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Reflection #5

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

I am unsure if the question asks how the study can impact the health industry to bring more awareness or what the ways of causing ACE is. So I will answer on the fact what these symptoms are from Adverse Childhood Experiences which are: “physical, emotional, sexual abuse; physical or emotional neglect; parental mental illness, substance dependence, Incarceration; parental separation or divorce; or domestic violence”.

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

The year 2015, February 17, about 63% of the population has experienced at least 1 ACE. Including the fact that 12.6 percent/ 1 out of 8 the population had at least 4 or more ACEs.

3a) How might childhood trauma impact brain development? 3b) How might that impact shape human behavior?

I believe the obvious answer to how trauma can impact brain development is simple. The trauma that causes a fight or flight response is when the body that the brain is signaling from the stressful situation is released. When done so everyday night based on the previous mentions of what causes ACE in the child at home; the constant stressful response will be damaging to the

brain and body. The future can cause major health effects that may come earlier than those who don't have ACE.

This in all will affect human behavior to a rise of depression, self-destruct- and anxiety.

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

The best way to intervene is to ACE as with any other disease prevention. As kids are being screened receiving help from trained professional teams and if needed, medication. The parents should be informed to prevent further causes. Meaning a fix of their behavior and issues as well.