

Understanding ACEs



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TIC NEWS



How do ACEs affect health?

Through Stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.

- ~ Reduces ability to respond, learn, or process effectively, which can result in problems in school
- ~ May have difficulty making friends and maintaining relationships
- ~ Increases stress hormones which affect the body's ability to fight infection
- ~ Lower tolerance for stress can result in behaviors such as aggression, checking out, and defiance
- ~ Problems with learning and memory can be permanent
- ~ May cause lasting health problems

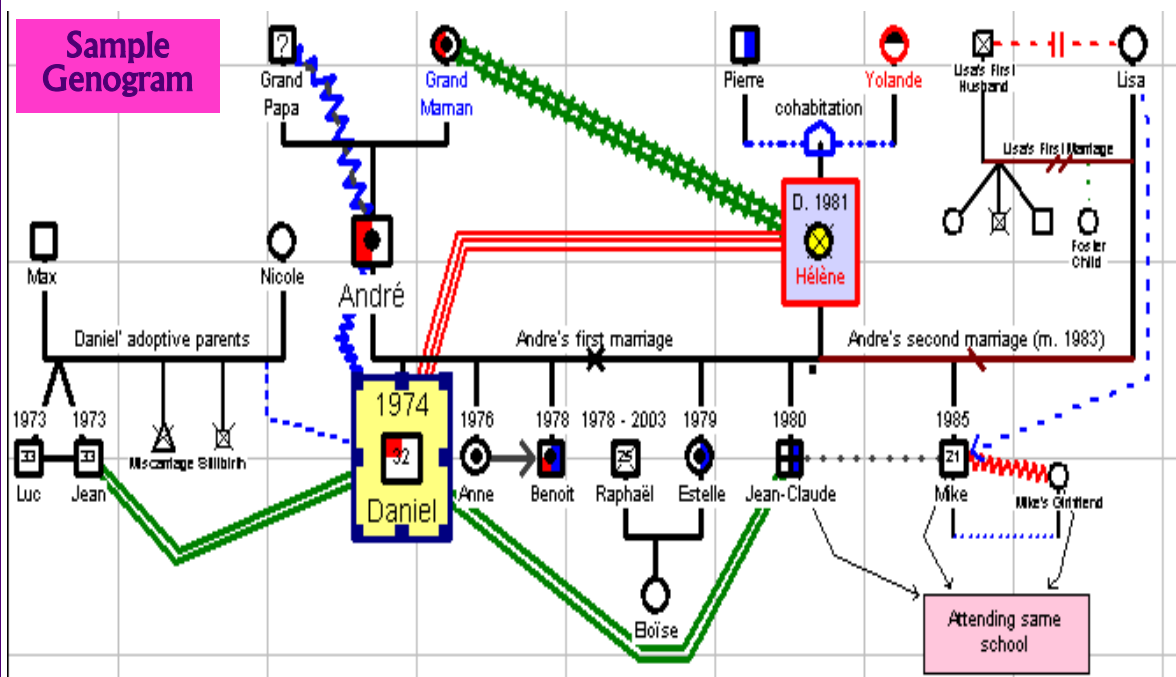


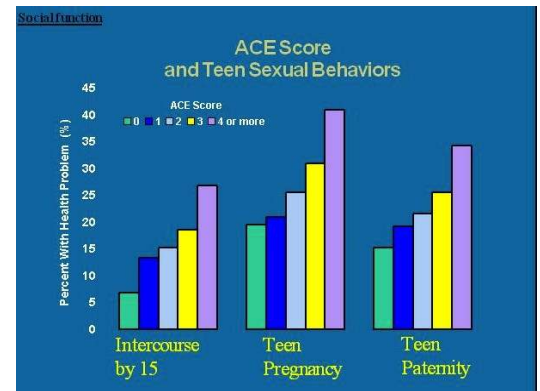
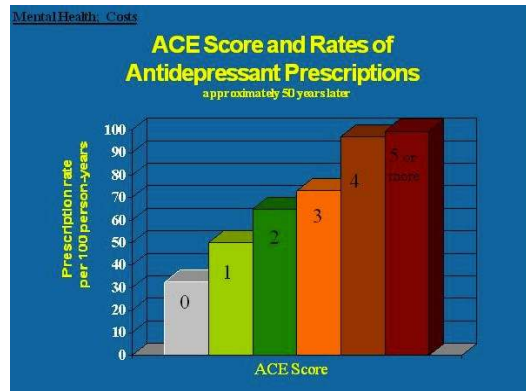
Exposure to childhood ACEs can increase the risk of:

