



Adverse Childhood Experiences (ACEs)

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). Understanding the impact of your childhood experiences can be a powerful first step in understand it's impact and finding new ways to grow from your experiences. ACEs are often linked to chronic health problems, relational problems, mental illness, and substance use problems in adolescence and adulthood. ACEs are common. About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 reported they had experienced four or more types of ACEs. As your ACE score increases, so does the risk of disease, social and emotional problems. With an ACE score of 4 or more, things start getting serious. The likelihood of chronic pulmonary lung disease increases 390 percent; hepatitis, 240 percent; depression 460 percent; suicide, 1,220 percent.

ACES Test Questions. Before the age of 18..

- Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- Did you lose a parent through divorce, abandonment, death, or other reason?
- Did you live with anyone who was depressed, mentally ill, or attempted suicide?
- Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
- Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?
- Did you live with anyone who went to jail or prison?
- Did a parent or adult in your home ever swear at you, insult you, or put you down?
- Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
- Did you feel that no one in your family loved you or thought you were special?
- Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?