

## Adverse Childhood Experiences (ACEs) of Trauma:

1. Physical abuse.
2. Sexual abuse.
3. Emotional abuse.
4. Physical neglect.
5. Emotional neglect.
6. Mental illness.
7. Divorce.
8. Substance abuse.
9. Violence against your mother.
10. Mental illness.
11. Having a relative in jail or prison.

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.

Preventing ACEs could potentially reduce many health conditions. For example, by preventing ACEs, up to 1.9 million heart disease cases and 21 million depression cases could have been potentially avoided.

Some children are at greater risk than others. **Women** and several **racial/ethnic minority** groups were at greater risk for experiencing **four** or more types of ACEs.

ACEs are costly. The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year. A 10% reduction in ACEs in North America could equate to an annual savings of \$56 billion.

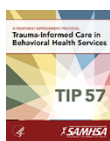
<https://www.cdc.gov/violenceprevention/aces/index.html>  
4/28/23



### Trauma - single, sustained, repeated, chronic, and/or complex.

Caused Naturally	Accidents, Technological Catastrophes	Intentional Acts
Tornado	Train derailment	Arson
Lightning strike	Roofing fall	Terrorism
Wildfire	Structural collapse	Sexual assault and abuse
Avalanche	Mountaineering accident	Homicides or suicides
Physical ailment or disease	Aircraft crash	Mob violence or rioting
Fallen tree	Car accident	Physical abuse and neglect
Earthquake	Mine collapse or fire	Stabbing or shooting
Dust storm	Radiation leak	Warfare
Volcanic eruption	Crane collapse	Domestic violence
Blizzard	Gas explosion	Poisoned water supply
Hurricane	Electrocution	Human trafficking
Cyclone	Machinery-related accident	School violence
Typhoon	Oil spill	Torture
Meteorite	Maritime accident	Home invasion
Flood	Accidental gun shooting	Bank robbery
Tsunami	Sports-related death	Genocide
Epidemic		Medical or food tampering
Famine		
Landslide or fallen boulder		

Be kind. Be patient. We're all in this together. 



### Trauma-Informed Care in Behavioral Health Services TIP 57.

Center for Substance Abuse Treatment, Rockville MD, Substance Abuse and Mental Health Services Admin, 2014.

National Institutes of Health, National Library of Medicine, National Center for Biotechnology Information

[https://www.ncbi.nlm.nih.gov/books/NBK207195/#part1\\_ch1.s5](https://www.ncbi.nlm.nih.gov/books/NBK207195/#part1_ch1.s5)

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