

## Find Hope, Strength and Resilience

### Contact:

ACEs Coalition of WV  
WVACES.org

Addiction and Mental Health Hotline  
1-844-HELP4WV (1-844-435-7498)

National Suicide Prevention Lifeline  
1-800-273-8255  
suicidepreventionlifeline.org

Find the Help You Need  
CALL 211  
WV211.org

Child Abuse Hotline  
1-800-352-6513

Help & Hope WV  
www.helpandhopewv.org

## ACEs Coalition of West Virginia

One Creative Place  
Charleston, WV 25311  
304-205-5685  
info@wvaces.org  
www.wvaces.org

If you would like to learn more about the ACEs Coalition of West Virginia, please visit our website at <http://www.wvaces.org>

Follow us on Facebook at:  
<https://www.facebook.com/wvacescoalition/>



ACEs Aware.  
Why You Should Care.



## Childhood Matters

Childhood experiences can have a major impact on one's lifelong health and opportunity. Healthy childhood experiences lead to positive behaviors, whereas unhealthy childhood experiences can lead to chronic illness, mental illness, work absences, violence, substance use.

## Groundbreaking Study

The Center for Disease Control (CDC) and Kaiser Permanente conducted a groundbreaking research study published in 1998 that demonstrated a connection between early hardship or Adverse Childhood Experiences (ACEs) and having health and social problems as an adult.

The **Adverse Childhood Experiences (ACEs)** study also found that ACEs are much more common than originally thought, with two out of three reporting at least one ACE.

An ACE is defined as surviving any of the following categories of abuse, neglect, or loss prior to age 18:

- Emotional Abuse by a parent
- Physical Abuse by a parent
- Sexual Abuse by anyone
- Emotional Neglect
- Physical Neglect
- Loss of a parent
- Growing up with an alcoholic and/or drug abuser in the household
- Living with a family member experiencing mental illness
- Experiencing the incarceration of a household member

ACEs are associated with the following risk factors, chronic disease and health outcomes:

- Alcoholism and alcohol abuse
- Chronic Obstructive Pulmonary Diseases
- Depression
- Fetal death
- Health-related quality of life
- Drug abuse
- Heart disease
- Liver disease
- Domestic violence
- Smoking
- Suicide attempts
- Teen pregnancy
- Risky sexual behaviors
- Shorter life expectancy

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



**A score of 4 or more can make someone:**  
2 times as likely to be a smoker  
12 times as likely to attempt suicide  
7 times as likely to be an alcoholic  
10 times as likely to use injected street drugs

It is important to remember that adversity is only one aspect of a child's experience. These adverse impacts can be buffered by:

- Positive environments
- One caring adult
- Nurturing experiences
- Healing and resilience

## Knowing About ACEs Helps

One Woman's Reaction to Learning about ACEs

"I understand why my mother raised us the way she did. I understand that I can break this cycle for my children. I understand that I'm not a victim. I'm a survivor."

The Deepest Well p 178  
Author: Nadine Burke Harris, MD