

## **Reflection # 5**

1— Describe some of the ways that adverse Childhood Experience (ACE) impacts health across a lifetime.

2—(a) What percentage of the population has experienced at least 1 ACE ?  
(b) What percentage experienced at least 4 or more ACES ?

3—(a) How might childhood Trauma impact brain development ?  
  
(B) How might that impact shape human behavior ?

4— What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress ?

## **Answers**

1-Some ways that Adverse Childhood Experiences (ACE) impact health across a lifetime are: High Heart Disease illness and death which is the number one killer in US, Severe Depression, Lung diseases, and Suicide. The higher the ACE score is, the higher and more likely one of the aforementioned illnesses/diseases occur in persons in our society ( of all races ).

2- (a)--- 67% of the population has experienced at least 1 ACE.  
(b)----12.6 % of the population has at least 4 or more ACES.

3—(a) Childhood Trauma impacts the brain development due to its negative impact on the portion of the brain that affects the pleasure and reward, Impulse control, and the fear response center.

(b)-- Childhood Trauma negatively impacts and shapes human behavior in a concerning aspect because it can cause one in relationships to be violent, introverted, face trust issues, emotionally withdrawn, etc.

4—Some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress are: A-Interview/Screen clients to obtain a total and whole family tree history (physical, diet, marriage, finance, education, drug abuse if present, etc) B—Prevent— Change of diet/nutritional, Home visits, education of healthy ways of communication, life-style, etc, medication if necessary) and;

C—Heal