



ACES Too High!

NEWS

ACES = Adverse Childhood Experiences



[HOME](#)

[ABOUT](#)

[GOT YOUR ACE SCORE?](#)

[RESOURCES](#)

[RESEARCH](#)

[OUR STORIES](#)

[ACES CONNECTION](#)

ACES IN ACTION

Children's Resilience Initiative in Walla Walla, WA, draws spotlight to trauma-sensitive school

October 7, 2014

By Jane Ellen Stevens

in [ACE Study](#), [Adverse childhood experiences](#), [Child trauma](#), [Community prevention programs](#), [Resilience](#), [Solutions](#), [Washington State](#)

[1 Comment Edit](#)



The Camden story: A physician and a priest plant seeds of repair

September 30, 2014

By Anndee Hochman

in [ACE Study](#), [Adverse childhood experiences](#), [Community prevention programs](#), [Resilience](#), [Solutions](#)

[1 Comment Edit](#)



Simultaneously making changes at the organizational level and building alliances across sectors for larger system change, Father Jeff Putthoff, SJ, and Dr. Jeffrey Brenner realized they had to dig deeper — beyond symptoms to root causes — to understand the struggles they were witnessing in Camden, NJ. What they found were ACEs.

Putthoff, a Jesuit priest known locally as

YOU ARE FOLLOWING THIS BLOG

You are following this blog, along with 3,288 other amazing people ([manage](#)).

TWEETS

Four Things the NFL Can Do to Stop Abuse and Keep Players on the Field huff.to/Y1pb3a via [@HuffPostSports](#) 1 week ago

RT [@jstevens](#): Four things the NFL can do to stop abuse AND keep its players on the field. acestoohigh.com/2014/09/25/how... 1 week ago

"Homelessness? Crime? Poverty? How Tarpon Springs, FL, became a community that cares.

ACEs Connection

Healthy, happy kids grow up to create a healthy, happy world.



HOME GROUPS MEMBERS CALENDAR BLOG MEDIA CHATS ACTIVITY ACESTOOHIGH.COM DISCUSSIONS MANAGE

+ Add Widget To Home Page

NEED HELP NAVIGATING?

Try the [Hoop.la](#) support network, and if you can't find your answer there, contact one of the ACEsConnection community managers: Jasmine Pettis, Elizabeth Prewitt, Alicia St. Andrews or Jane Stevens. We'll also be adding more info to the "Tips for Getting Around on ACEs Connection", below.

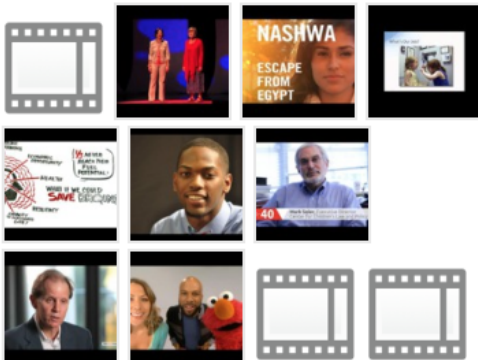
COLLECTIONS

[Tips for Getting Around on ACEs Connection](#)

[Resources](#)


[Collections List](#)

VIDEOS



BLOG POSTS

Online resource offers help with discipline
[\[EdSource.org\]](#)

 by [Samantha Sangenito](#)

6 hours ago



Educators who want to implement more positive disciplinary practices can now access an online national repository of research-based alternatives to suspension and expulsion. The National Clearinghouse on Supportive School Discipline (NCSSD) site is divided into four topic areas that provide

Before the Law: A boy was accused of taking a



Post Content

ABOUT THIS SITE

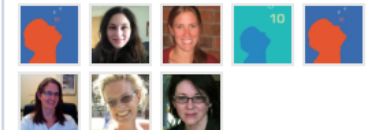
This community of practice uses trauma-informed, resilience-building practices to prevent Adverse Childhood Experiences & further trauma. ACEs CONNECTION NETWORK OVERVIEW [www.acestoohigh.com](#) A news site for the general public on all things ACEs-, trauma-informed, and resilience-building. [www.acesconnection.com](#) A social networking site for all people interested in implementing...

[Complete Description](#)

[Invite others to this community.](#)

CURRENT VISITORS

Current Visitors: 46 (Members: 8, Guests: 38)



ACTIVITY STREAM

[Steven Dahl](#) commented on this blog entry:

[Before the Law: A boy was accused](#)

The CDC's ACE Study



Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

Abuse:

