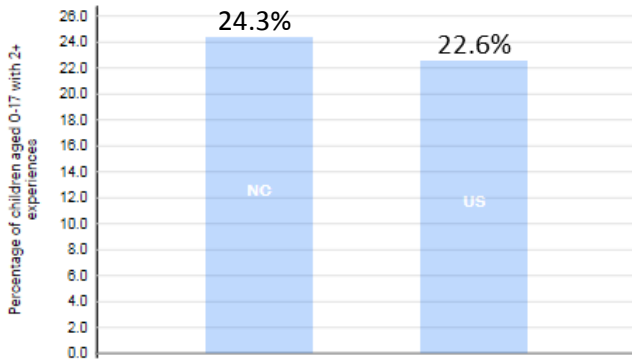


# Adverse Childhood Experiences (ACEs) and Trauma-Informed Care (TIC) Information Sheet: North Carolina



**ACEs:** The percentages to the left indicate the % of children aged 0 to 17 years who experienced two or more of the following: Socioeconomic hardship, parental divorce/separation, death of a parent, parent served time in jail, witness to domestic violence, victim or witness of neighborhood violence, lived with someone who was mentally ill or suicidal or someone with an alcohol or drug problem, or treated or judged unfairly due to race/ethnicity.

– From [America’s Health Rankings, 2016 edition](#)

**North Carolina’s ACE Ranking:** 30<sup>th</sup> out of 50

**Trauma-Informed Care:** Becoming trauma-informed is a process using knowledge about the prevalence and impact of toxic stress (e.g., ACEs) to reexamine how we see, interpret, and interact with people. TIC is a culture change process - being trauma-informed requires viewing the world through a new lens. It is not a therapy, intervention, or specific action; it is an all encompassing paradigm shift. It’s also important to remember that trauma-informed care is not just for service providers; it is universally applicable and everyone has a role to play! - From [Fostering Futures](#) website

## North Carolina’s ACEs and TIC Activities

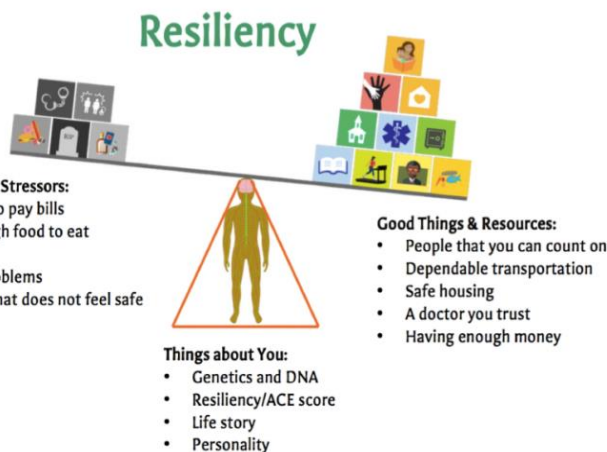
### Coalitions and Networks

Buncombe County, NC is one of 14 communities in the U.S. chosen by the Health Federation of Philadelphia, with support from the Robert Wood Johnson Foundation and the California Endowment, for the [Mobilizing Action for Resilient Communities \(MARC\)](#) grant .

Buncombe ACE Collaborative, formed in 2012 to educate the medical and mental health communities about ACEs. The group grew from a learning reviewed the literature on ACEs, created a handbook listing trauma and resilience resources and began piloting those materials with clients. Information about the group and available materials can be found on this [website](#).

The ACE Collaborative supports local resilience-building efforts with “tipping grants,” infusions of up to \$5000 for a range of initiatives in education, health, cultural preservation and community-building.

The group has developed messaging about ACEs and resilience through collaborations with the FrameWorks Institute. They devised a “[resiliency scale](#)” that can tip either way based on positive or negative experiences in life, and a “resource grid” that demonstrates how social, health and educational supports that help the whole communities to thrive (see image below).



### Other Activities

- [Benchmarks’ Partnering for Excellence \(PFE\)](#) seeks to improve the well-being of children and families in contact with the child welfare system and reduce the need for higher end behavioral services through a more trauma-informed community.
- [Prevent Child Abuse NC](#) is showing Resilience screenings across the state and creating national campaign to help parents understand/prevent ACEs.