



**Building Self-Healing
C o m m u n i t i e s**



U N D E R S T A N D I N G
Adverse Childhood Experiences

01/12/14

NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report



Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

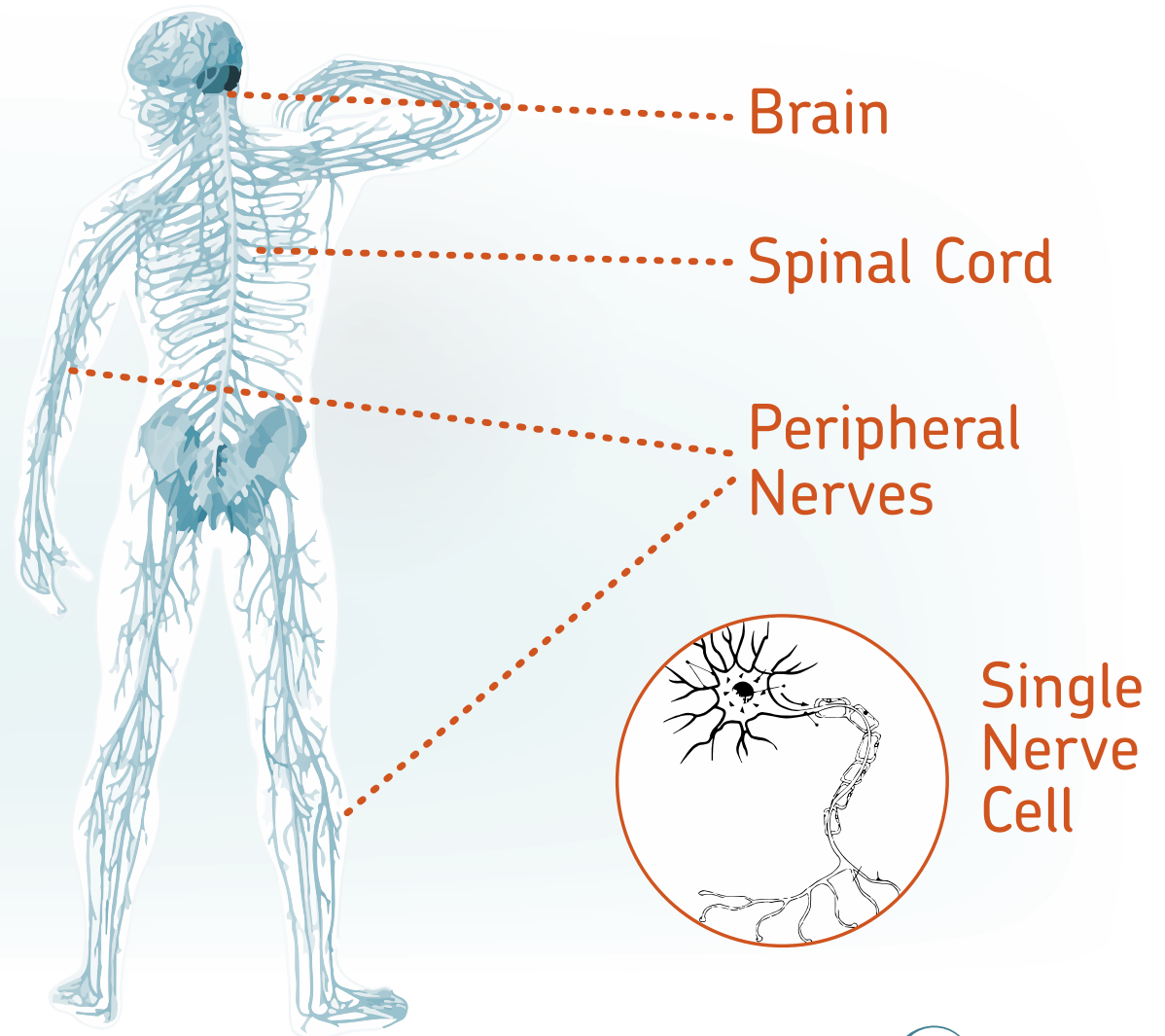
Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