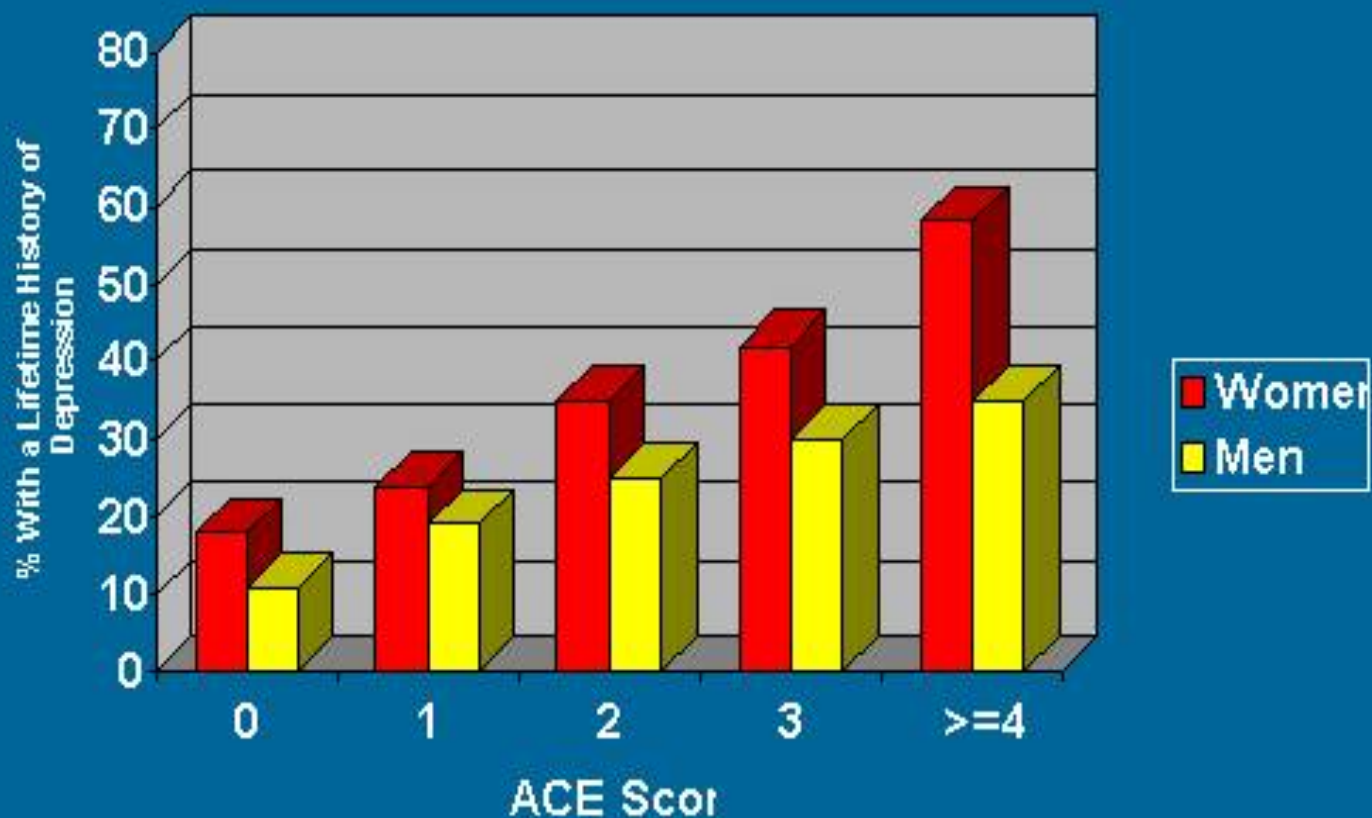
Psychological	11%
Physical	28%
Sexual	21%

Neglect:

