

## Adverse Childhood Experiences and Health and Well-Being Over the Lifespan

This chart shows the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACEs) can result in long-term disease, disability, chronic social problems and early death. 90% of public mental health clients have been exposed to multiple physical or sexual abuse traumas. Importantly, intergenerational transmission that perpetuates ACEs may continue without implementation of interventions to interrupt the cycle.

<b>Adverse Childhood Experiences (Birth to 18)</b>	<b>Impact of Trauma and Adoption of Health Risk Behaviors to Ease Pain of Trauma</b>	<b>Long-Term Consequences of Unaddressed Trauma</b>
<p><b>Abuse of Child</b></p> <ul style="list-style-type: none"> <li>Emotional abuse 11% *</li> <li>Physical abuse 28% *</li> <li>Contact sexual abuse 22%</li> </ul> <p><b>Trauma in Child's Household Environment</b></p> <ul style="list-style-type: none"> <li>Alcohol or drug user by household member 27%</li> <li>Chronically depressed, emotionally disturbed or suicidal household member 17%</li> <li>Mother treated violently 13%</li> <li>Imprisoned household Member 6%</li> <li>Not raised by both biological parents 23% (Loss of parent by separation or divorce, natural death, suicide, abandonment)</li> </ul> <p><b>Neglect of Child</b></p> <ul style="list-style-type: none"> <li>Physical neglect 19%</li> <li>Emotional neglect 15%</li> </ul> <p>*Above types of ACEs are the "heavy end" of abuse. Eg., Emotional: recurrent threats, humiliation, chronic criticism; Physical: beating vs spanking; Neglect: Lack of basic needs for attachment, survival/growth</p> <p><b>One ACE category = score of 1.</b></p> <p><b>List is limited to ACE study types.</b> Other trauma may include: combat, poverty, street violence, historical, racism, stigma, natural events, persecution etc.</p>	<p><b>Neurobiologic Effects of Trauma</b></p> <ul style="list-style-type: none"> <li>Disrupted neuro-development</li> <li>Difficulty controlling</li> <li>Anger – Rage</li> <li>Hallucinations</li> <li>Depression (<i>and numerous other mental health problems – see below</i>)</li> <li>Panic reactions</li> <li>Anxiety</li> <li>Multiple (6+) somatic problems</li> <li>Sleep problems</li> <li>Impaired memory</li> <li>Flashbacks</li> <li>Dissociation</li> </ul> <p><b>Health Risk Behaviors</b></p> <ul style="list-style-type: none"> <li>Smoking</li> <li>Severe obesity</li> <li>Physical inactivity</li> <li>Suicide attempts</li> <li>Alcoholism</li> <li>Drug abuse</li> <li>50+ sex partners</li> <li>Repetition of original trauma</li> <li>Self-injury</li> <li>Eating disorders</li> <li>Perpetrate interpersonal violence (aggression, bullying, etc.).</li> </ul>	<p><b>Disease and Disability</b></p> <ul style="list-style-type: none"> <li>Ischemic heart disease</li> <li>Cancer</li> <li>Chronic lung disease</li> <li>Chronic emphysema</li> <li>Asthma</li> <li>Liver disease</li> <li>Skeletal fractures</li> <li>Poor self rated health</li> <li>Sexually transmitted disease</li> <li>HIV/AIDS</li> </ul> <p><b>Social Problems</b></p> <ul style="list-style-type: none"> <li>Homelessness</li> <li>Prostitution</li> <li>Delinquency, violence and criminal behavior</li> <li>Inability to sustain employment</li> <li>Re-victimization: by rape; DV, bullying, etc</li> <li>Compromised ability to parent</li> <li>Negative alterations in self-perception and relationships with others</li> <li>Alterations in Systems of Meaning</li> <li>Intergenerational transmission of abuse</li> <li>Long-term use of multi human service systems</li> </ul> <p><b>At Annual Cost of: \$103,754,017,492.00</b></p>

Multiple studies reveal the origin of many mental health disorders may be found in childhood trauma, including Borderline Personality Disorder BPD, Anti-Social Personality Disorder, PTSD, Schizophrenia, Bipolar Disorder, Dissociative Identity Disorder DID, Anxiety Disorders, Eating Disorders including severe obesity, Attention Deficit Hyperactivity Disorder ADHD, Oppositional Defiant Disorder ODD and others.

Sources: *Adverse Childhood Experiences Study* (CDC and Kaiser Permanente, see <http://www.ACEstudy.org>) *The Damaging Consequences of Violence and Trauma* (see <http://www.NASMHPD.org>) and *Trauma and Recovery* (J Herman). Cost data: 2007 Economic Impact Study (PCAA). Chart created by Ann Jennings, PhD. <http://www.TheAnnaInstitute.org> Revision: April 6, 2010

## Finding Your ACE Score

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### While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**...  
Swear at you, insult you, put you down, or humiliate you?  

**or**

Act in a way that made you afraid that you might be physically hurt?  
Yes      No      If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household **often or very often**...  
Push, grab, slap, or throw something at you?  

**or**

**Ever** hit you so hard that you had marks or were injured?  
Yes      No      If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you **ever**...  
Touch or fondle you or have you touch their body in a sexual way?  

**or**

Attempt or actually have oral, anal, or vaginal intercourse with you?  
Yes      No      If yes enter 1 \_\_\_\_\_
4. Did you **often or very often** feel that...  
No one in your family loved you or thought you were important or special?  

**or**

Your family didn't look out for each other, feel close to each other, or support each other?  
Yes      No      If yes enter 1 \_\_\_\_\_
5. Did you **often or very often** feel that...  
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?  

**or**

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?  
Yes      No      If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced?  
Yes      No      If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often or very often** pushed, grabbed, slapped, or had something thrown at her?  

**or**

**Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard?  

**or**

**Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?  
Yes      No      If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes      No      If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes      No      If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes      No      If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.**