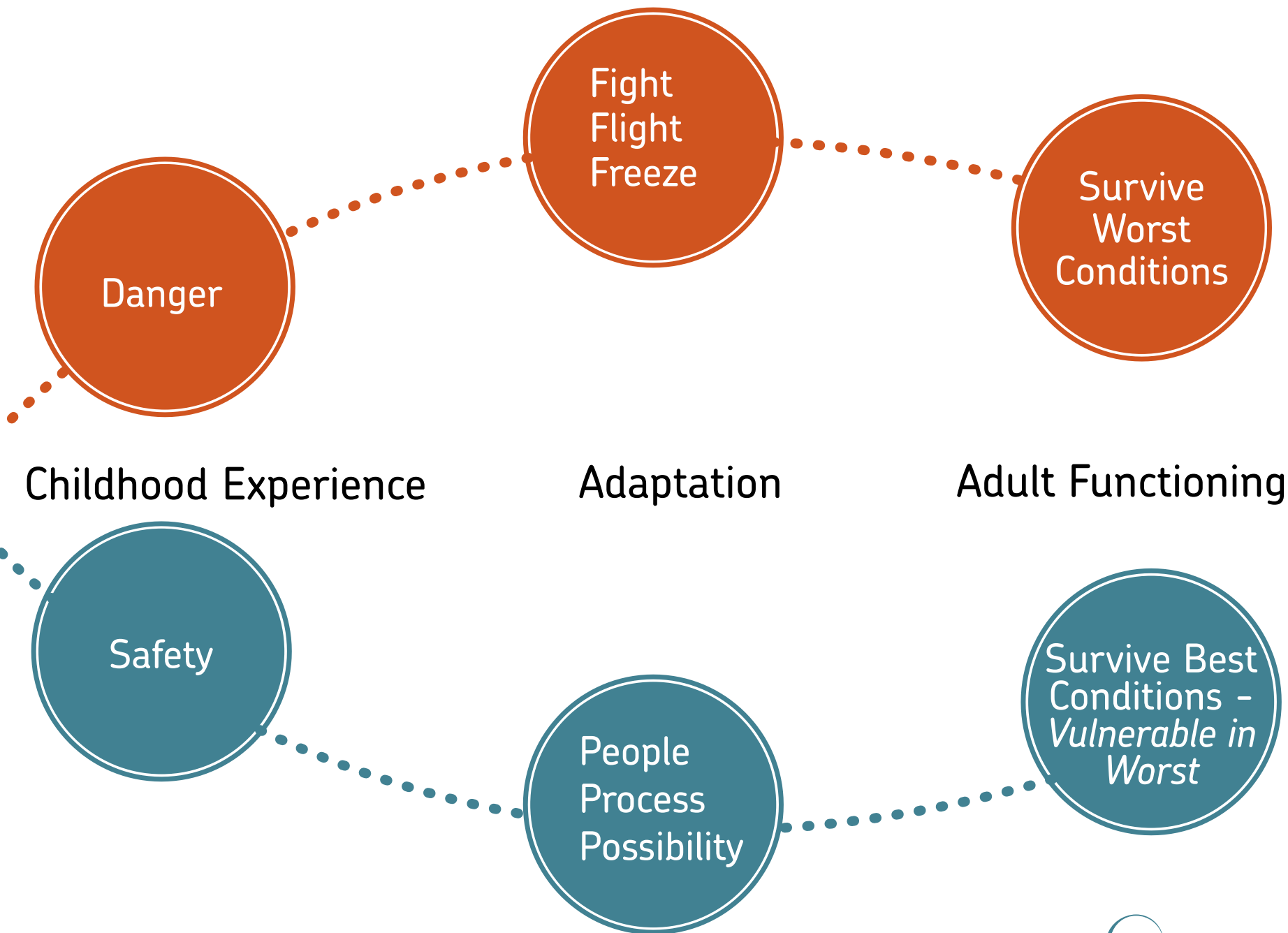
HUMAN NERVOUS SYSTEM

Nervous system
ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience
HELPS US UNDERSTAND WHY
A C E S
ARE SO POWERFUL



CONCEPTION



ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY

collides

WITH SOCIAL
EXPECTATIONS
we run into

TROUBLE



How Experience Gets Into Biology



1. Cell communication builds brain architecture
2. Brain activity builds experience-informed capabilities
3. Experience can strengthen or erode protection of DNA (genetic instruction to cells)
4. Ancestral experience can alter how our genes are used by our cells

EFFECTS OF MALTREATMENT



type of maltreatment

GENDER

A G E

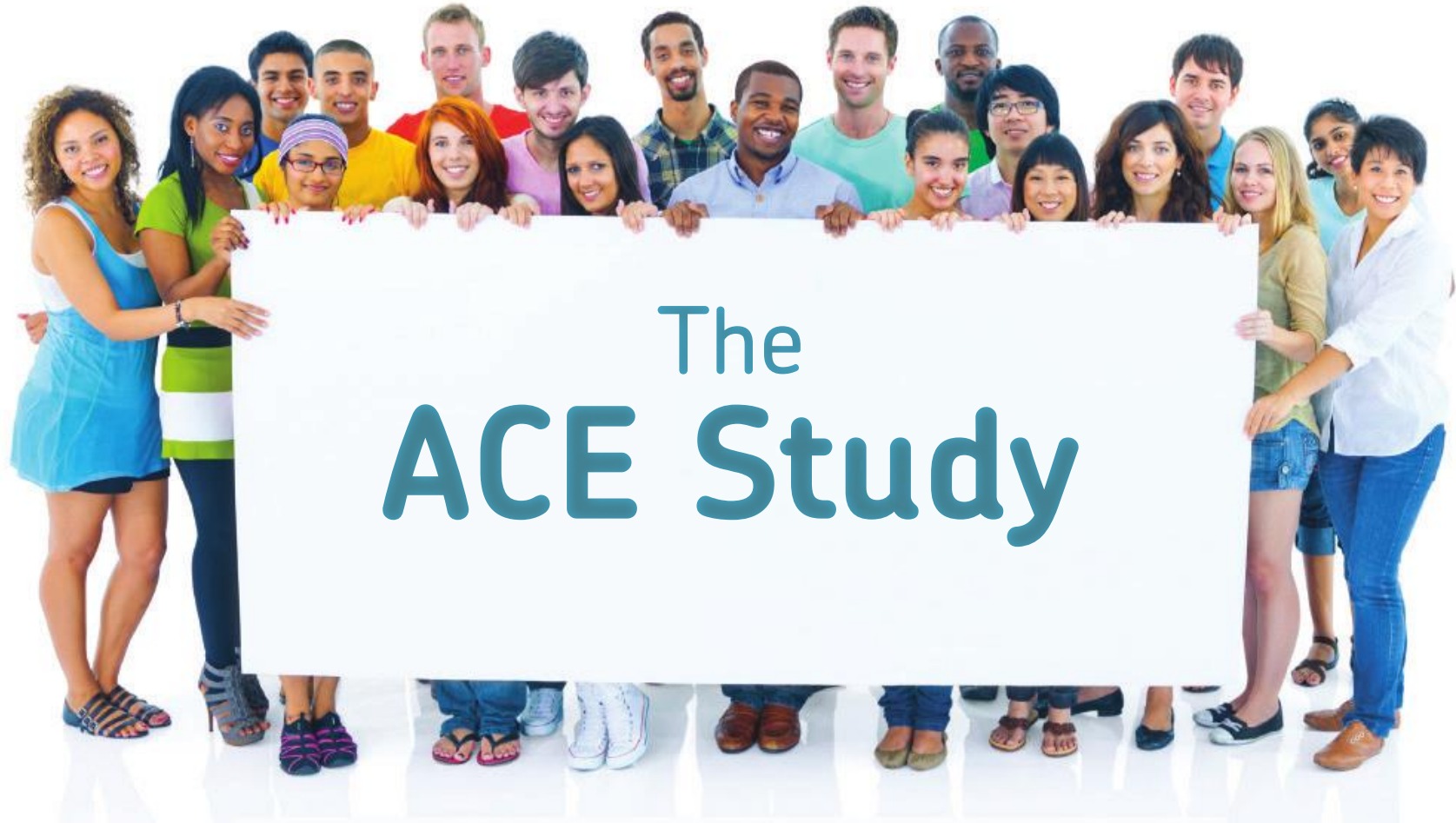
EXPERIENCE & ADAPTATION
sensitive periods
Cause-Effect