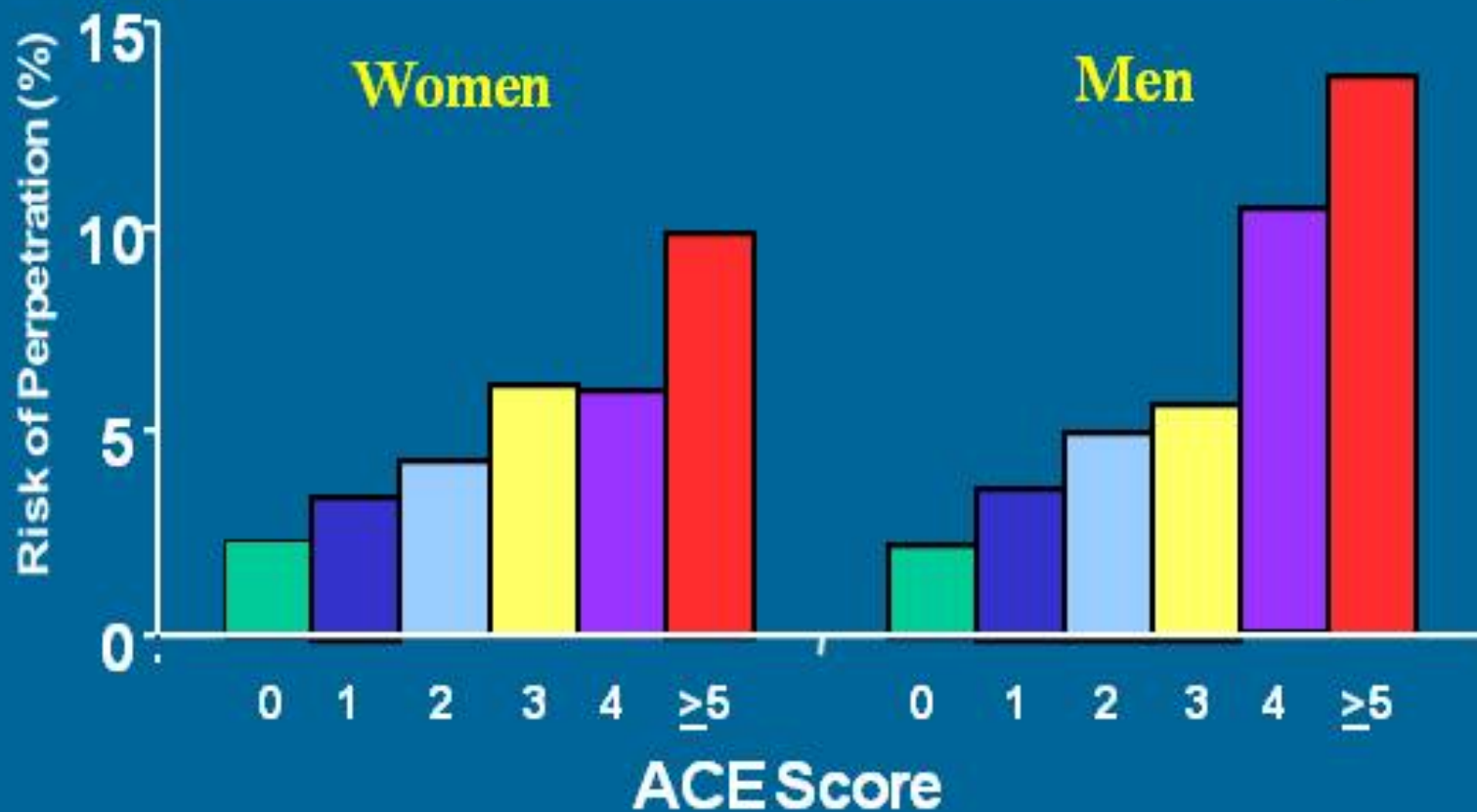
Emotional	15%
Physical	10%

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

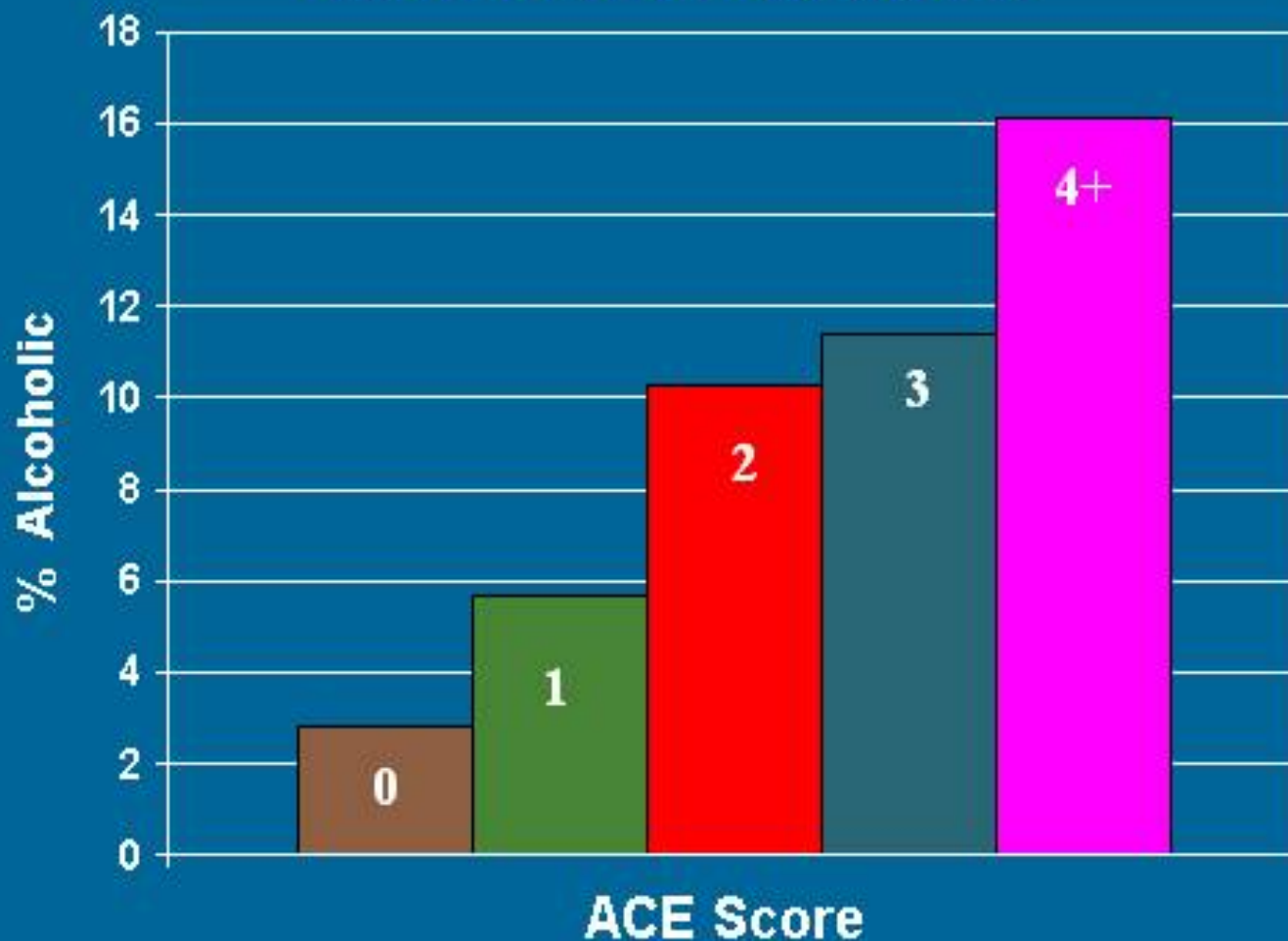
Childhood Experiences Underlie Chronic Depression



