional Health District.**

[http://media.wix.com/ugd/796bf0\\_c0f3c92e04bb4898867b6d47b75353a7.pdf](http://media.wix.com/ugd/796bf0_c0f3c92e04bb4898867b6d47b75353a7.pdf)

**Nebraska Prams** <http://www.dhhs.ne.gov/prams>