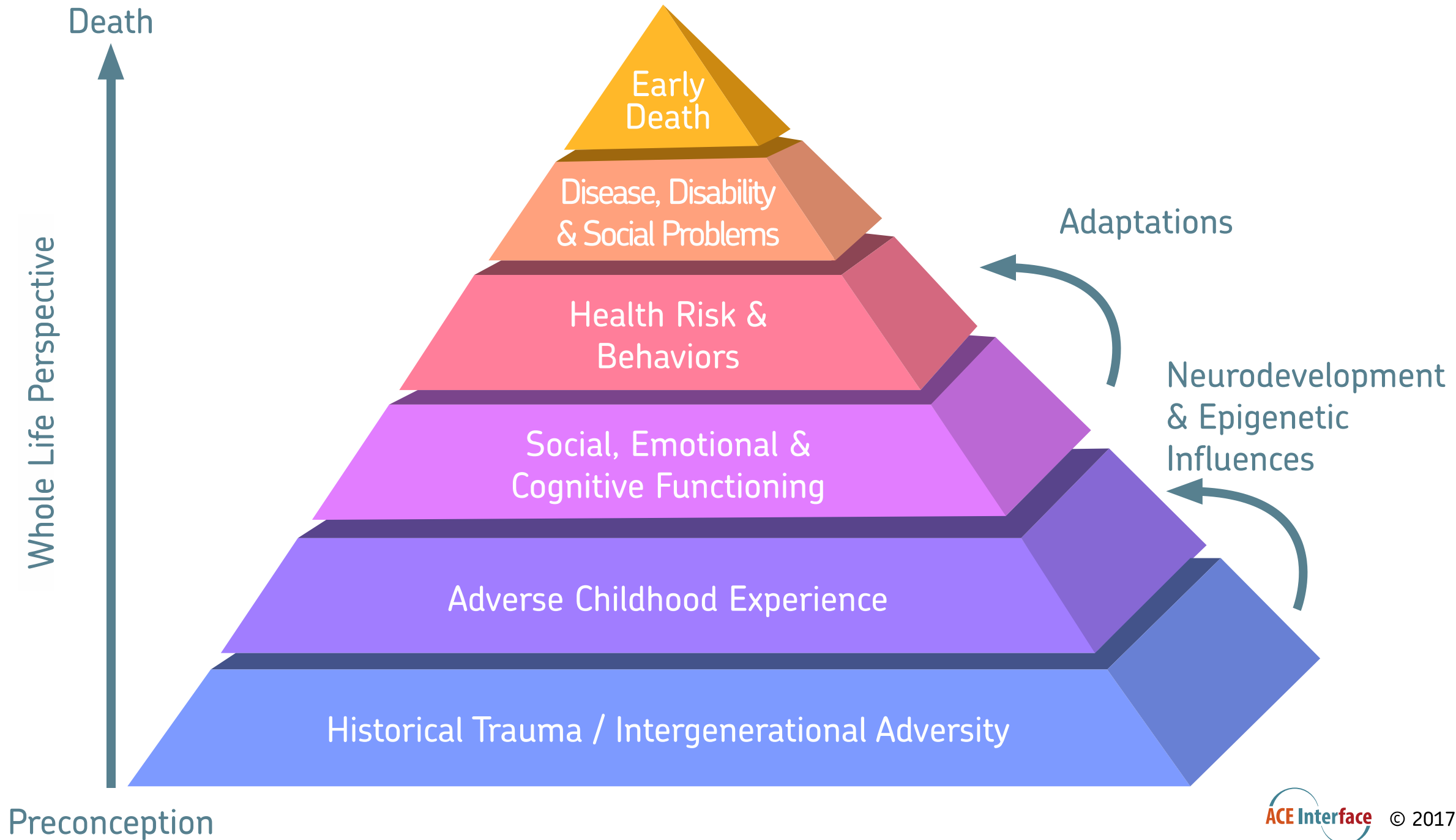


have a collective
CHOICE





The
ACE Study





FINDING MORE CONNECTIONS

how multiple forms of **childhood adversity** can affect many important **PUBLIC HEALTH PROBLEMS**

