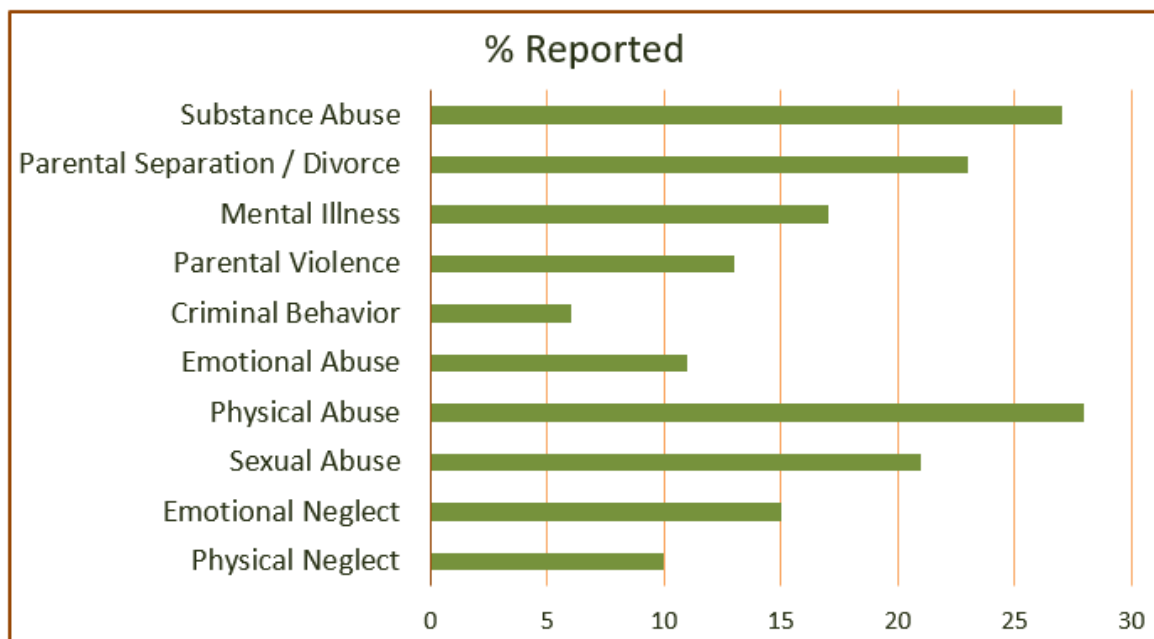




Adverse Childhood Experiences (ACEs) Overview

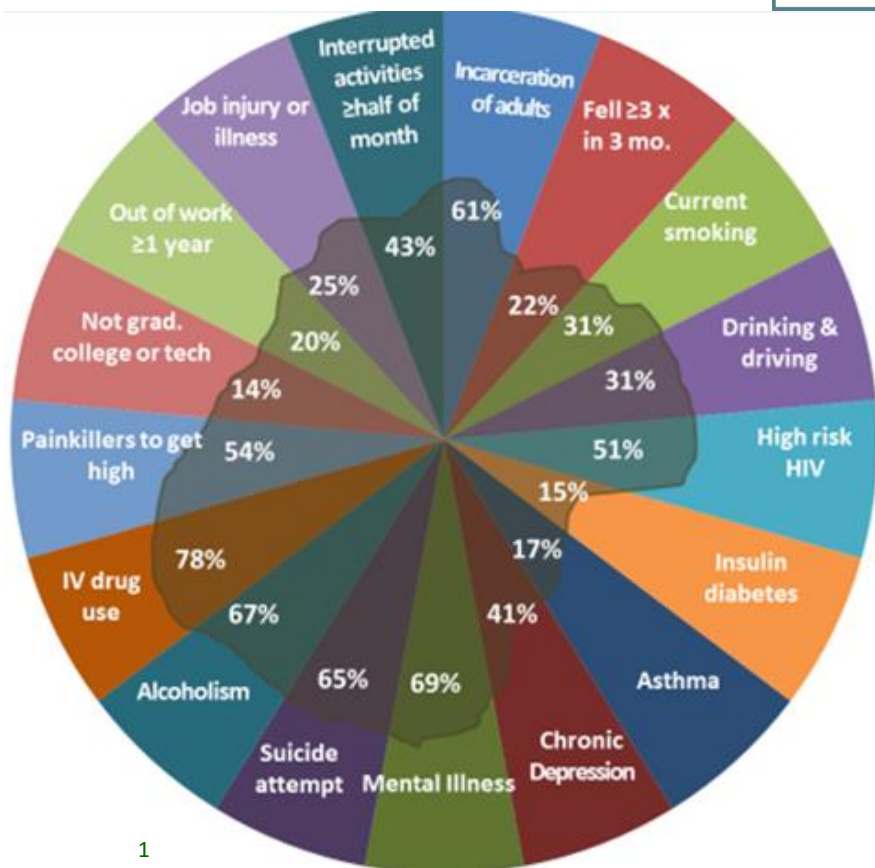
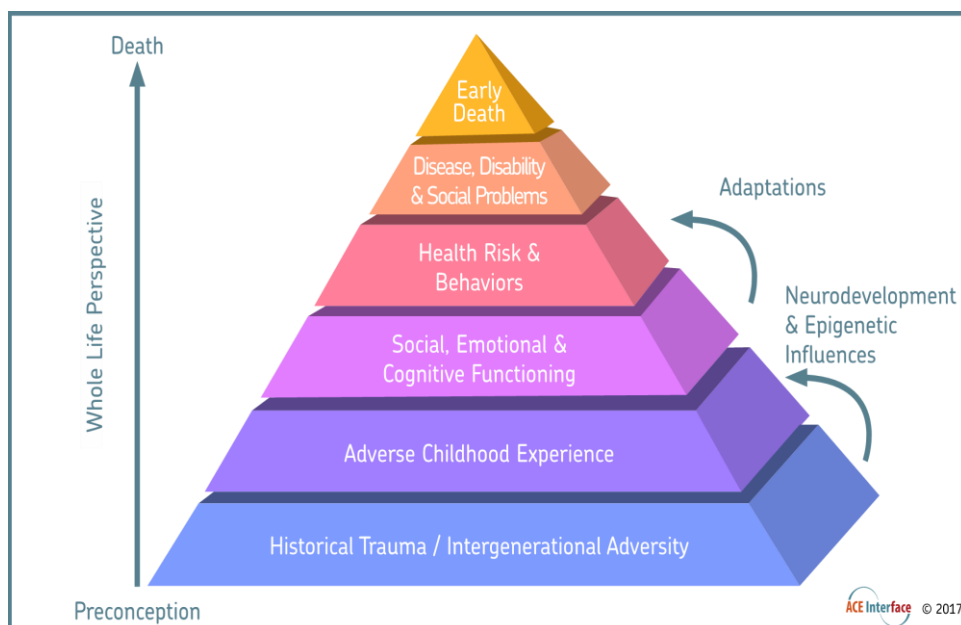


ACEs are Prevalent.

A 1998 study by Dr. Rob Anda and Dr. Vince Felitti with Kaiser Permanente patients, mostly white, middle class, college educated found that Adverse Childhood Experiences (ACEs) were very prevalent. More than 1 in 4 grew up in homes with substance abuse, over 1 in 4 reported being physically abused and more than 1 in 5 had been sexually abused.

ACEs are a Root Cause of Health and Disease Risk Factors

Continuing research in neuroscience and epigenetics has made it clear that ACEs have a neurological impact, often across generations. This impacts health outcomes throughout the life cycle and is a root cause of many adult health issues.



ACEs Contribute to Many Different Health Issues.

