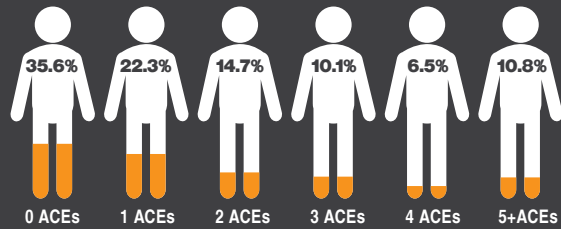
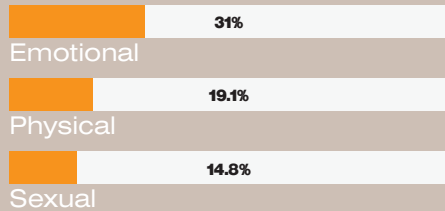


ALASKAN ADULTS SURVEYED AGES 18-55+



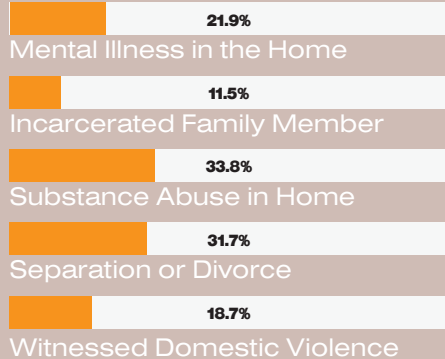
ABUSE



NEGLECT*



HOUSEHOLD DYSFUNCTION



SOURCE: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.

* Information was collected in 2014 and will be available in the future through the state of Alaska.

HOW DO ACEs AFFECT ME?

SOCIAL COST

The lifetime cost per victim of non-fatal child maltreatment is \$210,000. This reflects losses in job productivity, childhood and adult medical costs, special education costs, child welfare costs, and costs to the criminal justice system.

LIFE EXPECTANCY

ACEs are risk factors for a decrease in overall lifespan. On average, people with six or more ACEs die twenty years earlier.

Addressing ACEs sooner in life reduces risk and increases resiliency. Resilient individuals produce a more vibrant and healthy society.

HOMER CARES HEALING HAPPENS PATHWAYS TO RESILIENCE in Homer

COMMUNITY RESOURCES



Haven House



Homer R.E.C. Room



Sprout Family Services



Religious Communities



The Center
South Peninsula
Behavioral Health
Services



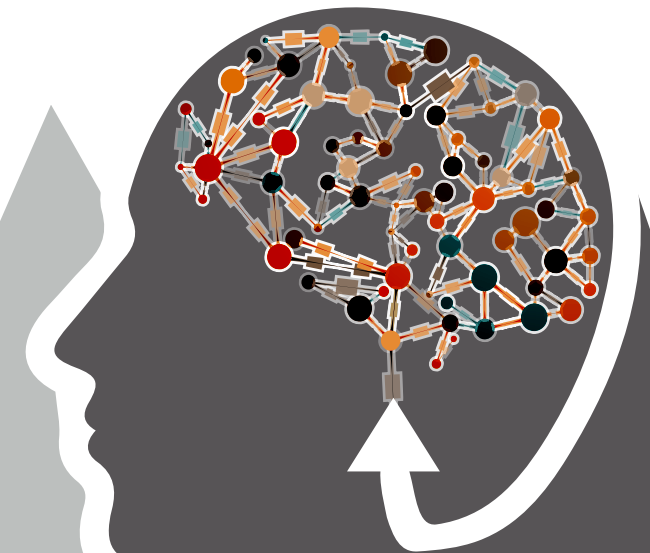
Kachemak Bay
Family Planning



This pamphlet was developed by the Homer Prevention Project [in part] under grant number: 5U79SP015604-05 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the author and not necessarily reflective of SAMHSA or HHS.

ACEs

Linking **ADVERSE CHILDHOOD EXPERIENCES** with health and behavioral problems as a child or adult



Resilience can overcome ACEs

YOU ARE RESILIENT

WHAT ARE ACEs?

ACEs are Adverse Childhood Experiences. The Adverse Childhood Experiences (ACE) study is one of the largest investigations ever conducted to assess associations between adverse childhood experiences and later-life health and well-being. The study is a collaboration between the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente's Health Appraisal Clinic in San Diego. Alaska has joined more than twenty states in ACE data collection.

Ten types of childhood trauma are assigned an ACE score determining potential emotional, physical, behavioral risks and how these risks affect society.

Trauma is an experience of being overwhelmed. Most people in their lives will experience some personal trauma.

PATHWAYS TO RESILIENCE

You can counter effects of possible health and behavior problems by adding positive and sometimes simple activities that will retrain your brain, at any age, to handle emotional and stressful situations that can trigger undesirable physical and behavioral consequences.



Adverse Childhood Experiences Types:

ABUSE 	Physical	NEGLECT 	Emotional
	Sexual		Physical
	Emotional		

HOUSEHOLD DYSFUNCTION 	Household Substance Abuse	Parent Treated Violently
	Parental Divorce	Incarcerated Household Member
	Household Mental Illness	

ACEs Are Risk Factors For:

BEHAVIORAL 	Lack of Physical Activity	Alcoholism
	Smoking	Drug Use
		Missed Work

PHYSICAL & MENTAL HEALTH 	Morbid Obesity	Heart Disease
	Diabetes	Cancer
	Depression	Stroke
	Suicide attempts	COPD
	STD	Broken Bones

Small Changes Can Lead to Great Benefits

RETRAIN YOUR BRAIN

FOR CHILDREN

- Supportive Adults
- Positive Role Models
- Parental Involvement
- Caring Community
- Increased Parent-Infant Contact

FOR EVERYONE

- Supportive Relationships
- Healthy Food
- Exercise
- Smile
- Positive Thoughts
- Music
- Art
- Dance
- Laugh
- Talk About Feelings

FOR ADULTS

- Create safe and stable nurturing relationships
- Mental health and substance abuse treatment
- Acknowledge Trauma
- Seek Support

WHAT WE NOW KNOW

Adverse childhood experiences can alter brain development and may have long-term effects on the body, including speeding up the processes of disease, aging and compromising immune systems.

The ACE score is used to gauge your potential risk, but more importantly, you have the power to change your outcome. **RESILIENCE CAN OVERCOME ACEs** and you can take control of your life by finding pathways to resilience.

For more information visit Alaska's ACEs website: <http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx>.