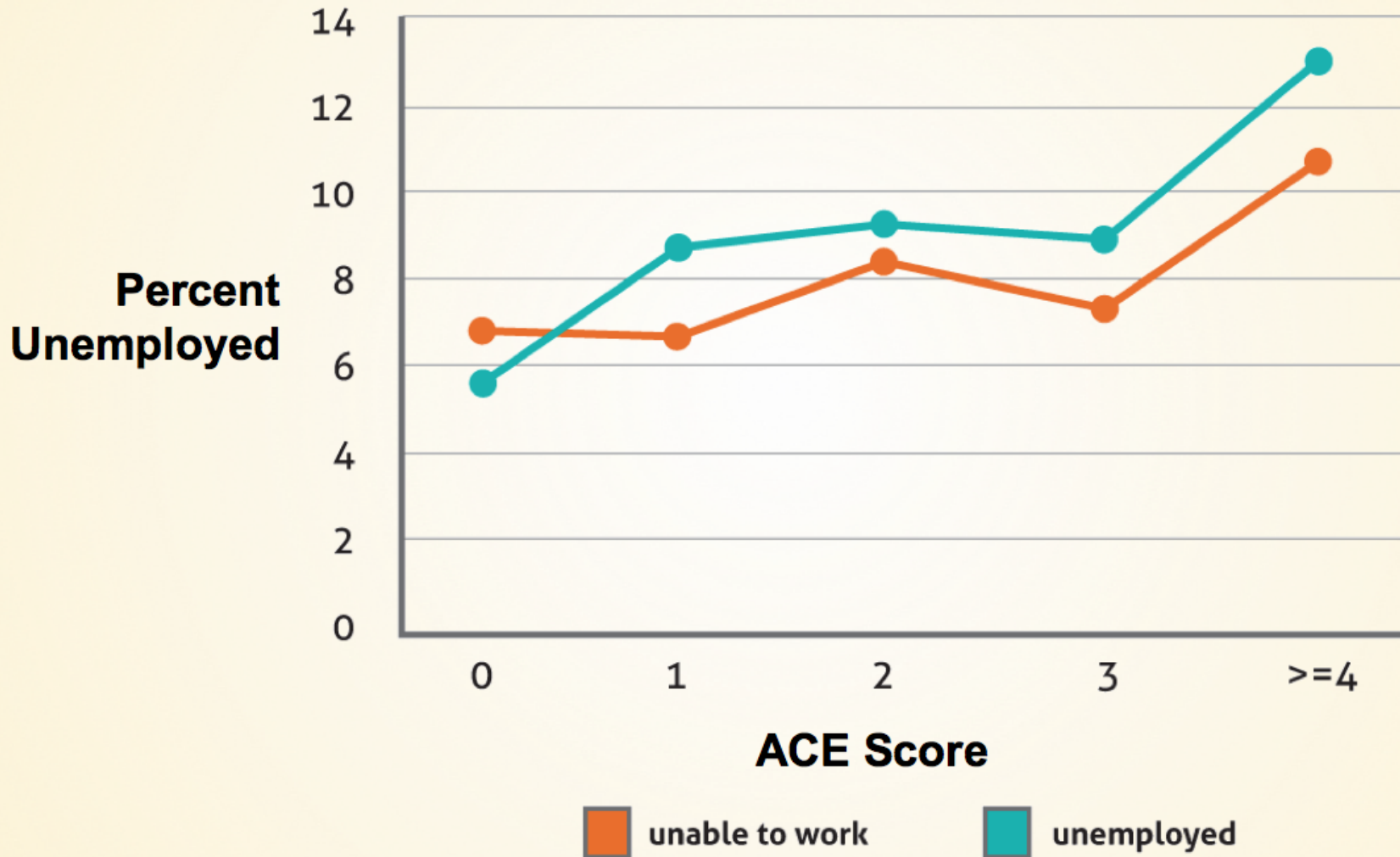
ACE Score and the Risk of *Perpetrating* Domestic Violence