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

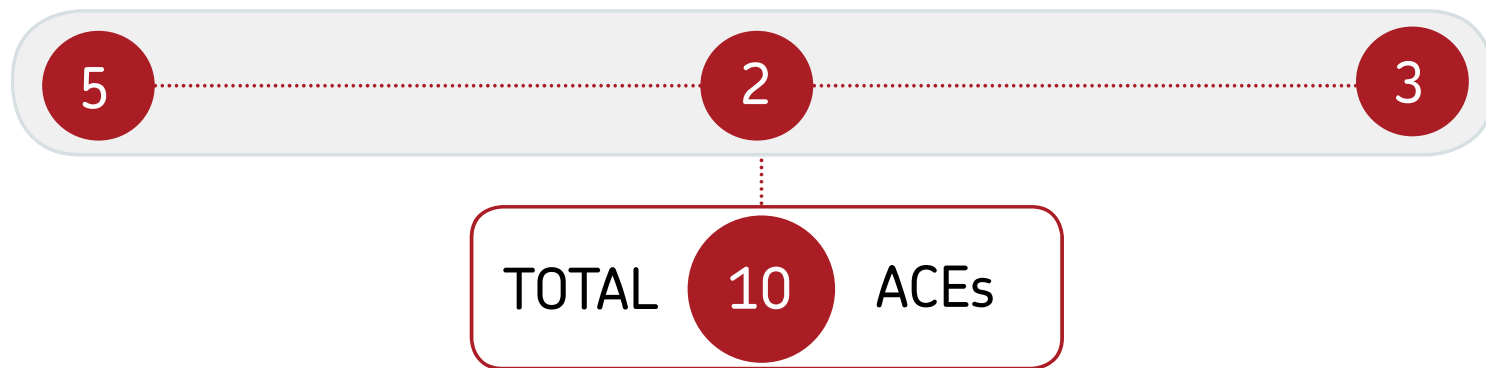
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

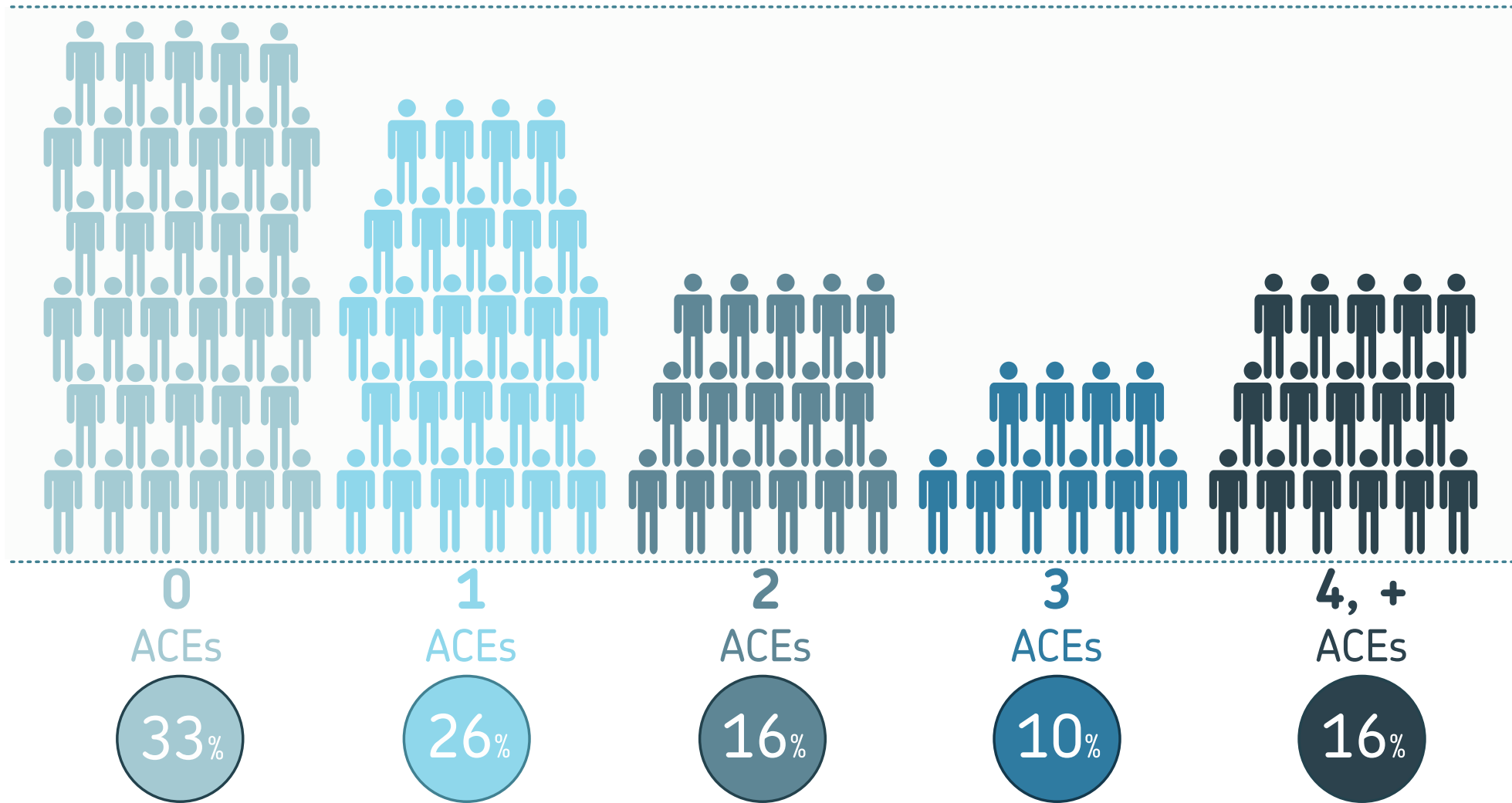
Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