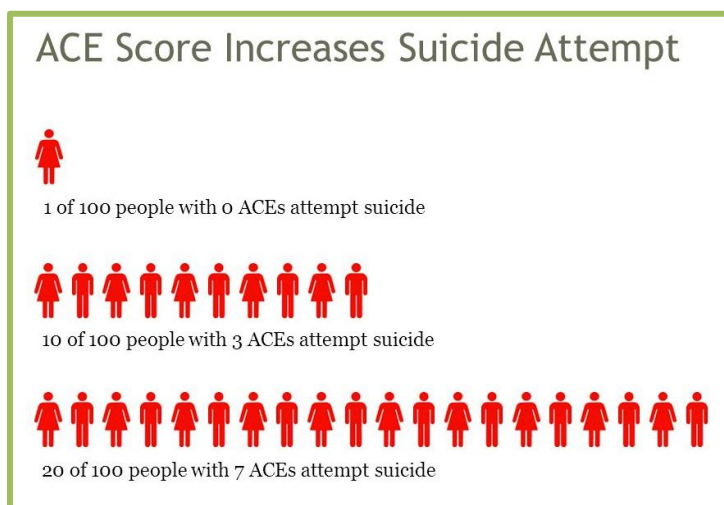
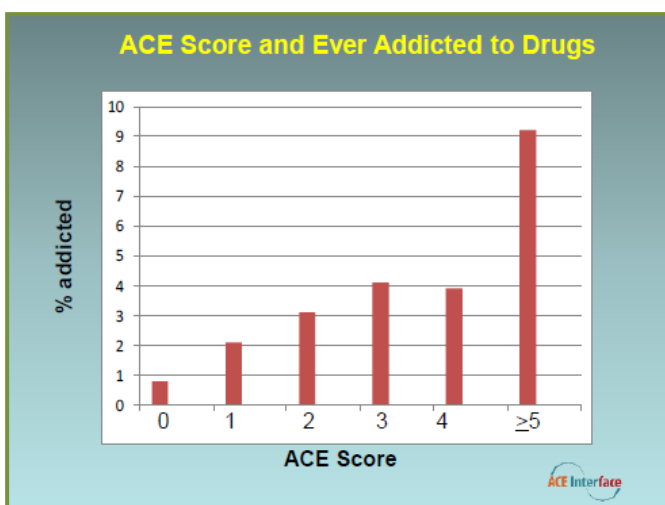
The "Population Attributable Risk" of ACEs is very high, indicating that many health challenges are directly impacted by ACEs. For example, 78% of IV drug use can be attributed to higher levels of ACEs as well as 67% of risk factors for alcoholism, 65% of the risk for suicide and so on. The chart at left indicates risk levels attributable to ACEs. By addressing ACEs we reduce the overall risk for each of these issues – improving overall health outcomes in many areas of health.



