

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 ACE Score and understand its implications, you can be assured that there are resources to help you begin to improve life.

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

As medical providers, we encourage you to:

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

Build Resilience: Learn to take care of yourself, so that you can take care of others.

Build Social Connections: Build trusting relationships with others; strengthen your social network.

Develop a positive Attitude: Find and focus on the good every day.

Maintain Concrete Support in Times of Need:

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

Preserve Social and Emotional Well Being:

Identify and understand your feelings and emotions in order to express them in a healthy way.

Learn to recognize ACEs and understand the importance of preventing ACEs from occurring in your children's lives. Visit: www.buncombeaces.org and www.YouFindServices.org to locate more resources.