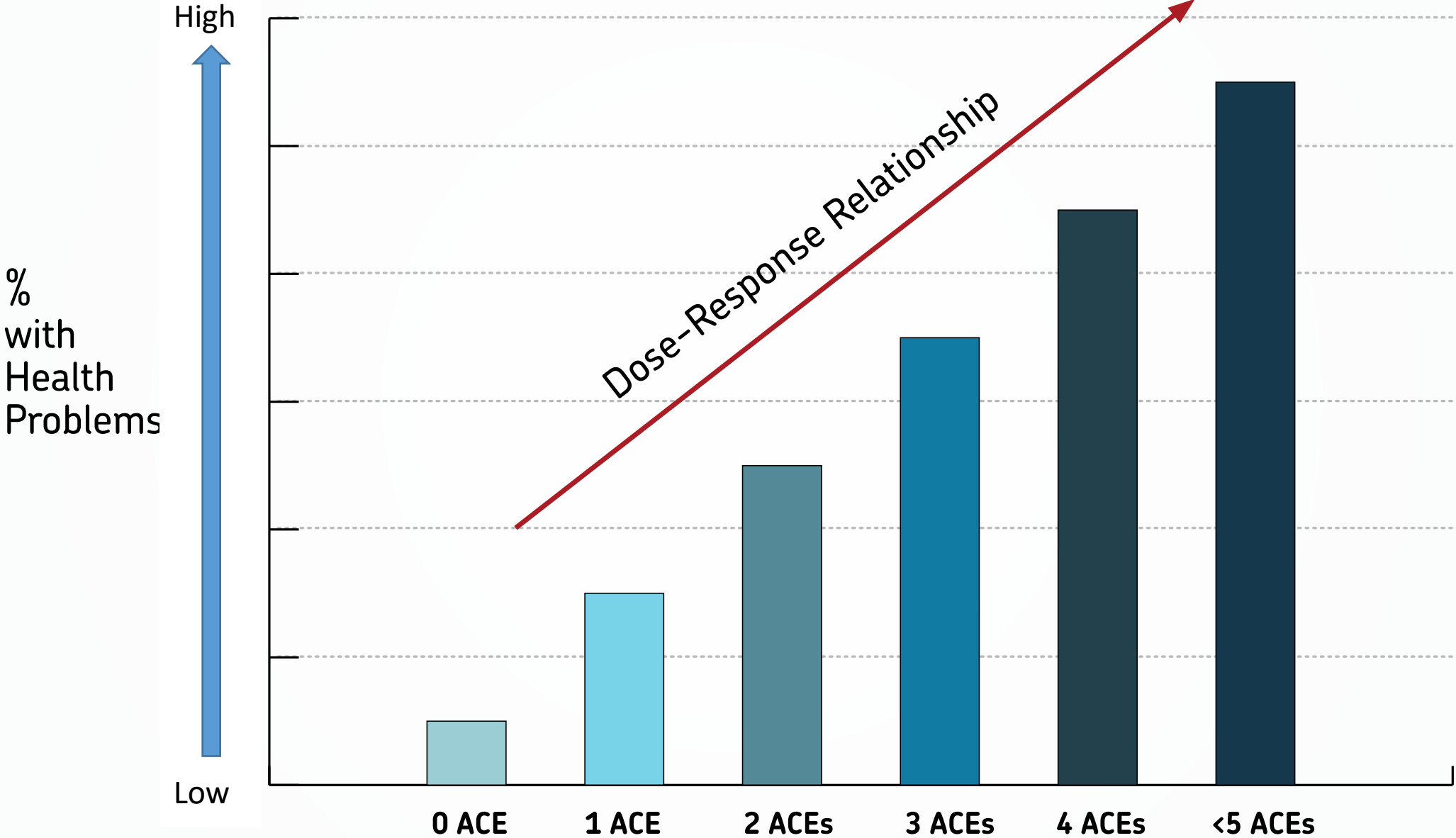


ACE Score = Number of ACE Categories

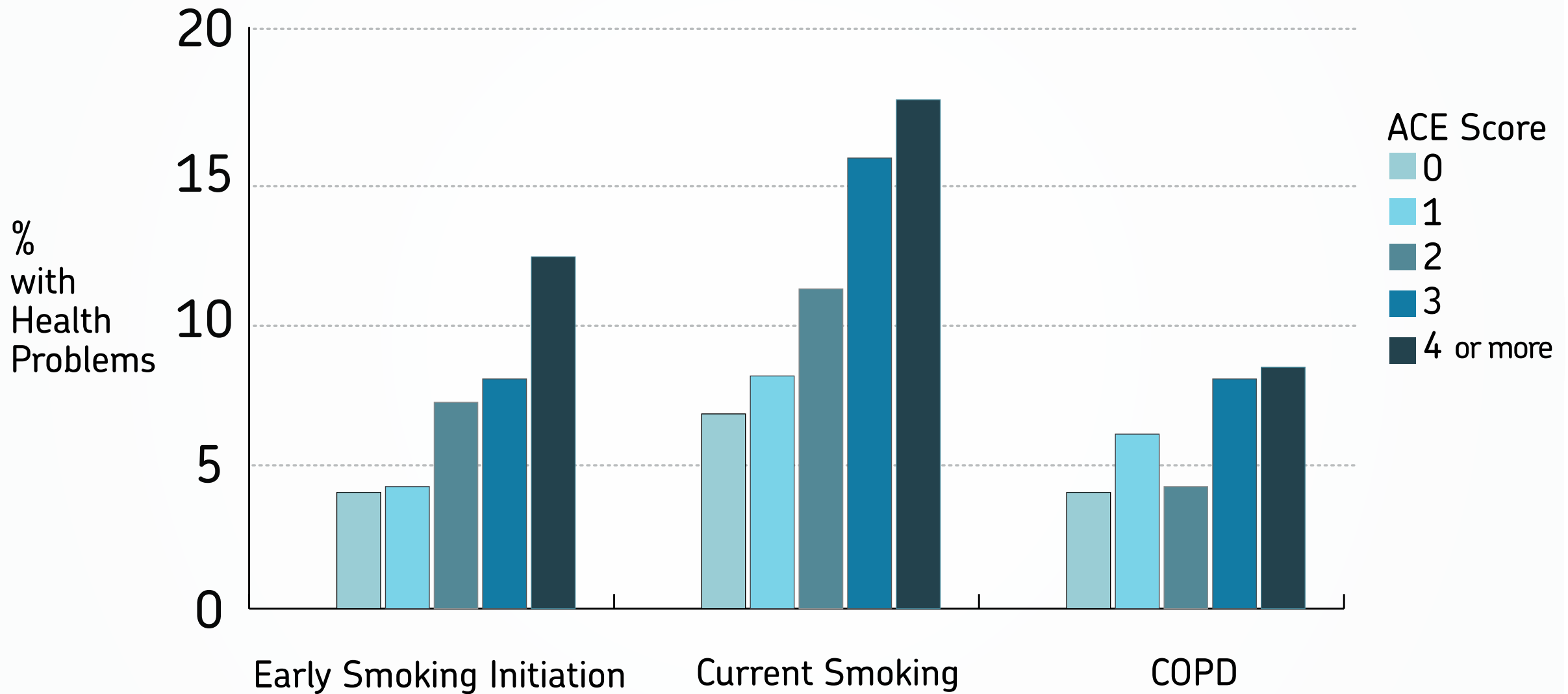


ACE Scores Reliably Predict Challenges During the Life Course