Childhood Experiences vs. Adult Alcoholism

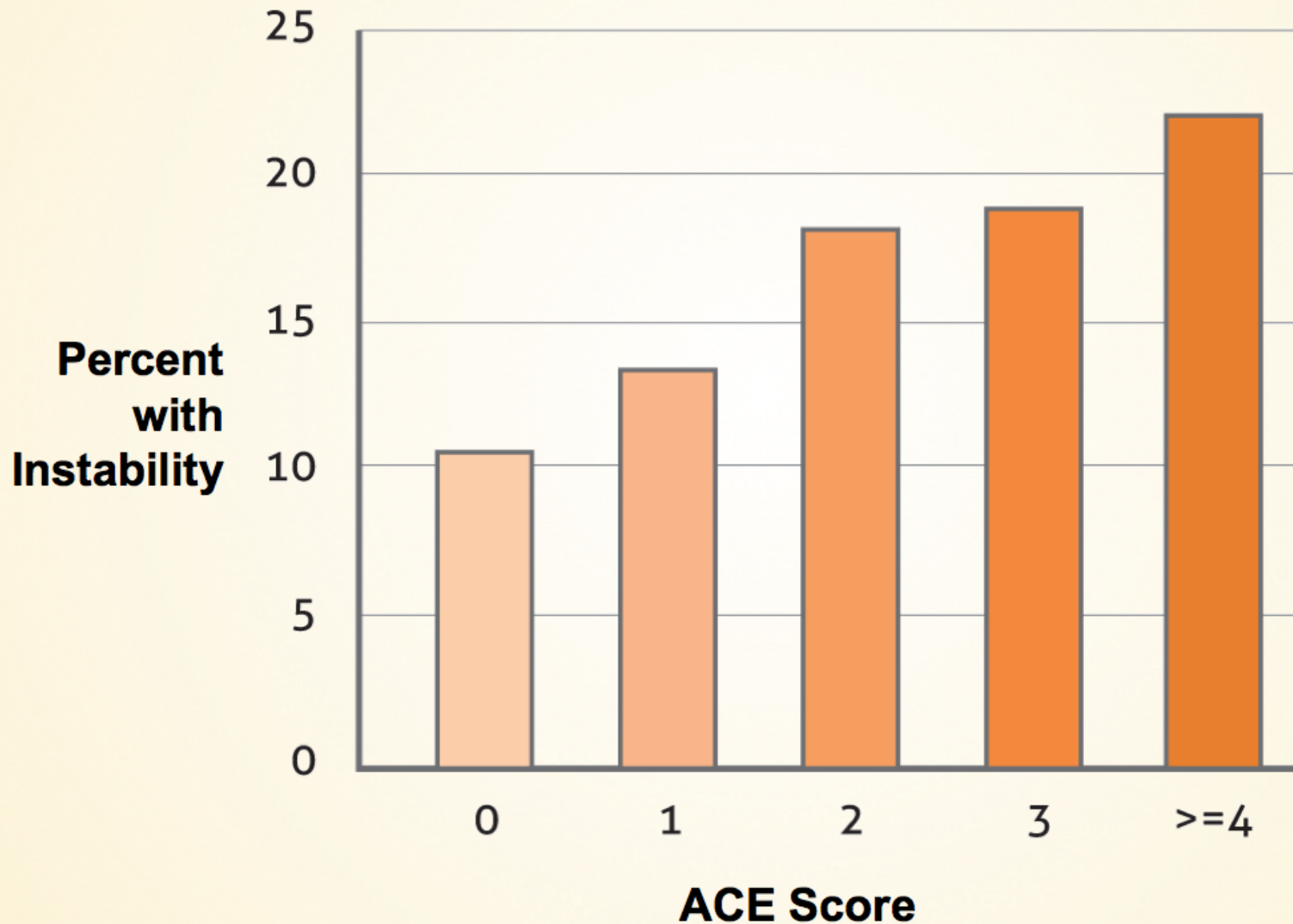


ACEs and Unemployment



Source: Soc Psychiatry & Epidemiology; Liu, et al., (2013)

