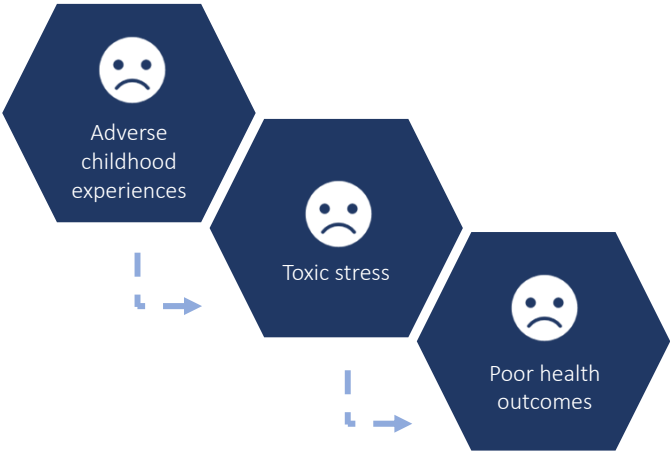


## Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels

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1



### ACEs are only part of the picture

- Many people with 4+ ACEs are OK
- Other experiences affect the brain
- Do positive experiences affect outcomes?

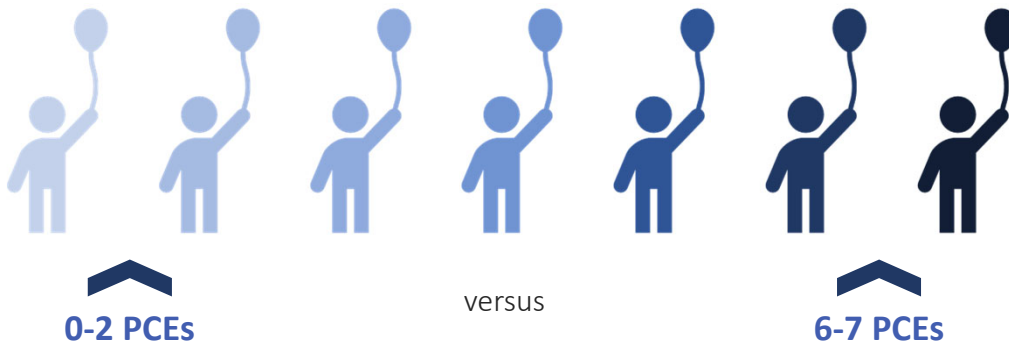
2

## Positive Childhood Experiences (PCEs) Protect Adult Mental Health



**72% less adult depression or poor mental health**

48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39



Bethell , Jones, Gombojav Linkenbach and Sege. *Positive Childhood Experiences* . . . JAMA Pediatrics 2019

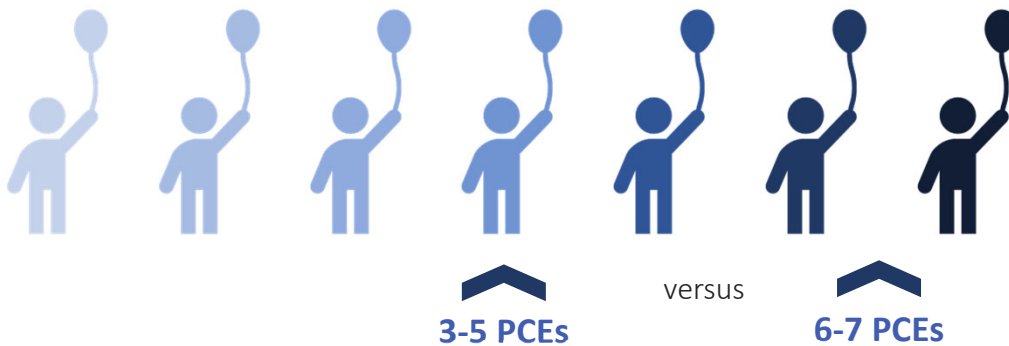
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## Positive Childhood Experiences Protect Adult Mental Health