ACE Score and Health Problems



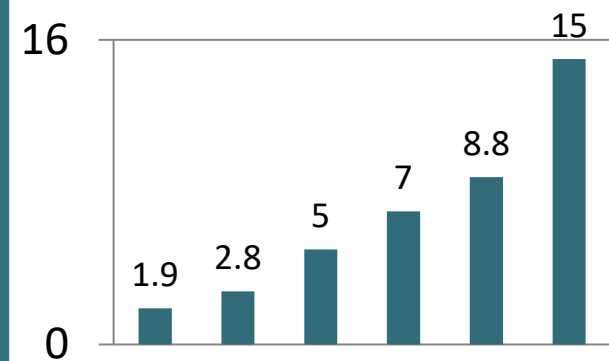
ACEs, Smoking and Lung Disease



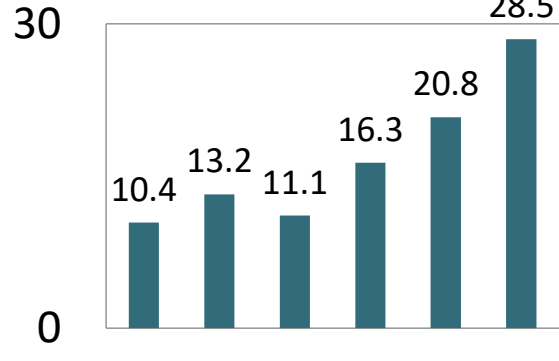
What is the story of your life?