ACEs and Financial Instability



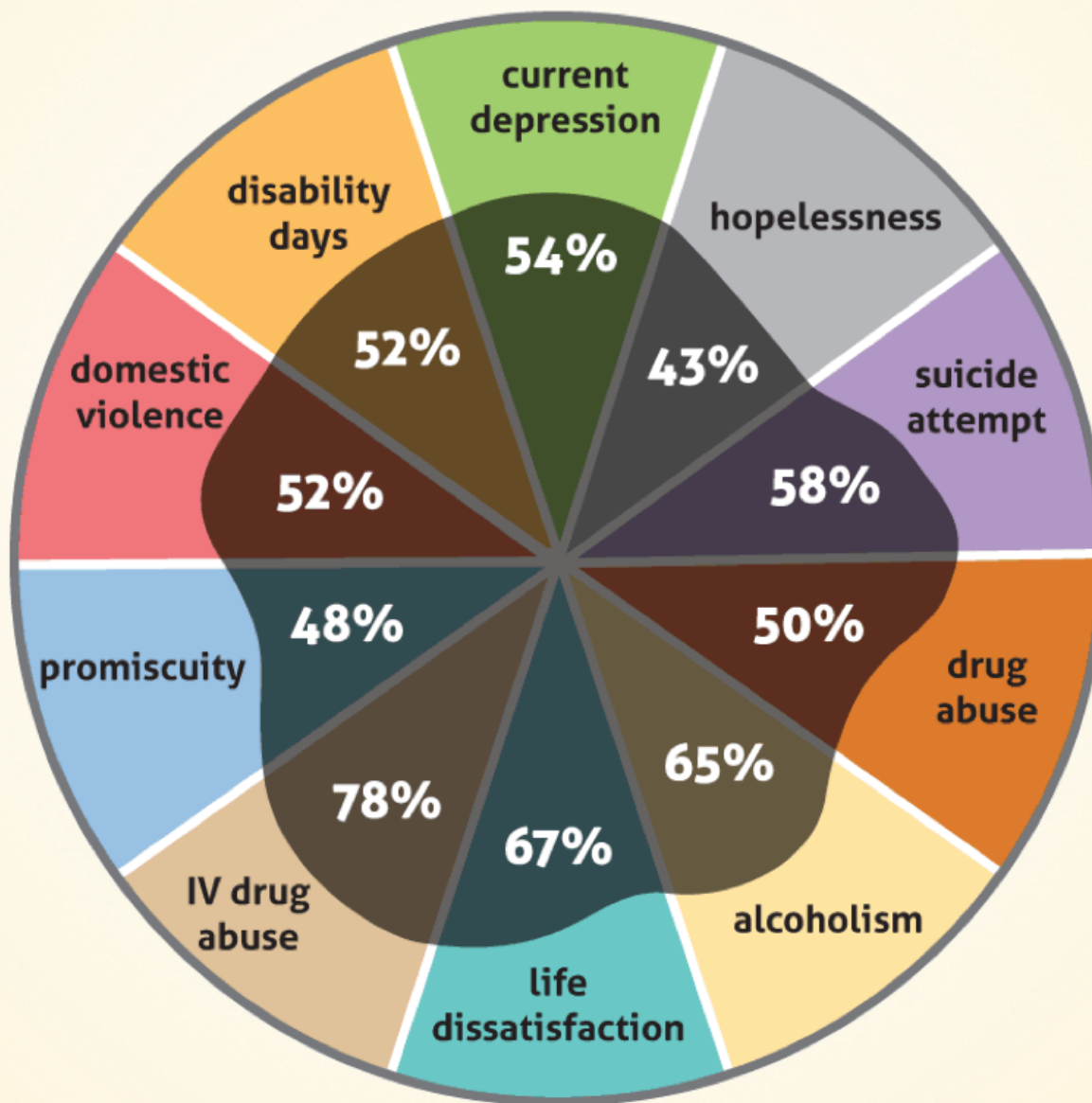
Adverse Childhood Experiences....

....are very common.

...occur together -- if you have one ACE, there's an 87% chance you have more.

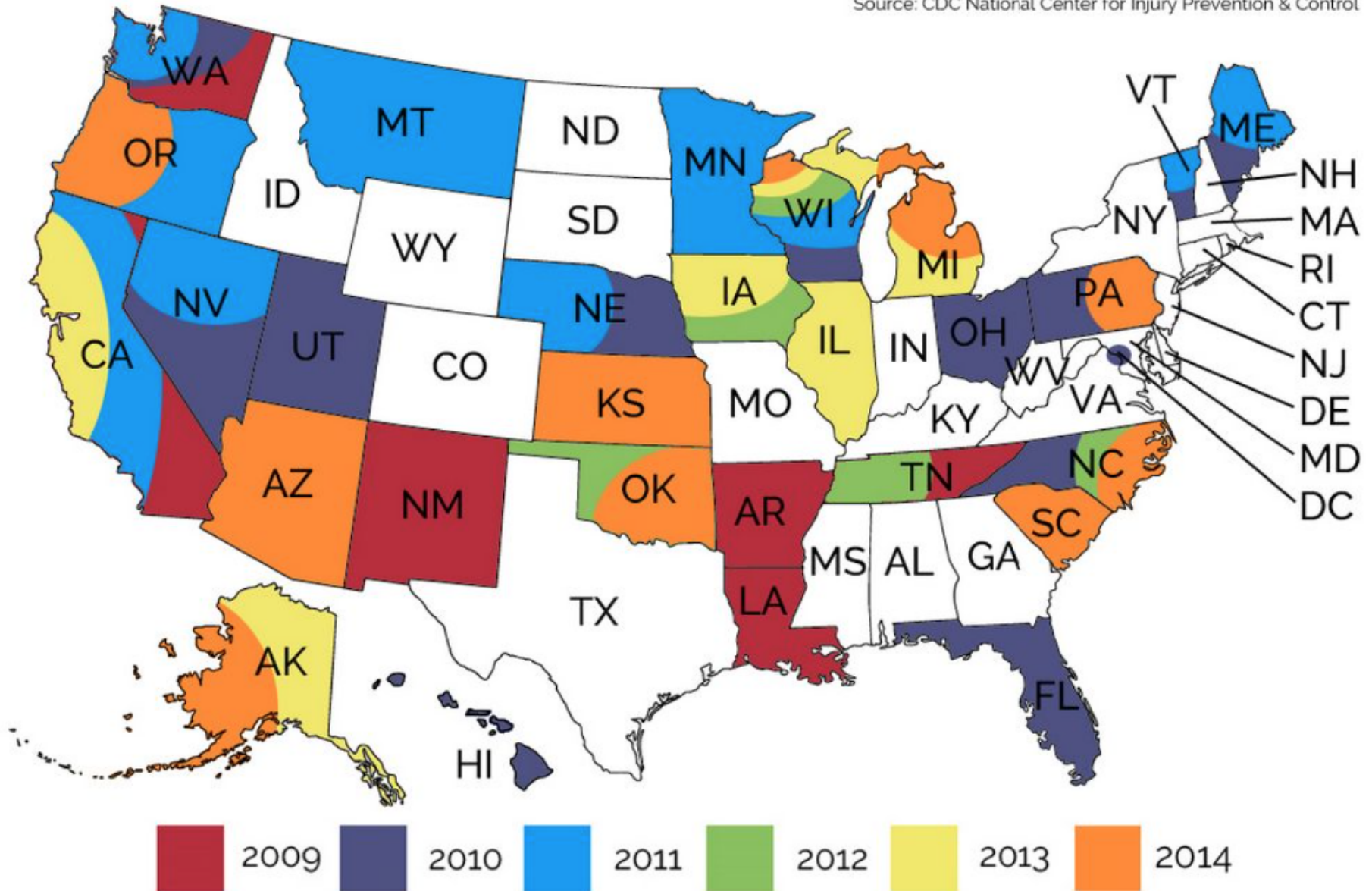
...the more you have, the higher your risk of physical, mental and social problems.

