HOW DO ACEs AFFECT ME?

SOCIAL COST
The lifetime cost per victim of non-fatal child maltreatment is $210,000. This reflects losses in job productivity, childhood and adult medical costs, special education costs, child welfare costs, and costs to the criminal justice system.

LIFE EXPECTANCY
ACEs are risk factors for a decrease in overall lifespan. On average, people with six or more ACEs die twenty years earlier.

Addressing ACEs sooner in life reduces risk and increases resiliency. Resilient individuals produce a more vibrant and healthy society.

HOUSEHOLD DYSFUNCTION
- Mental Illness in the Home: 21.9%
- Incarcerated Family Member: 11.5%
- Substance Abuse in Home: 33.8%
- Separation or Divorce: 31.7%
- Witnessed Domestic Violence: 18.7%

COMMUNITY RESOURCES
- Haven House
- Homer R.E.C. Room
- South Peninsula Behavioral Health Services
- Kachemak Bay Family Planning
- Religious Communities

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WHAT ARE ACEs?

ACEs are Adverse Childhood Experiences. The Adverse Childhood Experiences (ACE) study is one of the largest investigations ever conducted to assess associations between adverse childhood experiences and later-life health and well-being. The study is a collaboration between the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente's Health Appraisal Clinic in San Diego. Alaska has joined more than twenty states in ACE data collection.

Ten types of childhood trauma are assigned an ACE score determining potential emotional, physical, behavioral risks and how these risks affect society.

Trauma is an experience of being overwhelmed. Most people in their lives will experience some personal trauma.

PATHWAYS TO RESILIENCE

You can counter effects of possible health and behavior problems by adding positive and sometimes simple activities that will retrain your brain, at any age, to handle emotional and stressful situations that can trigger undesirable physical and behavioral consequences.

WHAT WE NOW KNOW

Adverse childhood experiences can alter brain development and may have long-term effects on the body, including speeding up the processes of disease, aging and compromising immune systems.

The ACE score is used to gauge your potential risk, but more importantly, you have the power to change your outcome. RESILIENCE CAN OVERCOME ACEs and you can take control of your life by finding pathways to resilience.

For more information visit Alaska's ACEs website: http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx.