

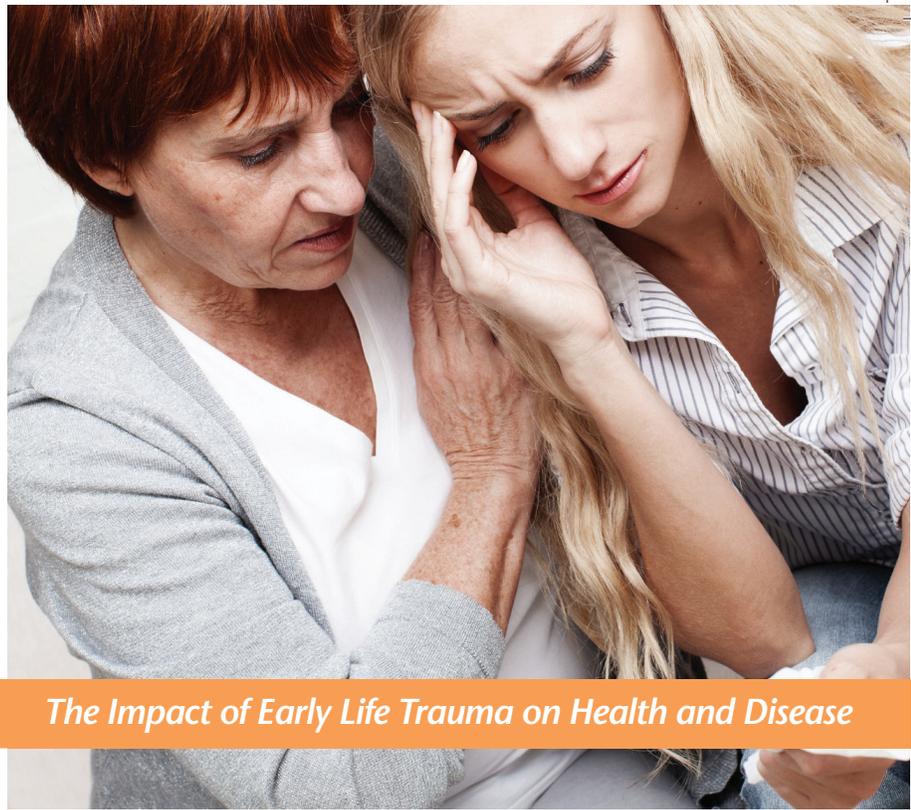
What do I do now?

Resources and Building Resilience

ACE

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18.



The Impact of Early Life Trauma on Health and Disease

The landmark Kaiser ACE Study examined the relationships between these experiences during childhood and reduced health and well-being later in life.

Experiences in Childhood Shape Our Lives

Once you know your teenager's ACE Score and understand its implications, you can be assured that there are resources to help you begin to improve you and your teenager's lives.

By using the protective factors and coping skills below, you can begin to break the cycle of ACEs in your families' life.

As medical providers, we encourage you to talk to your teen about developing the skills to:

Ask for Help: Encourage him or her talk to a trusted friend, family member or professional.

Build Resilience: Help him or her to learn to take care of themselves.

Build Social Connections: Help him or her to build trusting relationships with others.

Develop a Positive Attitude: Help him or her to find and focus on the good in every day.

Maintain Concrete Support in Times of Need:

Make sure his or her basic food, clothing and shelter needs are met. Once they are met, he or she can focus on their health. (2-1-1 is a local resource that can help your patients access the basics).

Preserve Social and Emotional Well Being: Help him or her to identify their feelings and emotions in order to express them in a healthy way.

Help him or her to recognize ACEs in order to understand how it affects his or her own life. Visit: www.buncombeaces.org and www.YouFindServices.org to locate more resources.