

1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime.

It can go from adaptive life-saving to maladaptive health damaging after repeated scenarios. Repeated stress activation is damaging for brain structure and affect developing immune system, hormonal system and the way DNA is read and transcribed.

2a) What percentage of the population has experienced at least 1 ACE?

67%

2b) What percentage experienced at least 4 or more ACES?

12.6%

3a) How might childhood trauma impact brain development?

It affects the area of the nucleus accumbens which is link to substance dependence. suppresses the prefrontal cortex, which is required for impulse control. An MRI scan reveals differences in the fear response area of the brain.”

3b) How might that impact shape human behavior?

It might impact how an individual response to trauma and individuals who suffer from mental illness. Individuals have triple the lifetime risk of heart disease, lung cancer and 20 year difference in life expectancy. It can be a social problem or a mental health problem. Some individuals need access to care and children are being referred for adhd when it was trauma.

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

Routine screenings at regular physicals. The multidisciplinary treatment team uses home visits, care coordination, mental health care, nutrition, holistic intervention, and medication when necessary to reduce adversity. Other best practices include educating the parents about the impact of toxic stress.