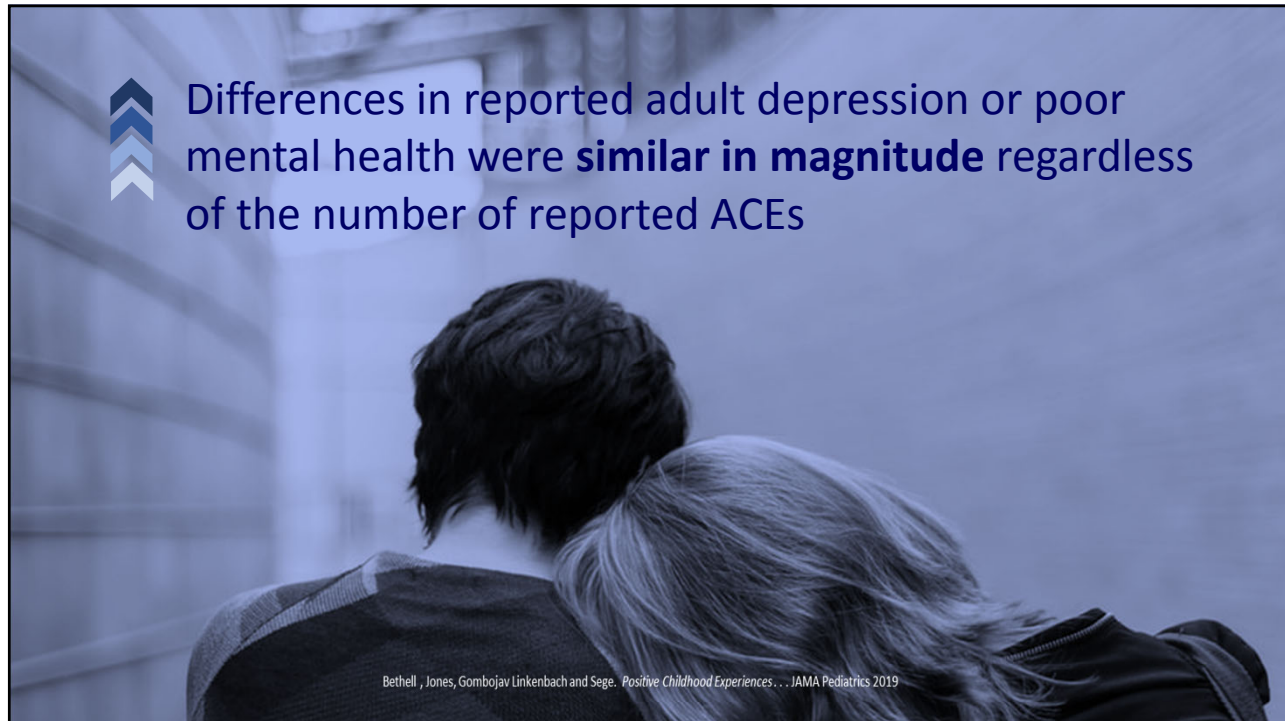
**50% less adult depression or poor mental health**

25% v. 13%, OR 0.50; 95% CI 0.36-0.69



Bethell , Jones, Gombojav Linkenbach and Sege. *Positive Childhood Experiences* . . . JAMA Pediatrics 2019