The Number of ACEs Relates to Greater Incidence of Adult Health Issues

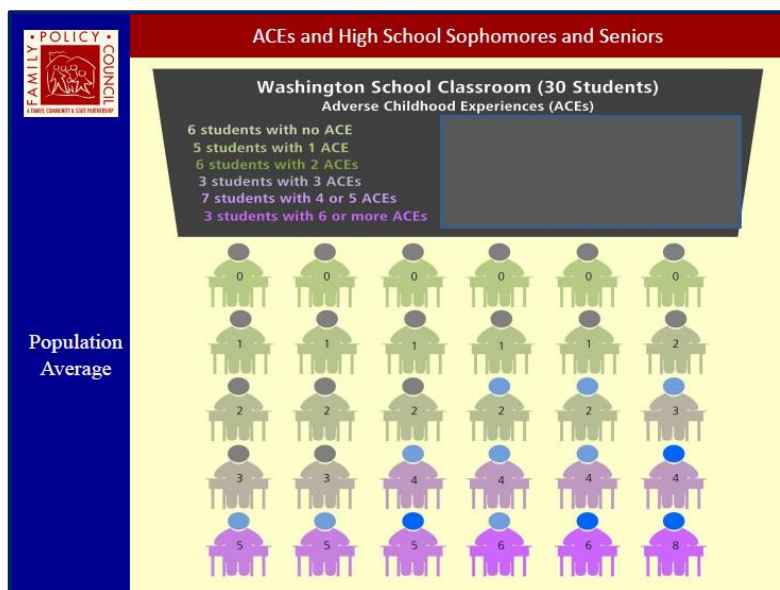
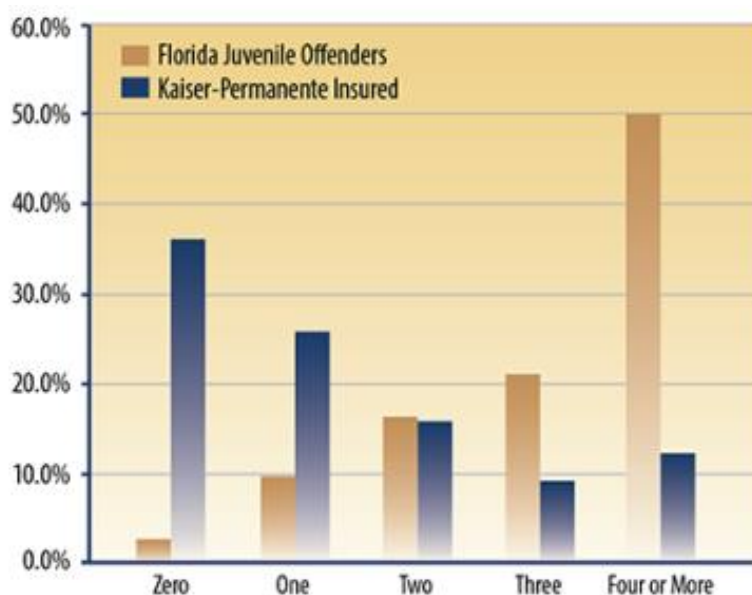
The “ACE Score” is the number of ACEs a person experienced. The ACE Score serves as a proxy for the level of adversity and has a “dose” relationship to adult health issues: The higher the ACE score, the more likely a person is to experience serious health challenges. Individuals with ACE scores of 4 or more were 12 times more likely to have attempted suicide, 7 times more likely to be alcoholic, and 10 times more likely to have injected street drugs. People with ACE scores of 6 and higher have an almost 20-year shortening of lifespan.

Addiction and suicide are two of the health issues that are most highly correlated with high ACE scores.



“At Risk” Populations have Higher ACE Scores.

Individuals in high-risk groups have significantly higher ACE scores than in the original Kaiser Study. In one Florida study of juvenile offenders, 50% had ACE scores of 4 or more, meaning that they had experiences high levels of adversity presumably contributing to their behavioral health risks.



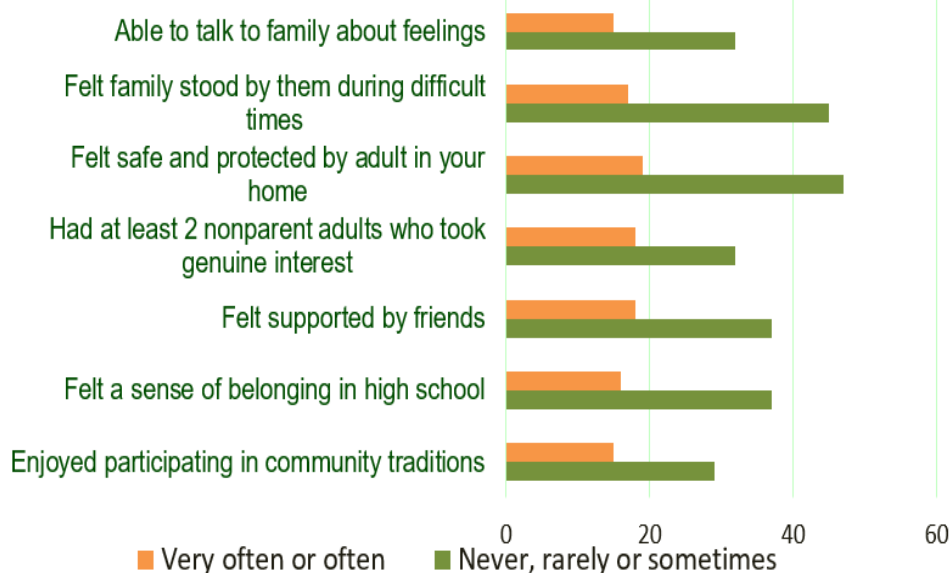
Large Numbers of Students Affected by ACEs.

