

ADVERSE CHILDHOOD EXPERIENCES

Brain Hero:

https://www.youtube.com/watch?v=s31HdBeBgg4&feature=player_embedded

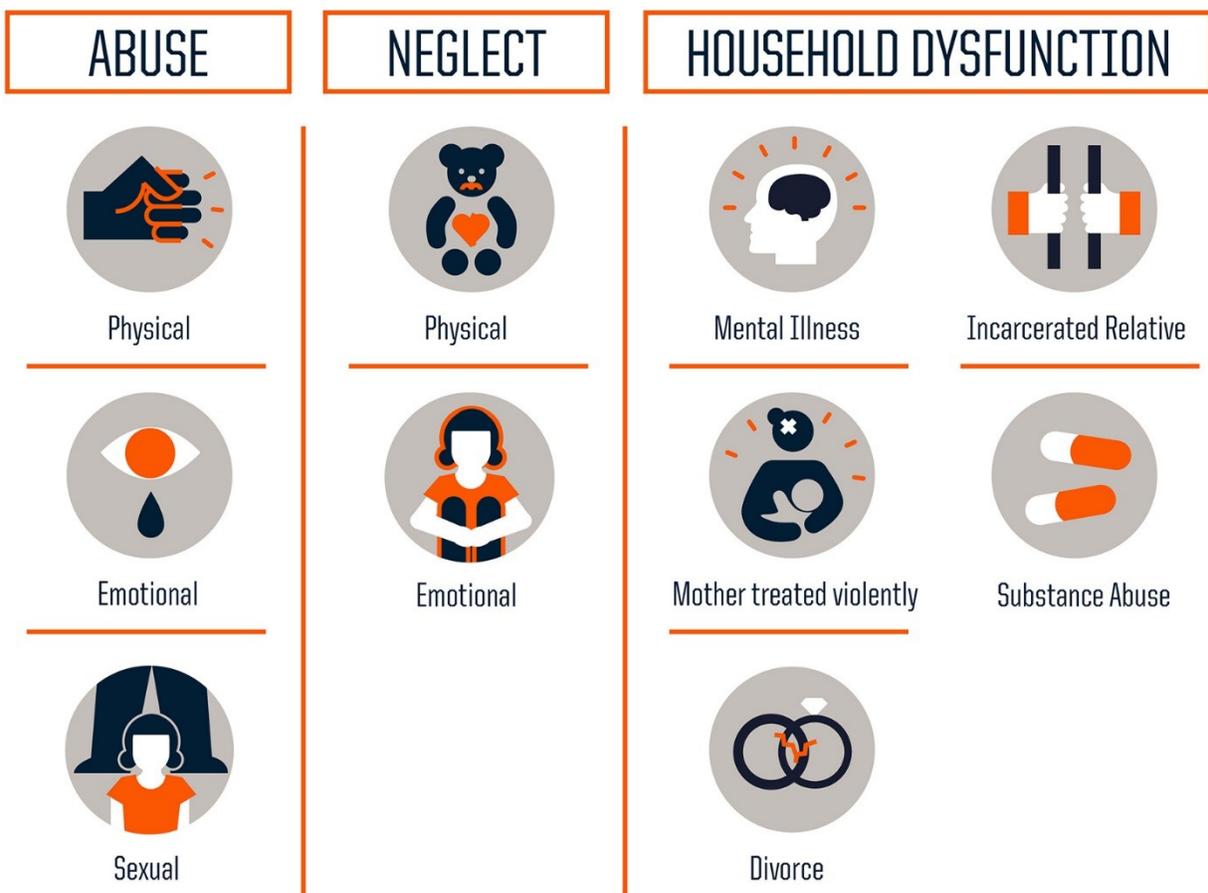
Adverse Childhood Experiences (ACEs): Impact on brain, body and behaviour:

<https://www.youtube.com/watch?v=W-8jTTIsJ7Q>

Nadine Burke Harris:

[http://www.ted.com/talks/](http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?share=19391661a0)

[nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?share=19391661a0](http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?share=19391661a0)



BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



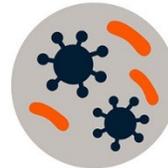
Diabetes



Depression



Suicide attempts



STDs



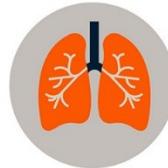
Heart disease



Cancer



Stroke



COPD



Broken bones

ACES can have lasting effects on....



