



ECU

COLLEGE OF HEALTH & HUMAN PERFORMANCE

RESILIENT PIRATE NATION

NOVEMBER 2021

ACES: ADVERSE CHILDHOOD EXPERIENCES (STUDY)



On adverse childhood experiences (ACEs):

“

The single most important thing we need today is the courage to look the problem in the face and say: 'This is real. This is all of us.'

Dr. Nadine Burke Harris
Center for Youth Wellness



Links to Videos



The Original 10 ACEs

- Physical abuse by a parent/caregiver
- Sexual abuse
- Verbal abuse
- Physical neglect
- Emotional neglect
- A family member who is depressed or diagnosed with other mental illness
- A family member who is addicted to alcohol or another substance
- A family member who is in prison
- Witnessing a mother being abused
- Losing a parent to separation, divorce or death

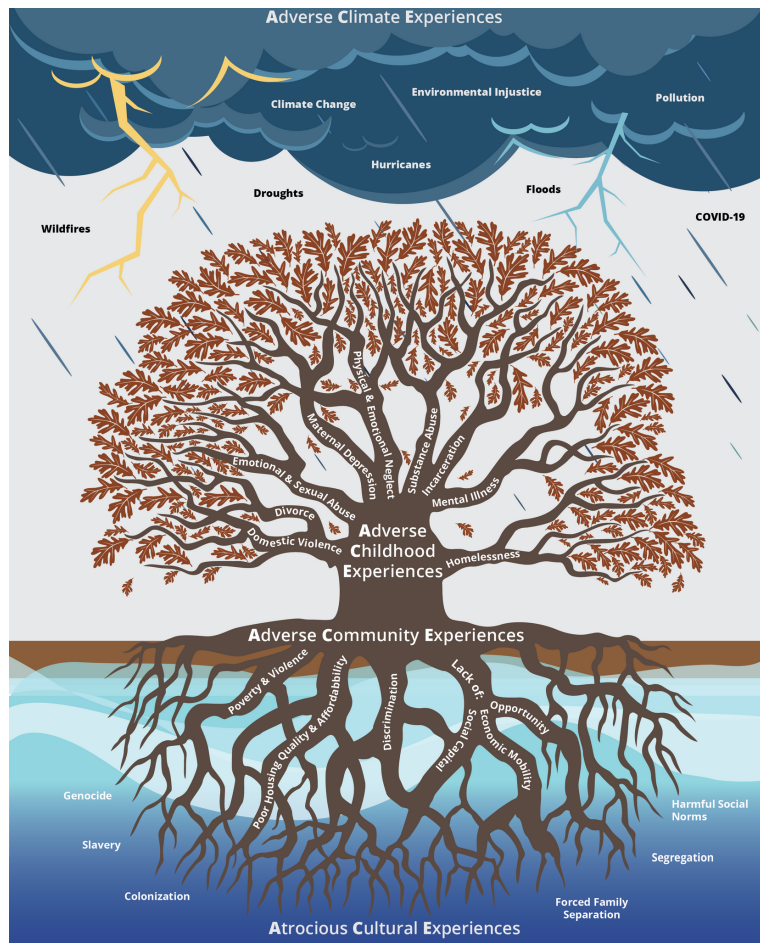
Adverse Childhood Experiences (ACEs) are 10 life events that could occur prior to age 18 that have been linked to heart disease, asthma and COPD, cancer, diabetes, substance use, depression and other adverse health outcomes. Originally studied in the early '90s by Drs. Anda & Feletti of the CDC & Kaiser Permanente, this work has continued to grow to include Adverse Community Experiences (Pair of ACEs), Adverse Cultural Experiences and Adverse Childhood Experiences, adding to the knowledge of the impact of trauma and traumatic events. Even though this topic impacted the literature and understanding of trauma, it is important to consider that each ACE may not be considered a traumatic event to each person who experienced it. However, also important is that when added together there can be a cumulative effect on the brain, body and whole health of a person: The higher the ACE score, the greater the impact on health.

How prevalent are ACEs? 61% of adults had at least one ACE and 16% had 4 or more types of ACEs. At least 5 out of 10 of the leading causes of death in the United States are linked to ACEs and it is estimated that preventing ACEs could reduce 44% cases of depression, 25-27% cases of asthma & COPD, 33% of smoking in adults, and 15% of unemployment in adults ([CDC, 2021](#)).

It is important to know that having ACEs or a high ACE score is not an absolute determinant and there are many things that off-set the adverse health impacts such as personal and community resilience, social support and other factors. Learn more about resilience at some of the opportunities below.

WHAT IS A PAIR OF ACES OR OTHER CONTRIBUTING FACTORS?

Click on graphic; SmartStart guide (p. 11)



WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING



BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

[Brené Brown Interviews Oprah & Dr. Bruce Perry](#)

TO LEARN MORE...

[RWJF: ACEs Information](#)

[Resilience Movie Trailer](#)

[ACEs Handouts for Parents](#)

[The Science of ACEs & Toxic Stress](#)

[Infographic from the CDC](#)

[Importance of Early Childhood Education & Prevention](#)

UPCOMING EVENTS



Resources Resilience™
LEARN • PRACTICE • THRIVE

Reconnect FOR Resilience™ Two-day Training

Our Reconnect for Resilience™ training offers participants a set of practical ways to stay well in the face of stress or adversity. Our simple, easy-to-use tools are meant for people of any age, education, or background. In this class, participants learn what happens to their brains and bodies when they are stressed or experience trauma, and are given an owner's manual to their own threat and safety management system.

Developed as a response to the public health crisis of ACEs, or Adverse Childhood Experiences, this training gives participants tools to get back into balance on their own or with the help of someone they trust. Through demonstrations and group practice, they learn to apply resiliency tools to: Reconnect with their natural ability to reset after being thrown out of balance by stress and trauma; Reconnect with their ability to reduce shame through self-compassion; and Reconnect with their family and community with a clear mind and balanced nervous system.

WHEN
Wed., Nov. 17 & Thurs., Nov. 18
8:30 a.m. - 4:30 p.m.

WHERE
Remotely; Webinar link will be emailed one day prior to training.

Participants need access to a webcam and microphone.

REGISTRATION
This training is being offered for free to anyone who lives or works in Pitt County.

Click on think link to register:
[Reconnect for Resilience \(Two-day training\)](#)
For questions email glossonk15@ecu.edu.

November Events:

*click on event name
for more information & registration*

Stewards of Children

Nov. 9th 2-4pm

Patriot

Theatre & Dance Performance
Nov. 11th (Veterans Day)
7:30 PM

ACEs 101

Nov. 12th; 2-3:30

BRACE Meeting

Dec. 3rd 8-10:30

Trauma-Informed Communities mini-conference

Dec. 3rd 10-12am
[details to come](#)



Area 1 AHEC
Part of the NC AHEC Program
Recruit • Train • Retain

Secondary Trauma and Self Care

LIVE WEBINAR

December 9, 2021
9:00 AM - 12:15 PM

This program is designed to introduce the concepts of secondary trauma and how our work can impact our lives. Professionals providing services to vulnerable populations often feel frustrated and overwhelmed. This training will help professionals to understand the difference between secondary trauma, compassion fatigue, burnout, moral distress, and vicarious trauma.

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Brought to you by the
Reconnect Educators of Pitt County