ACEs and Population Attributable Risks



States Collecting ACEs Data 2009 - 2014

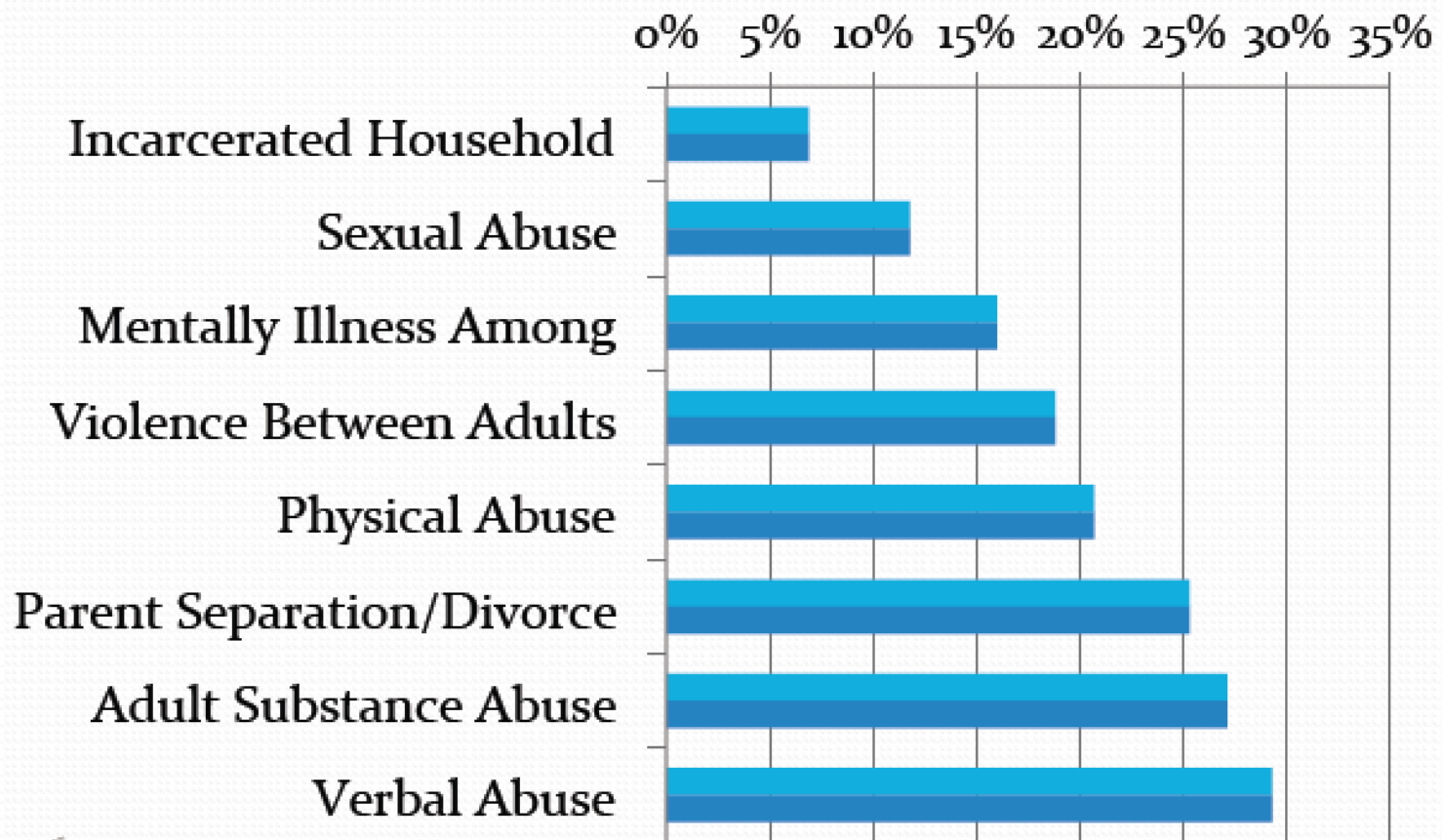
Source: CDC National Center for Injury Prevention & Control



