

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

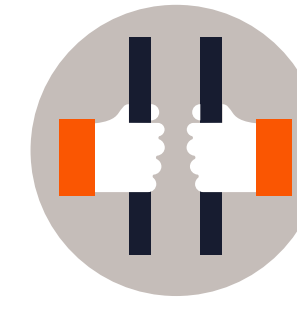


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



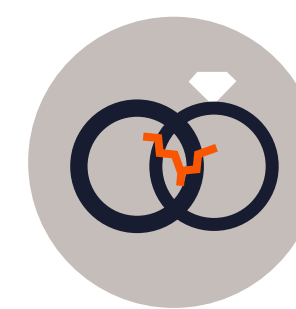
Incarcerated Relative



Mother treated violently



Substance Abuse

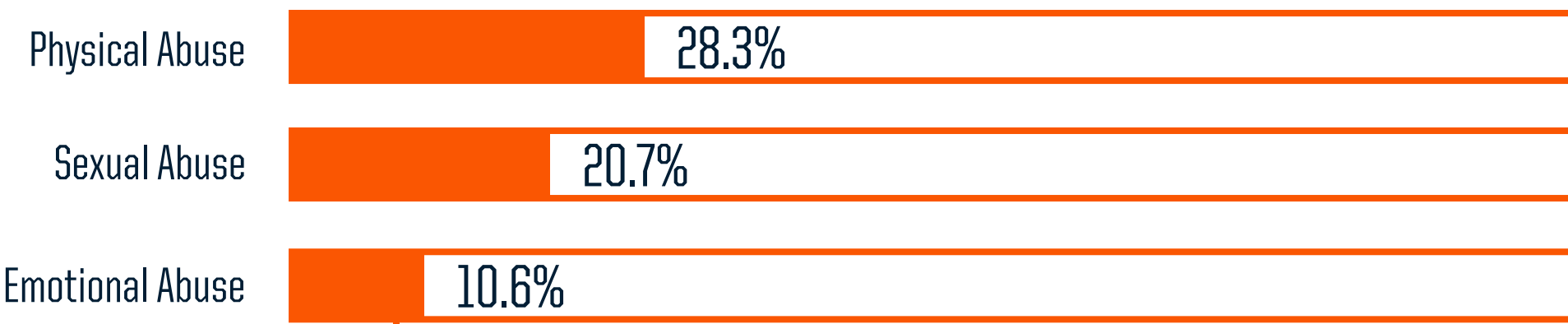


Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

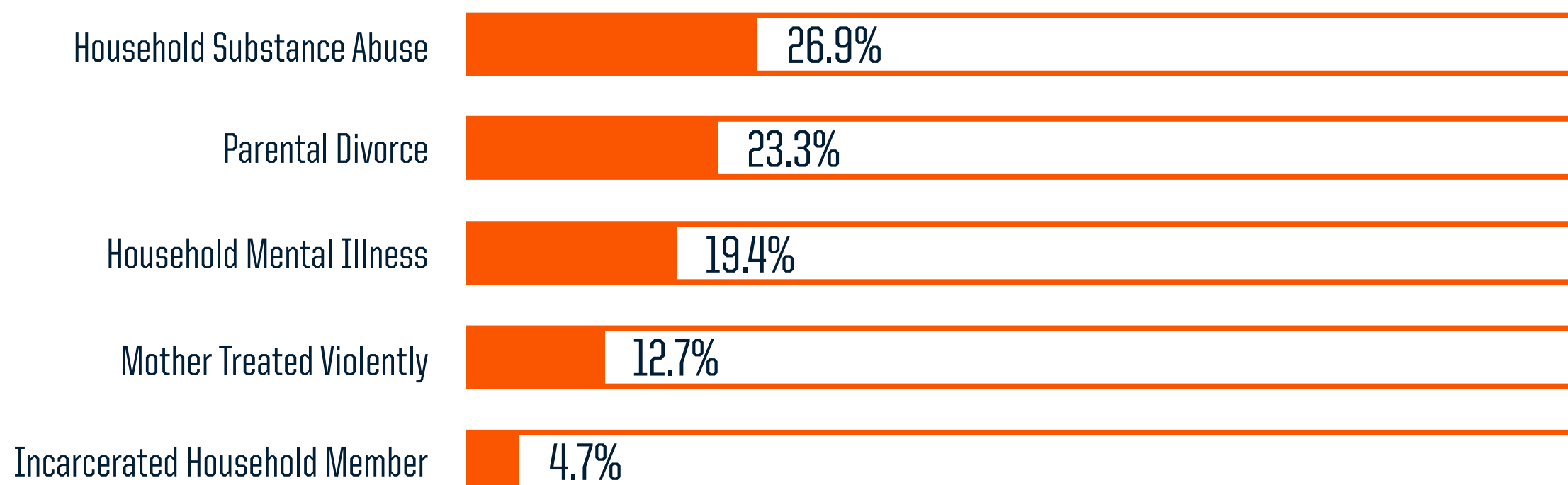


percentage of study participants that experienced a specific ACE

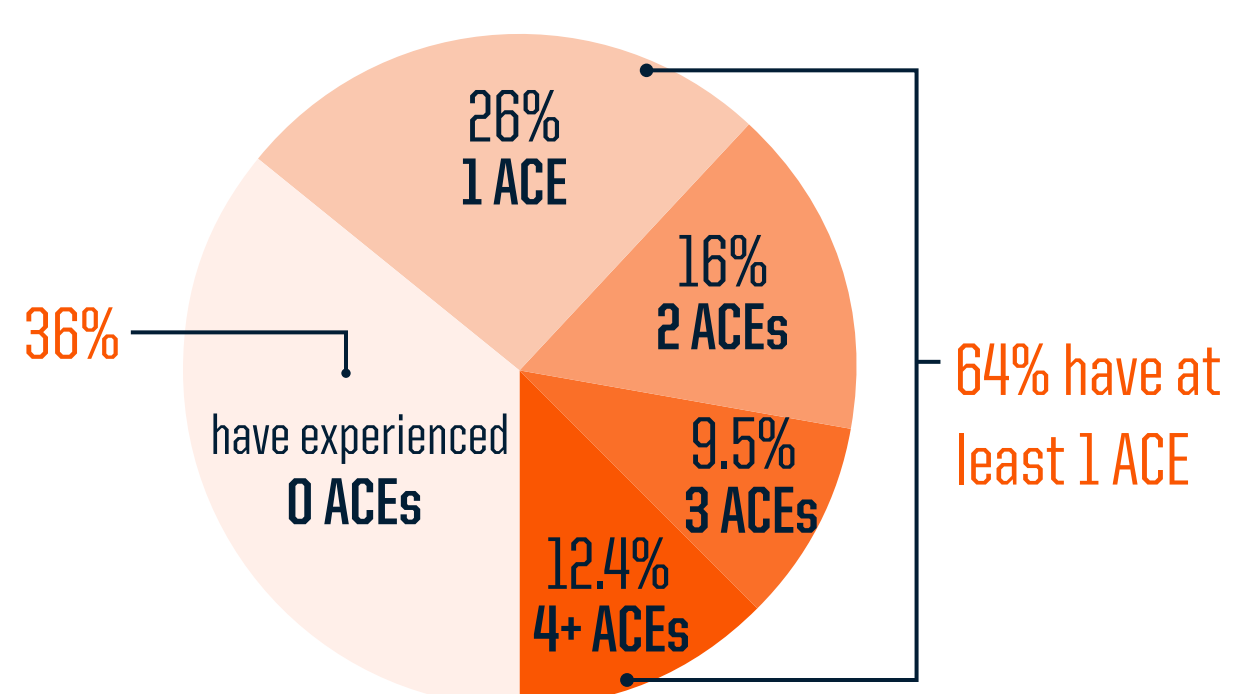
NEGLECT



HOUSEHOLD DYSFUNCTION

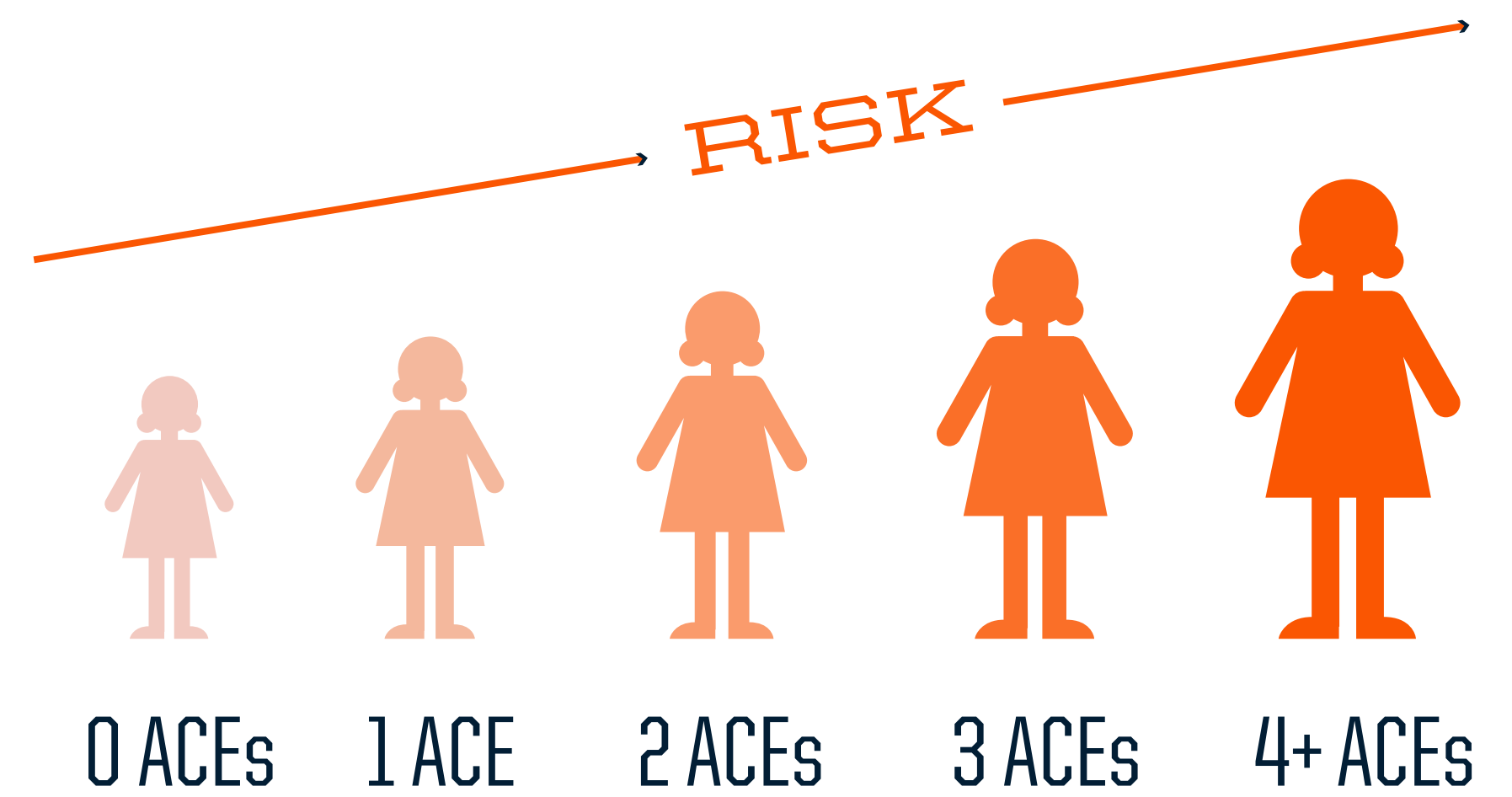


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes

