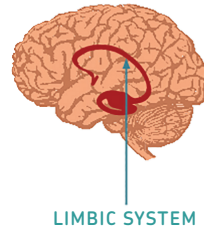
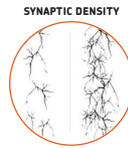




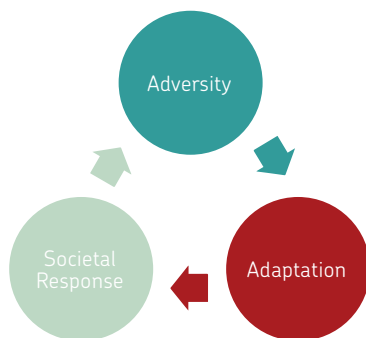
# UNDERSTANDING Adverse Childhood Experiences



Neuroscience  
HELPS US UNDERSTAND WHY  
**ACEs**  
ARE SO POWERFUL



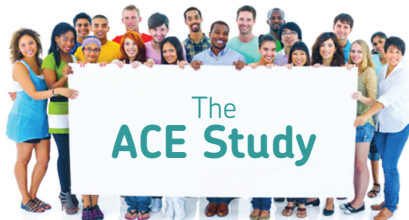
## ADAPTATIONS VS EXPECTATIONS



**We** have a collective  
**CHOICE**

THE QUESTION WE  
SHOULD ASK IS NOT  
“What’s wrong with you?”

BUT RATHER  
“What happened to you?”

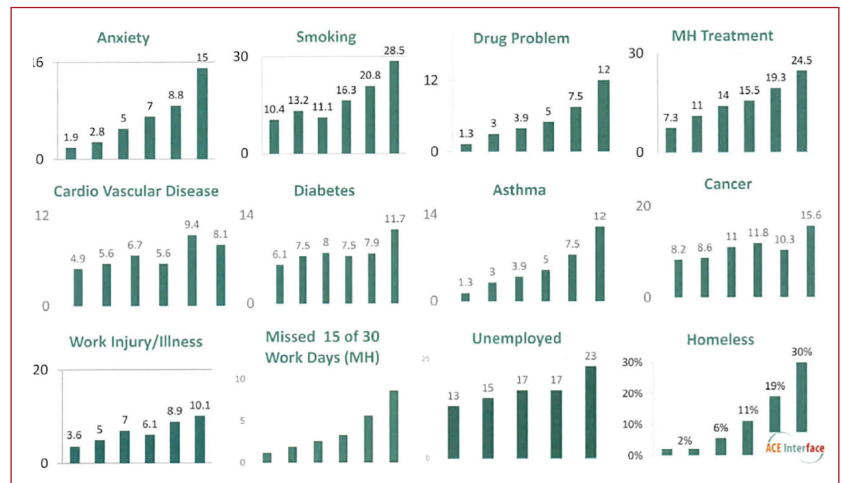


TOTAL 10 ACEs

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

Abuse  
Emotional 11%  
Physical 28%  
Sexual 21%

Neglect  
Emotional 15%  
Physical 10%



Adverse Childhood Experiences  
**ARE COMMON**

### The ACE Score is...

- ✓ A history tool
- ✓ A communication tool to comfortably talk about life experiences
- ✓ Becoming part of a common language
- ✓ A gateway to empathy, compassion, and healing

### The ACE Score is Not..

- ✗ A diagnostic tool
- ✗ A screening tool
- ✗ A predictor at the individual level
- ✗ A fun “quiz”



**ACEs are Common, Interrelated, Powerful**

# We

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

## CORE PROTECTIVE SYSTEMS

Capabilities

Attachment & Belonging

Community Culture Spirituality

## Positive

view lets me know I am important and valuable

## RELATIONSHIPS

with caring and competent

## people are —VITAL—

## foster thriving communities



Having two or more people who give concrete help when needed

## FEELING socially & emotionally SUPPORTED & HOPEFUL

## STEPS TO A HIGH COMMUNITY CAPACITY:

Leadership Expansion

Coming Together

Shared Learning

Decision Making

Where will **YOU** lead us



**WE ARE DECIDING**  
to build on past successes  
and engage more people  
to help our communities  
to  
**THRIVE**

## ACEs Are Not Destiny

People affected by ACEs are becoming the leaders of Self-Healing Communities



# CHANGE is up to US



## COMMON CAUSE

everyone can contribute  
prevent accumulation

## of ACEs