For schools, these findings mean that every classroom will have many students affected by ACEs and a few who reflect very high ACE scores.



Positive Experiences and Building Community Help to Boost Resilience

Prevalence of Depression and Poor Mental Health



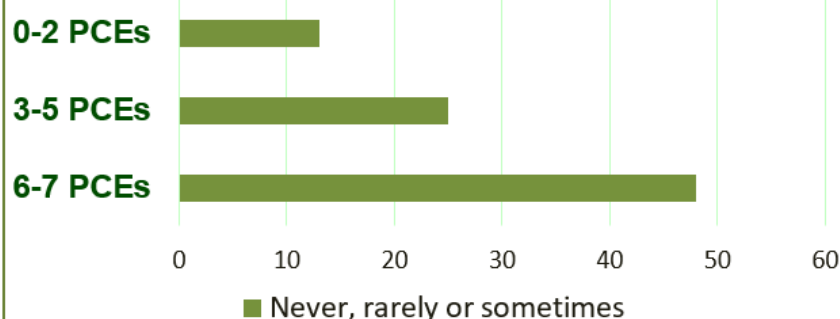
Positive Childhood Experiences can Buffer Adversity.

Exciting new research by Dr. Christina Bethel has documented that seven types of Positive Childhood Experiences can help boost adult resilience. The green bars in the chart at left show that people reporting Positive Experiences were less likely to report adult depression or mental health issues.

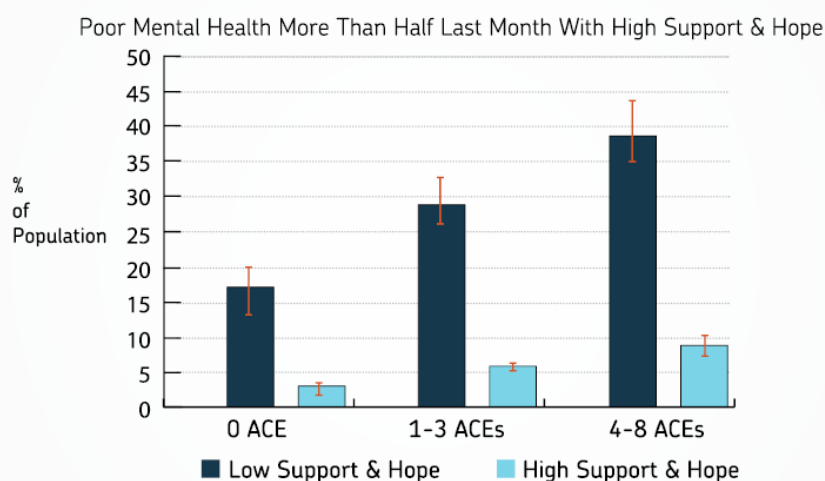
Similar “Dose Effect” of Higher Positive Experiences.

Dr. Bethel’s research also demonstrated that there is a similar “dose effect” with Positive Childhood Experiences (PCEs): the more positive experiences that individuals reported, the more likely they were to report few or no issues of adult mental health challenges.

Cumulative Effects: Prevalence of Depression and Poor Mental Health



Mental Health & Support



Emotional Support makes a difference. Individuals reporting that they had high levels of emotional support also reported that they experienced less time lost due to mental health issues at every level of ACEs as indicated by the light blue bars in the chart above.

