

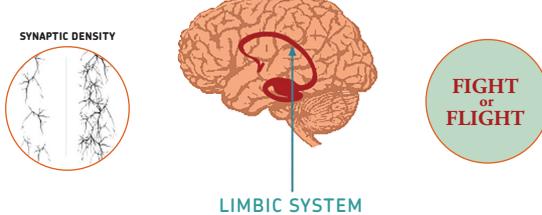


UNDERSTANDING

Adverse Childhood Experiences



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



ADAPTATIONS VS EXPECTATIONS



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

BUT RATHER
“What happened to you?”



TOTAL 10 ACEs

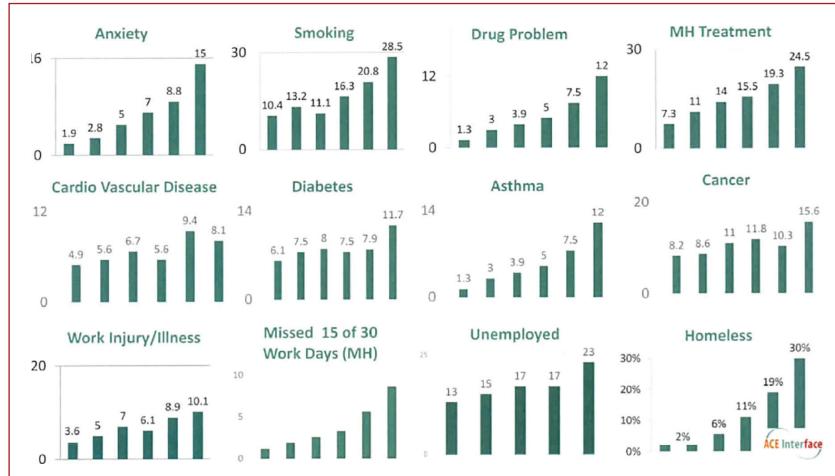
Abuse

Emotional	11%
Physical	28%
Sexual	21%

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

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



Attachment & Belonging



Positive

view lets me know I am important and valuable

RELATIONSHIPS

with caring and competent

people are VITAL

foster thriving communities



FEELING
socially & emotionally
SUPPORTED
&
HOPEFUL

STEPS TO A HIGH COMMUNITY CAPACITY:

Leadership Expansion

Where will **YOU** lead us



Coming Together



Shared Learning



Decision Making

WE ARE DECIDING
to build on past successes
and engage more people
to help our communities
to
T H R I V E

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