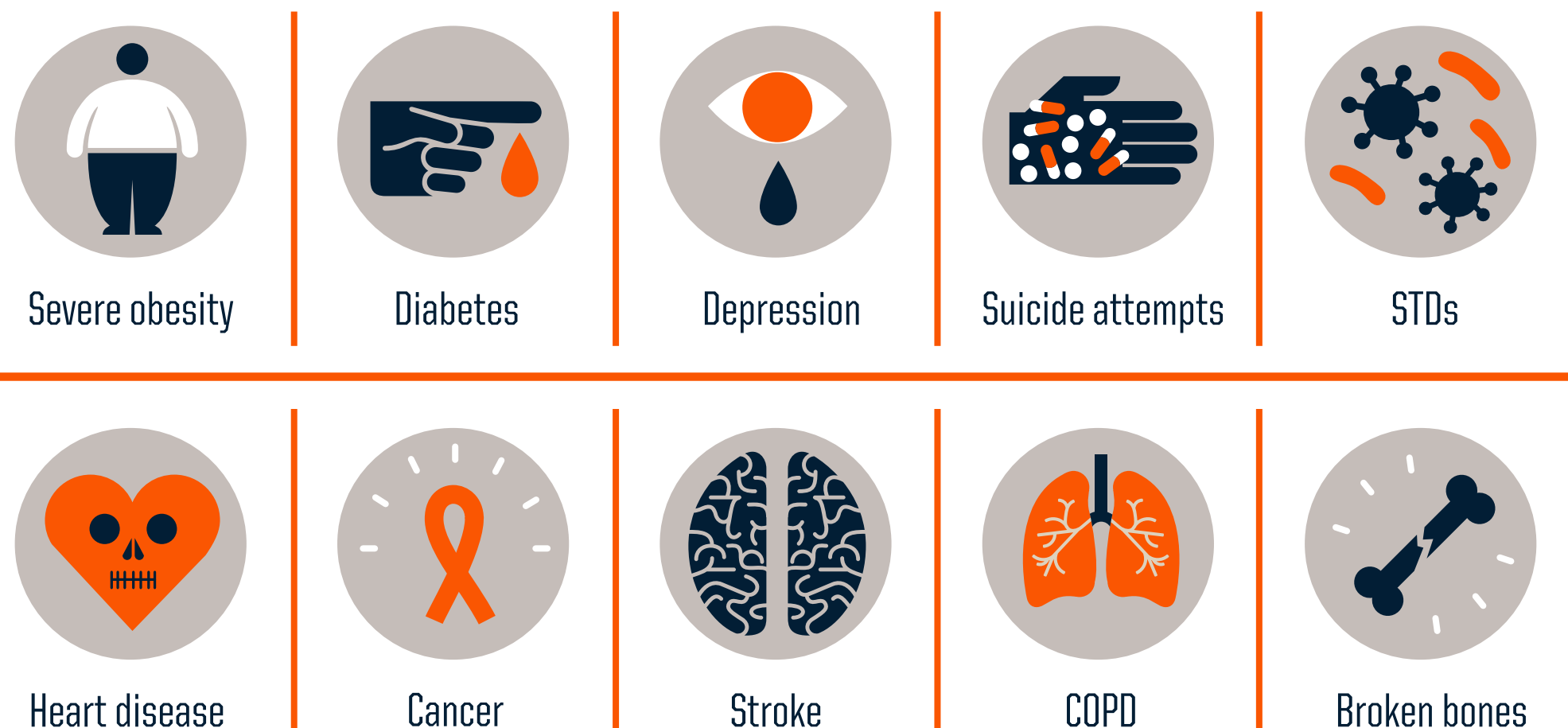


Possible Risk Outcomes:

BEHAVIOR



PHYSICAL & MENTAL HEALTH



To Lower Toxic Stress at Home: Create a Safe and Stable, Nurturing Environment for your children

Things you can do to improve your health and well-being if you have been exposed to ACEs:



Sleep

- Try to get 8 hours of sleep every day
- Cut down on your use of caffeine, especially in the afternoon
- Create a “bedtime routine” for yourself and your children
- Don’t take your phone to bed with you!



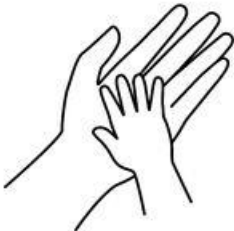
Nutrition

- Try to eat fresh whole foods from the Farmers Market or your local grocery store
- Avoid foods that are very processed or contain a lot of sugar
- Make sure you drink at least 8 glasses of water a day
- Look for more information at WIC, or online at <https://www.choosemyplate.gov/>



Exercise

- Get at least 30 minutes of gentle exercise every day, including walking, swimming, biking. Walking your pet counts! Make sure to get outside every day.
- The YMCA offers low cost Family Memberships <http://www.scfymca.org/main/financial-assistance/> or call 545-9622.
- Santa Rosa Park and Rec offers lots of classes and activities <https://srcity.org/676/Activities-Classes> or call 543-3292



Relationships

- To support your relationships practice good, honest and open communication
- For relationship support contact your local clinic
- For classes in co-parenting contact the Child Parent Institute at <http://calparents.org/> or call 585-6108



Mental Health

- For postpartum support call 800-944-4773 or www.postpartum.net
- For the Sonoma County Crisis Line call (800) 746-8181
- Talk to your primary care physician about resources
- Contact National Alliance for Mental Illness at www.namisonomaounty.org or call 527-6655



Mindfulness

- When you are angry or upset count to 10 or take 3 deep breaths before you do anything else
- Look online for free meditation APPS
- Contact Brookwood Clinic for a free Mindfulness skills group 583-8700