Building Community Boosts Resilience

Research in Washington State found that boosting engagement in community reduced the impact of ACEs at every level. Four types of community were found to be impactful:

1. **Emotional Support:** Feeling social/emotional support and hope from another person
2. **Multiple Sources of Help:** Two or more people who give concrete help when needed
3. **Reciprocity:** Watching out for each other and doing favors for one another
4. **Social Bridging:** Reaching outside the social circle to get help for family or friends



The Master Trainer Strategy: Creating Change in Our Communities

Changing Mindset

From: What's wrong with you?	To: What happened to you?
From: Reject and Eject	To: Engage with Compassion and Right Fit



Strategy: Change Mindset for long-term results

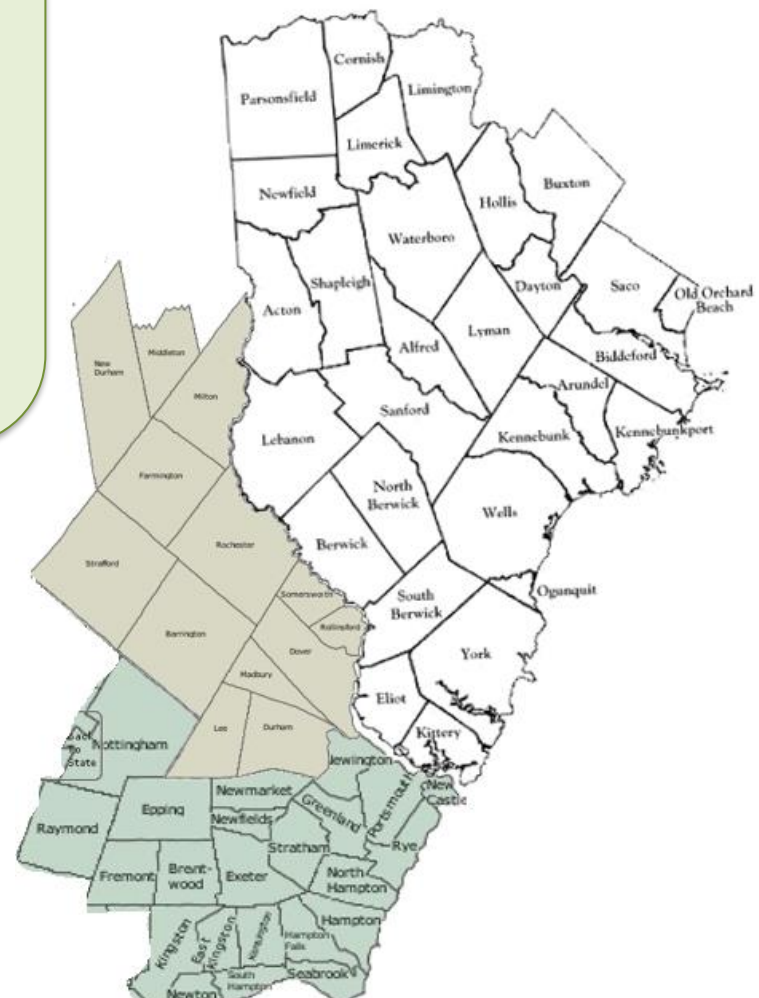
Successful strategies to address ACEs are not just another new program or initiative. We are fostering a change in mindset and culture, focusing on what happened to individuals and finding ways to engage them with compassion. This change in mindset requires significant community education and opportunities for dialogue to reduce adversity and increase positive experiences.

Health as a Double Continuum.

Robust health requires both reducing the level of adversity and increasing the level of positive experiences.

The Master Trainer Strategy: A Systematic Approach to Building ACEs Awareness.

In September 2020, with generous support from area Rotary Clubs and matching funds from Kennebunk Savings Bank and the Maine Community Foundation, 30 highly qualified Master Trainers in Seacoast NH and Southern Maine were trained by leaders in the ACEs field.. These Master Trainers will give presentations to numerous community groups and train Community Resilience Champions in each community. The goal is to reach all major community organizations over the next three years.



Eastern Rockingham and Strafford Counties, NH and York County Maine:

Total Population: 474,770

Total of 142 public schools serving 63,000 students. Of these, 22% or 13,860, have experienced two or more ACEs putting them at higher risk for significant health challenges.

Other Community Services to be reached include:

40 Police Departments

32-38 Medical Facilities and Treatment Centers

820+ Primary Care Physicians