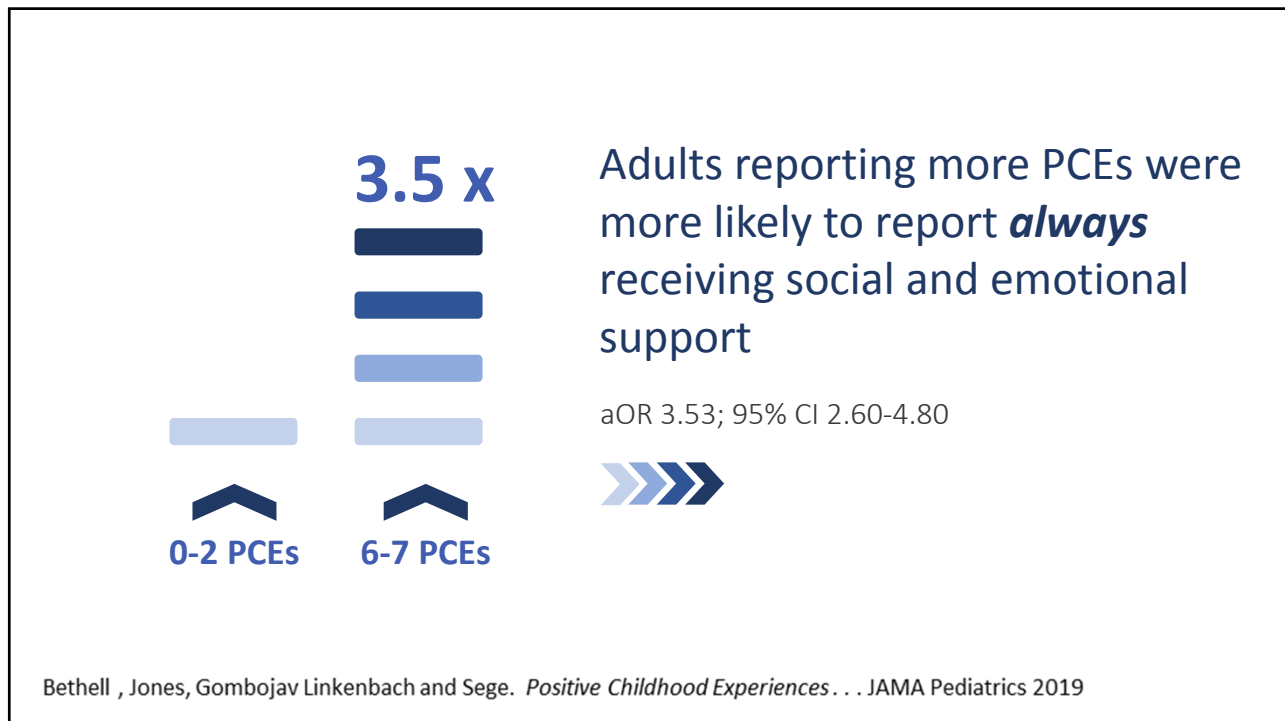
4



Differences in reported adult depression or poor mental health were **similar in magnitude** regardless of the number of reported ACEs

Bethell , Jones, Gombojav Linkenbach and Sege. *Positive Childhood Experiences...* JAMA Pediatrics 2019

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Bethell , Jones, Gombojav Linkenbach and Sege. *Positive Childhood Experiences...* JAMA Pediatrics 2019

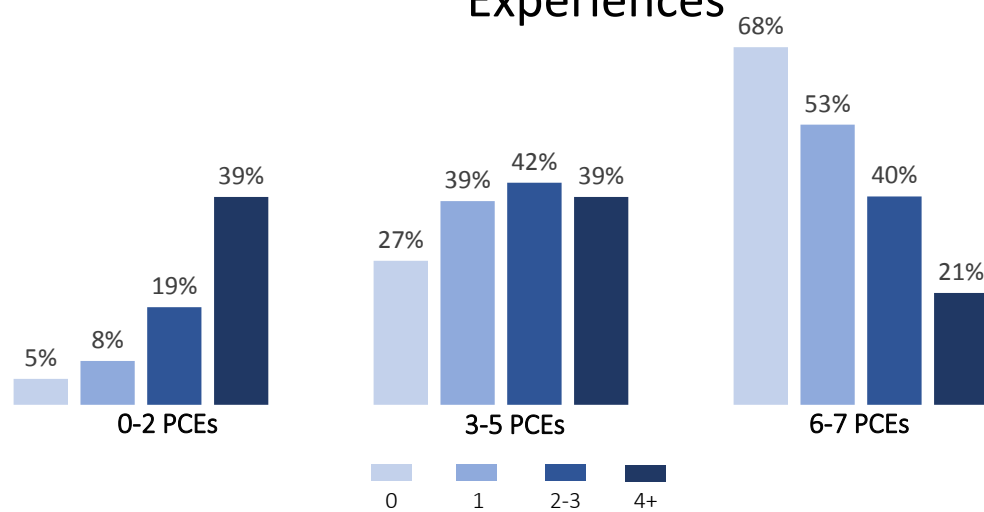
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## How do PCEs and ACEs interact?

- Can people have both positive and adverse childhood experiences?
- Can PCEs mitigate the effects of ACEs?

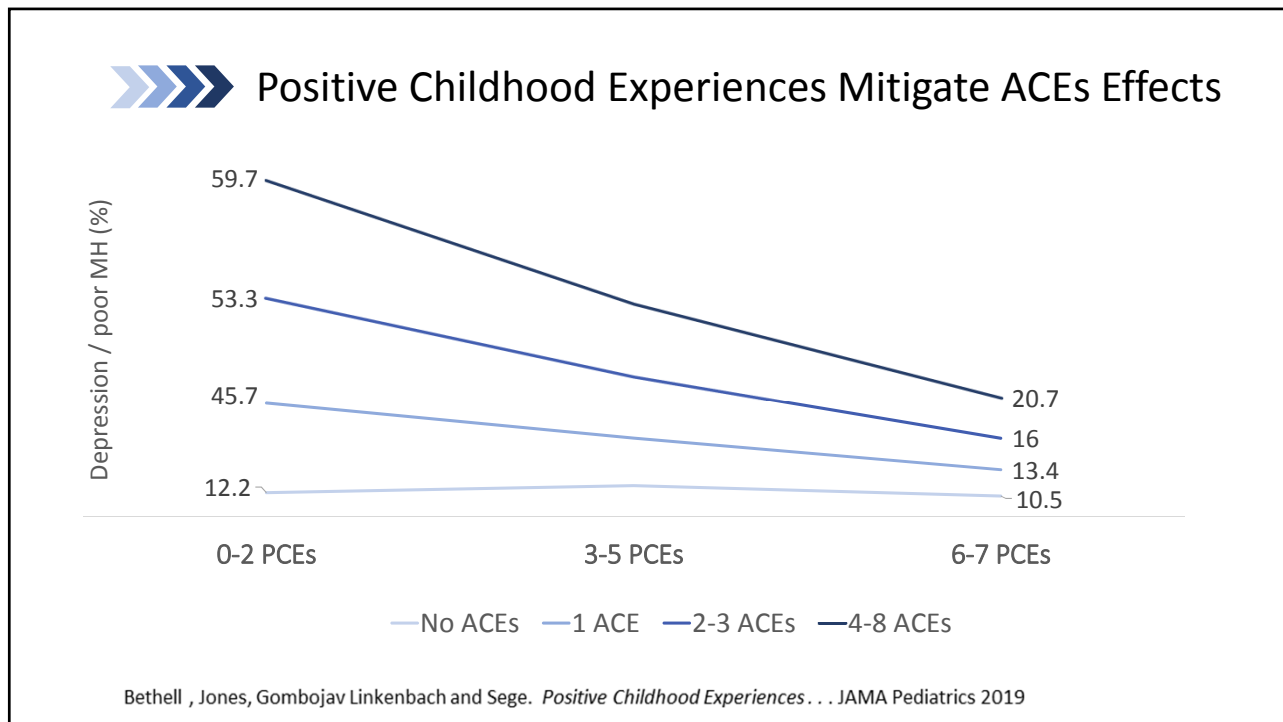
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### Recall of *both* Positive *and* Adverse Childhood Experiences

