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Reflection #5

As for me some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime is by heart disease, lung cancer, cardiovascular disease, diabetes. The percentage of the population that has experienced at least 1 ACE was about 67% and 12.6% experienced at least 4 or more ACES. According to my understanding childhood trauma impacts the brain by triggering toxic stress which leads to impairments in learning and memory.

It also affects areas like nucleus accumbens, the pleasure and reward center of the brains; This might impact the shape of humans behavior by creating loss of focus, concentration, not being able to fully express oneself, and control their emotion. Some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress includes: home visits, care coordination, mental health care, nutrition , holistic intervention and medication when necessary.