

What do I do now?

Resources and Building
Your Patient's 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 your patient knows their ACE Score and understands its implications, you can reassure them that there are resources to help them begin to improve their life.

By encouraging the use of the protective factors below, they can begin to break the cycle of ACEs in their family.

Encourage your patients to:

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

Build Resilience: Learn to take care of themselves, so that they can take care of others.

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

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

Maintain Concrete Support in Times of Need:

Make sure their basic food, clothing and shelter needs are met. Once they are met, they can focus on their family and their 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 their feelings and emotions in order to express them in a healthy way.

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