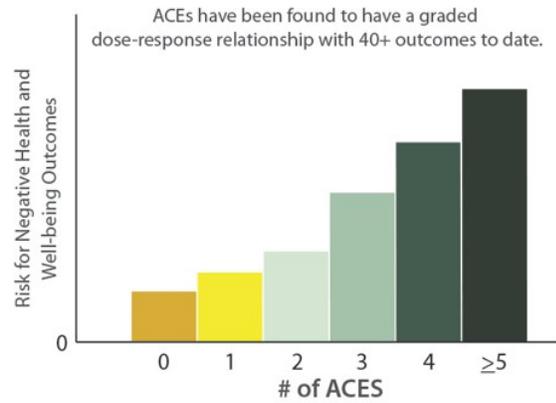
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)

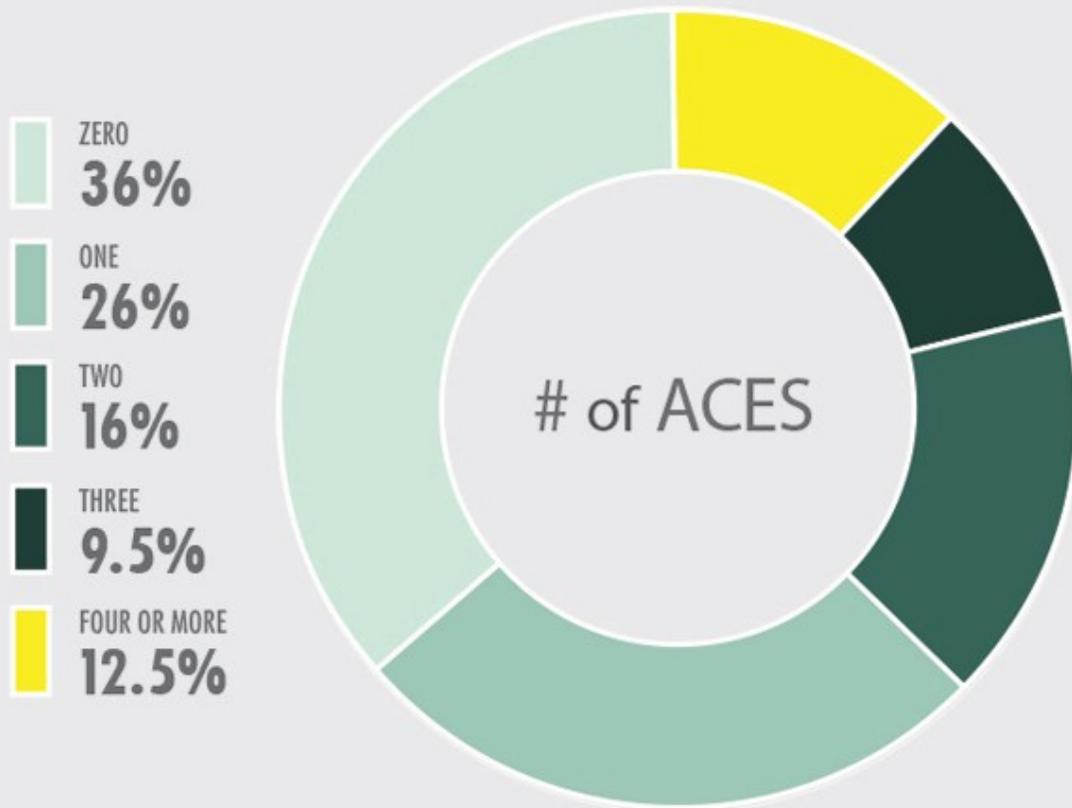


Life Potential (graduation rates, academic achievement, lost time from work)



How Common are ACES?

ACE Study



What *can* Be Done About ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACES before they happen. **Safe, stable, and nurturing relationships and environments** (SSNREs) can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development.
Example: Nurse-Family Partnership



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



High quality child care



Sufficient Income support for lower income families

The single most common factor for children who develop **resilience** is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.