

Understanding the impact of Adverse Childhood Experiences

CentraCare Health is proud to partner with Twin Cities Public Television (TPT) to present “Whole People,” a documentary series about Adverse Childhood Experiences (ACEs).

CentraCare recognizes the impact ACEs have on the health and well-being of people living in communities and is taking a leading role to support efforts that address this issue.

What are ACEs?

Examples of ACEs include abuse, neglect and household dysfunction. They can be caused by stressful situations such as domestic violence, families going through divorce, as well as traumatic experiences such as physical, emotional and sexual abuse.

How do ACEs impact health?

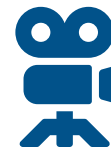
Studies show that when children experience traumatic events, their health is significantly impacted. In fact, the long-term health effects of experiencing a traumatic situation can actually increase the likelihood of developing chronic diseases and even increase the risk of developing some cancers.

The documentary series

The documentary series is the result of a three-year partnership between CentraCare and TPT.

For more information

To learn more about ACEs in Minnesota and connect to helpful resources, visit centracare.com/aces.



BROADCAST DATES

Sunday nights on TPT at 7 p.m. (CST)
from Jan. 13 - Feb. 10, 2019.

#101 - CHILDHOOD TRAUMA

January 13 at 7 p.m. TPT MN

#102 - HEALING COMMUNITIES

January 20 at 7 p.m. TPT MN

#103 - A NEW RESPONSE

January 27 at 7 p.m. TPT MN

#104 - FAMILY SOLUTIONS

February 3 at 7 p.m. TPT MN

#105 - HEALING JOURNEYS

February 10 at 7 p.m. TPT MN