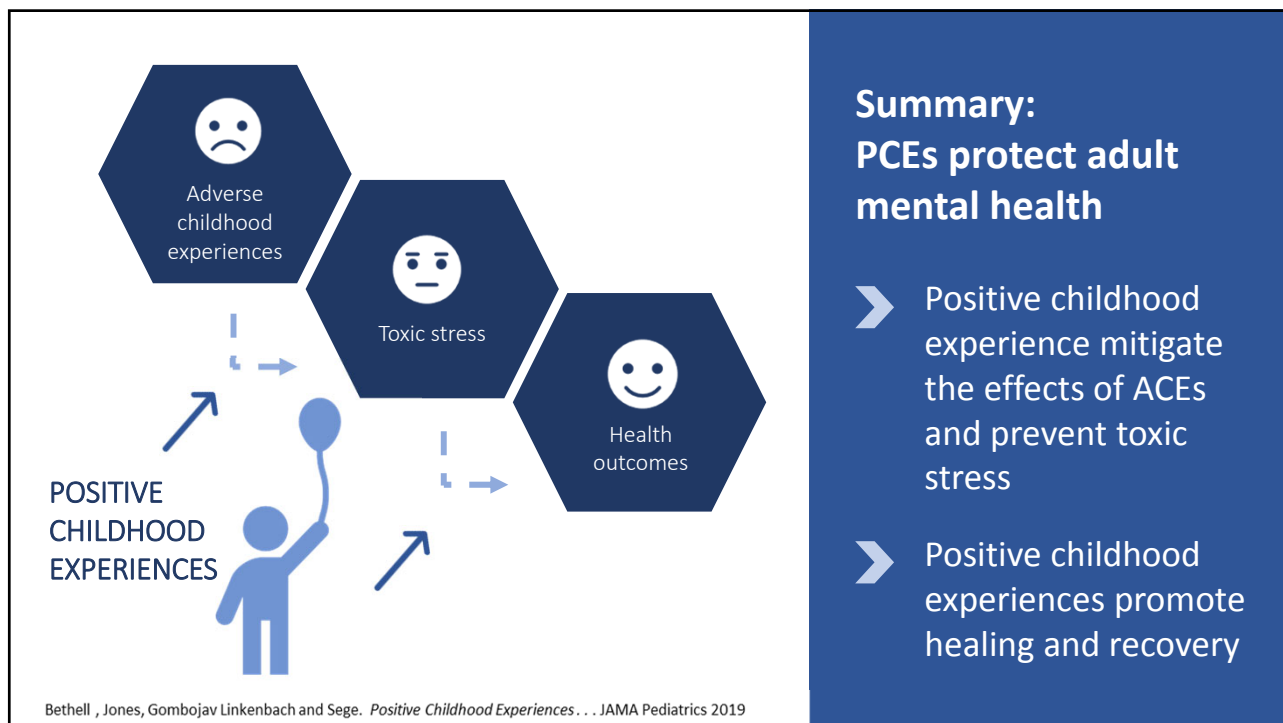


Bethell , Jones, Gombojav Linkenbach and Sege. *Positive Childhood Experiences* . . . JAMA Pediatrics 2019

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