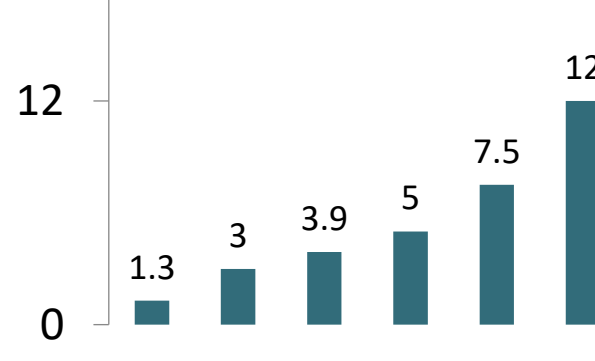
Anxiety



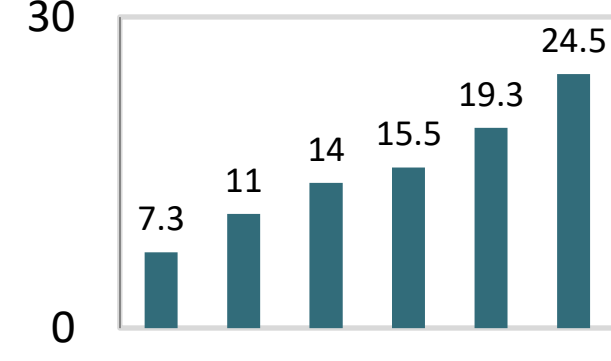
Smoking



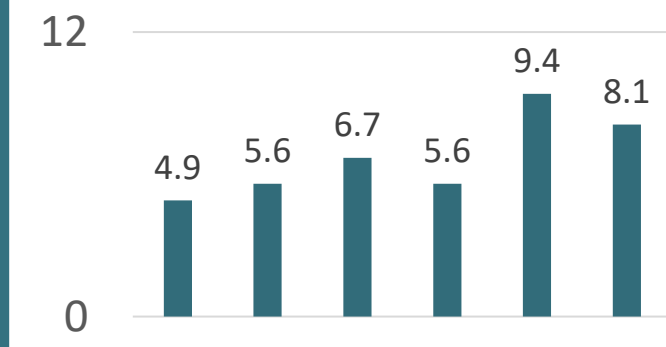
Drug Problem



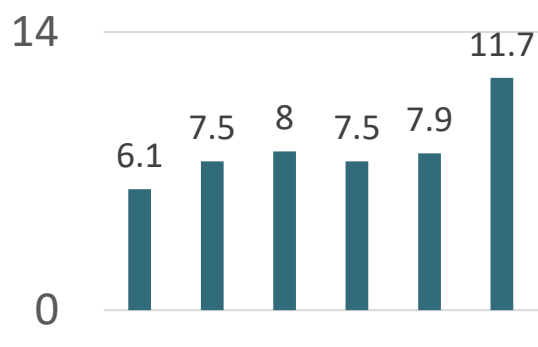
MH Treatment



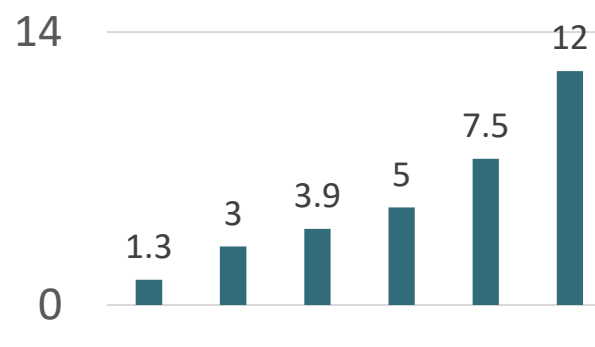
Cardio Vascular Disease



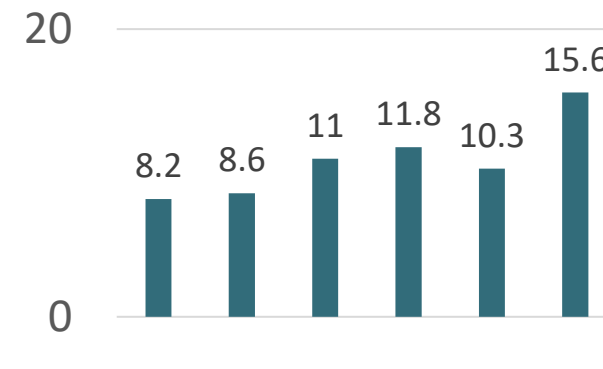
Diabetes



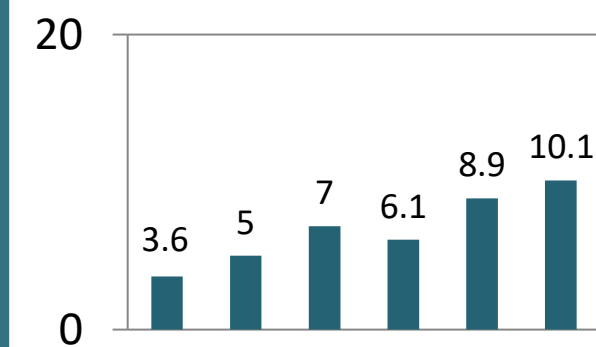
Asthma



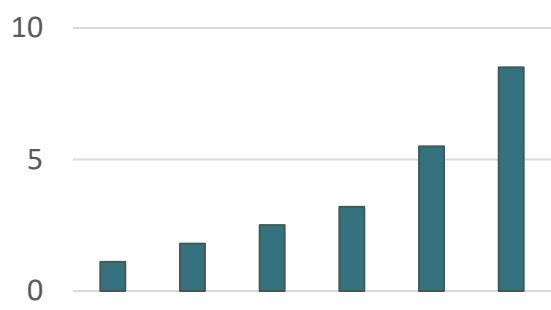
Cancer



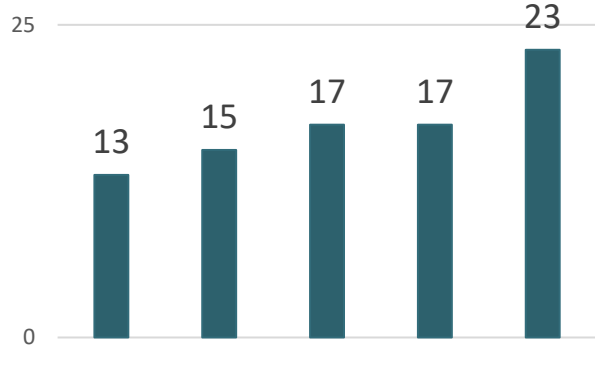
Work Injury/Illness



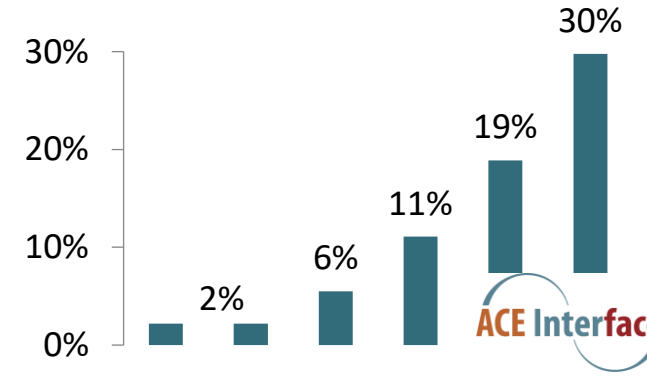
Missed 15 of 30 Work Days (MH)



Unemployed



Homeless



EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse

Chronic Obstructive
Pulmonary Disease

Coronary Heart Disease

Depression

