

SAW, ACEs and ACA

“My Adverse Childhood Experience test result is a nine out of ten. When I needed it, one person extended the hand of hope and help to me. It saved me. SAW has the power to extend that same compassionate hand to countless others.” - Jake C., founder of Save A Warrior

A study by Kaiser Permanente and the Centers for Disease Control of more than 17,000 adults has led to our understanding that “adverse childhood experiences” – like abuse, neglect, parental addiction or mental illness, and even divorce – can have lasting effects on human health. However, the stunning news of SAW’s applied research is *how*, and how deeply, our bodies ‘keep the score’ and are imprinted for life by these ACE’s. Childhood adversity changes our *biological* systems – and lasts a lifetime. From stress responses to diabetes, asthma, heart disease, addiction and ***suicide***, we are all a product of our childhood environments.

Predicated upon fascinating scientific insight, Save A Warrior™ has saved the lives of those struggling with unprocessed adverse childhood experiences (ACE’s), workplace trauma, combat trauma; military sexual trauma (MST); poly-trauma; survivor’s guilt; moral injury – all collectively referred to as Complex Post-Traumatic Stress (C-PTS) – co-occurring with chemical and behavioral (process) addiction. Because most of our participants report co-occurring challenges with addictive substances and life’s processes, our Shepherd alums share thoughtful, empathetic and ruthlessly compassionate testimonials of their heroic post SAW journeys through relevant, cost-free recovery programs known as “Community Resiliency Models” (AA – Alcoholics Anonymous, NA – Narcotics Anonymous, Al Anon – Friends and Family of Alcoholics; ACA – Adult Children of Alcoholics/Dysfunctional Families, etc.)

For anyone who has faced a difficult childhood, or who cares about those who have, the novel and acclaimed interventions at SAW ***represent vitally important hope for preventing suicide among those whom we serve – and for generations to come.*** The below results should convince everyone that we face a serious problem. SAW is a right first step for ***solving*** the problem.

SAW ACE Scores (n=461)

0	1	2	3	4	5	6	7	8	9	10	Grand Total	AVERAGE SAW
10	22	41	45	59	54	70	62	47	31	20	461	5.3
2.2%	4.8%	8.9%	9.7%	12.7%	11.7%	15.1%	13.4%	10.2%	6.7%	4.3%		
0-3 25.5%				4-6 39.5%			7-10 34.6%					4-10 74.1%

74% of SAW participants have 4 or more ACE’s, compared to 13% in the CDC Study. 4 or more ACE’s equates to a 1,400% greater likelihood of attempting suicide at some point.

50% of SAW participants have 6 or more ACE’s. 6 ACE’s equates to a 5,000% greater likelihood of attempting suicide at some point.

Further reading: www.acestoohigh.com / www.adultchildren.org