- * Adolescent pregnancy
- * Alcoholism & alcohol abuse
- * Chronic obstructive pulmonary disease (COPD)
- * Depression
- * Early initiation of sexual activity
- * Early initiation of smoking
- * Fetal death
- * Health-related quality of life
- * Illicit drug use
- * Ischemic heart disease (IHD)
- * Liver disease
- * Multiple sexual partners
- * Risk for intimate partner violence
- * Sexually transmitted disease (STDs)
- * Smoking
- * Suicide attempts
- * Unintended pregnancies

A **Survival Mode Response** is one that increases heart rate, blood pressure, breathing and muscle tension. When a child is in survival mode, self-protection is their priority. In other words:

“I can’t hear you, I can’t respond to you, I am just trying to be safe.”





For more information,
check out these websites:

www.cestudy.org
www.cestoohigh.com



Resilience trumps ACEs!

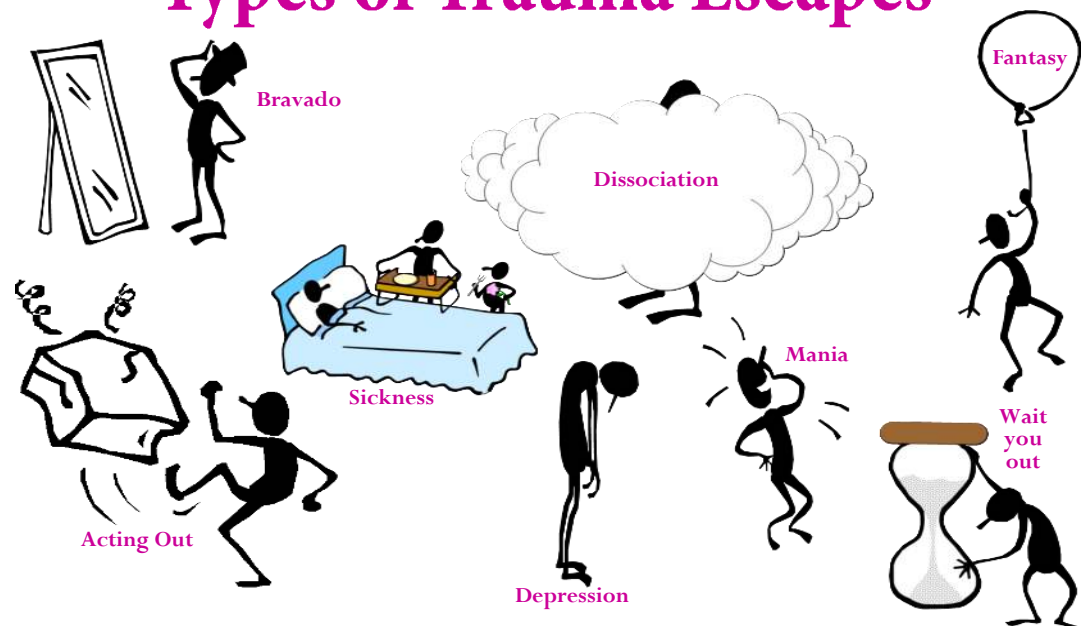
Resilience is the ability to adjust (or bounce back) when bad things happen. Research shows resilience helps reduce the effects of ACEs. Protective factors are internal and external resources that help us to build our resilience.

Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Creating environments where children feel safe emotionally and physically
- Helping children identify feelings and manage emotions
- Creating protective factors at home, schools and in communities



Types of Trauma Escapes



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