Drug Abuse & Illicit Drug Use

Fetal Death

Intimate Partner Violence

Liver Disease

Mental Health Problems

Obesity

Sexual Behavior Problems

Smoking

Unintended Pregnancy

Violence

Workplace Problems

ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population

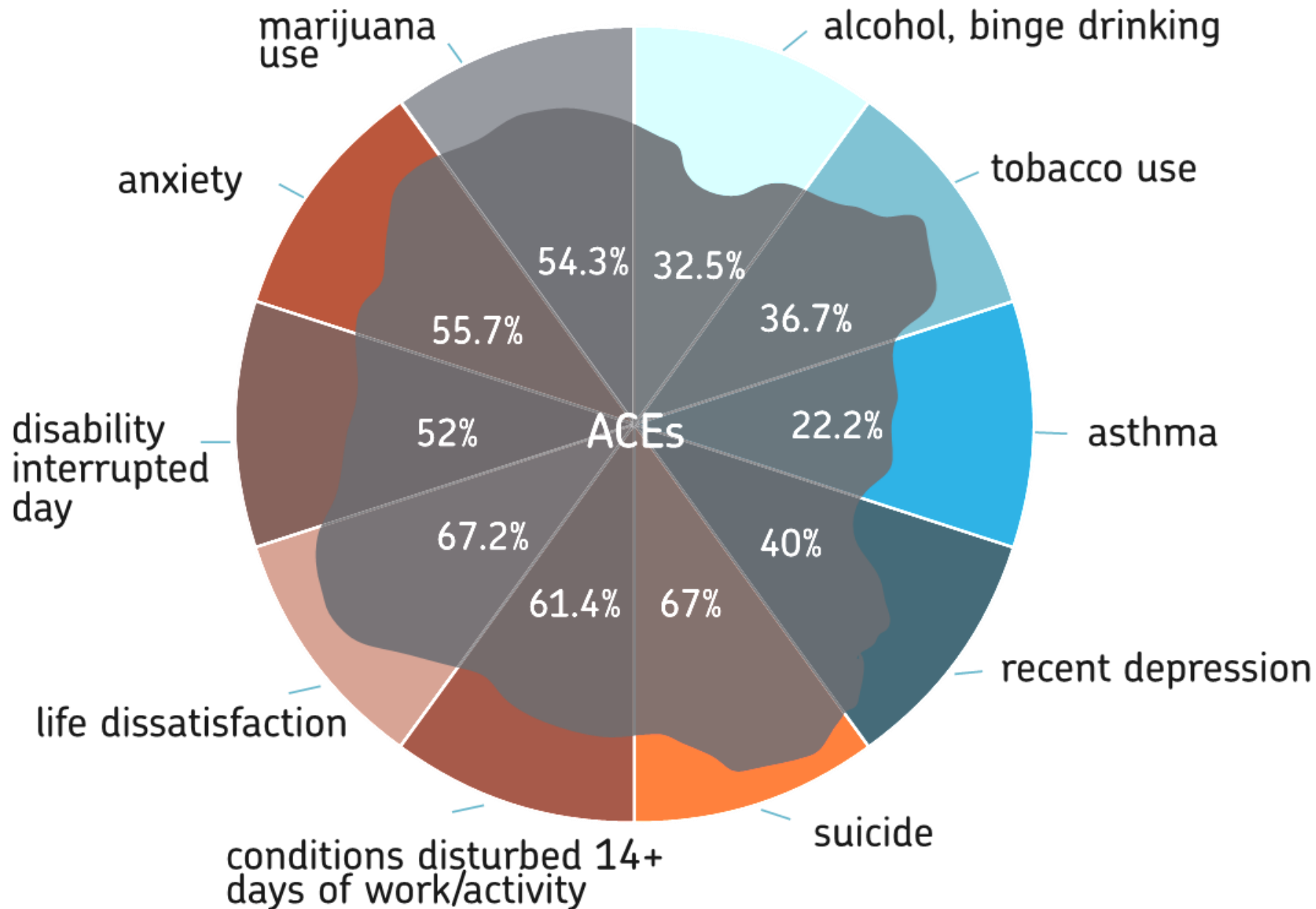


Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

Population Attributable Risk



Controls: gender, age, income, education, race-ethnicity

We

have the power to
shift the dynamics
that lead to
high ACE scores.



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

CHANGE is up to US



It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.



Building Self-Healing Communities

Thank YOU!

www.aceinterface.com