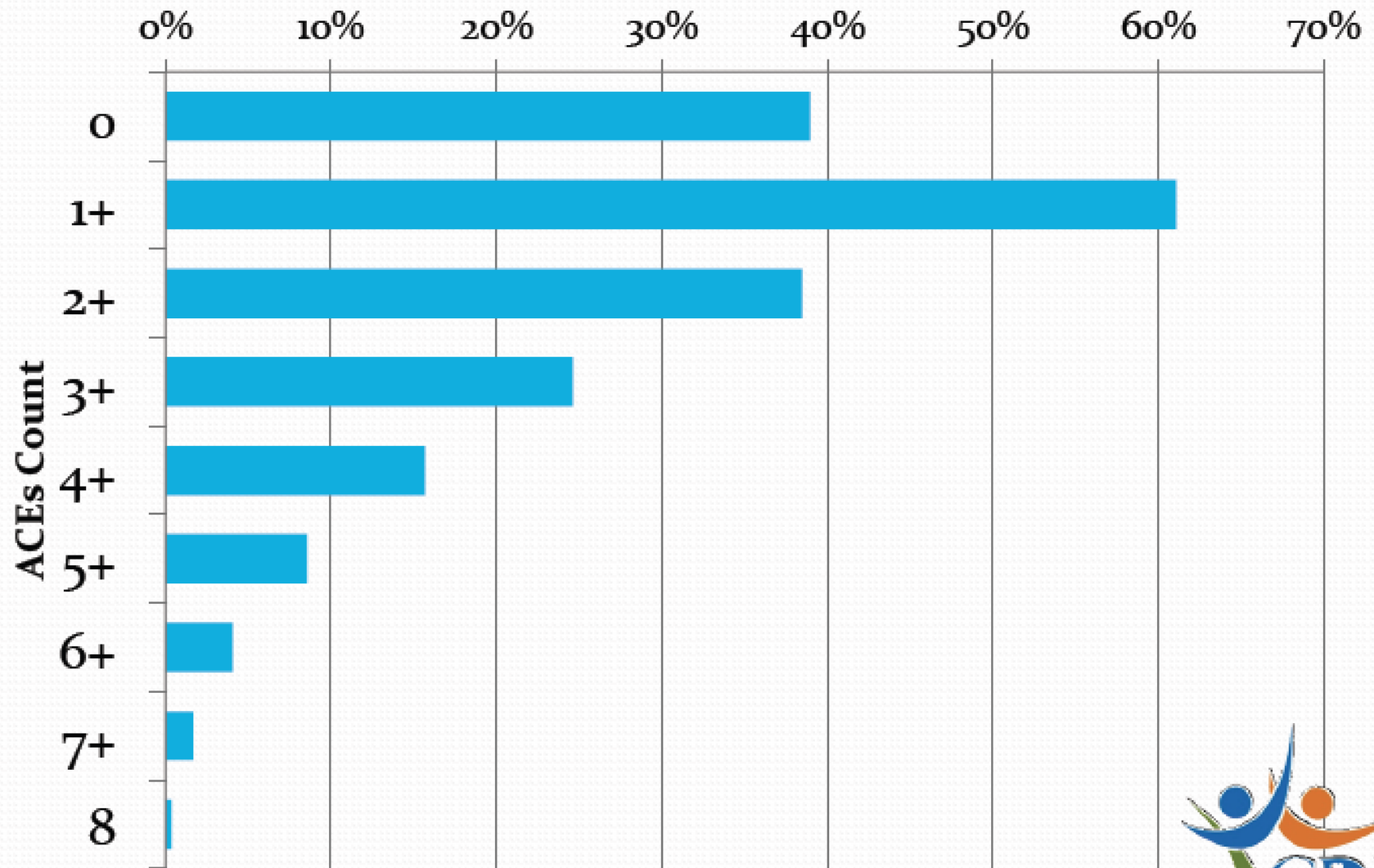
Adverse Childhood Experiences (ACEs)

- California first state to use ACEs Module (2008)
- 2011 BRFSS ACEs module (11 questions)
 - Mental Illness
 - Substance Abuse
 - Incarceration
 - Parental Separation/Divorce
 - Domestic Violence
 - Physical Abuse
 - Sexual Abuse
 - Emotional Abuse
- Sample size
 - 9,526 respondents completed the ACEs Module

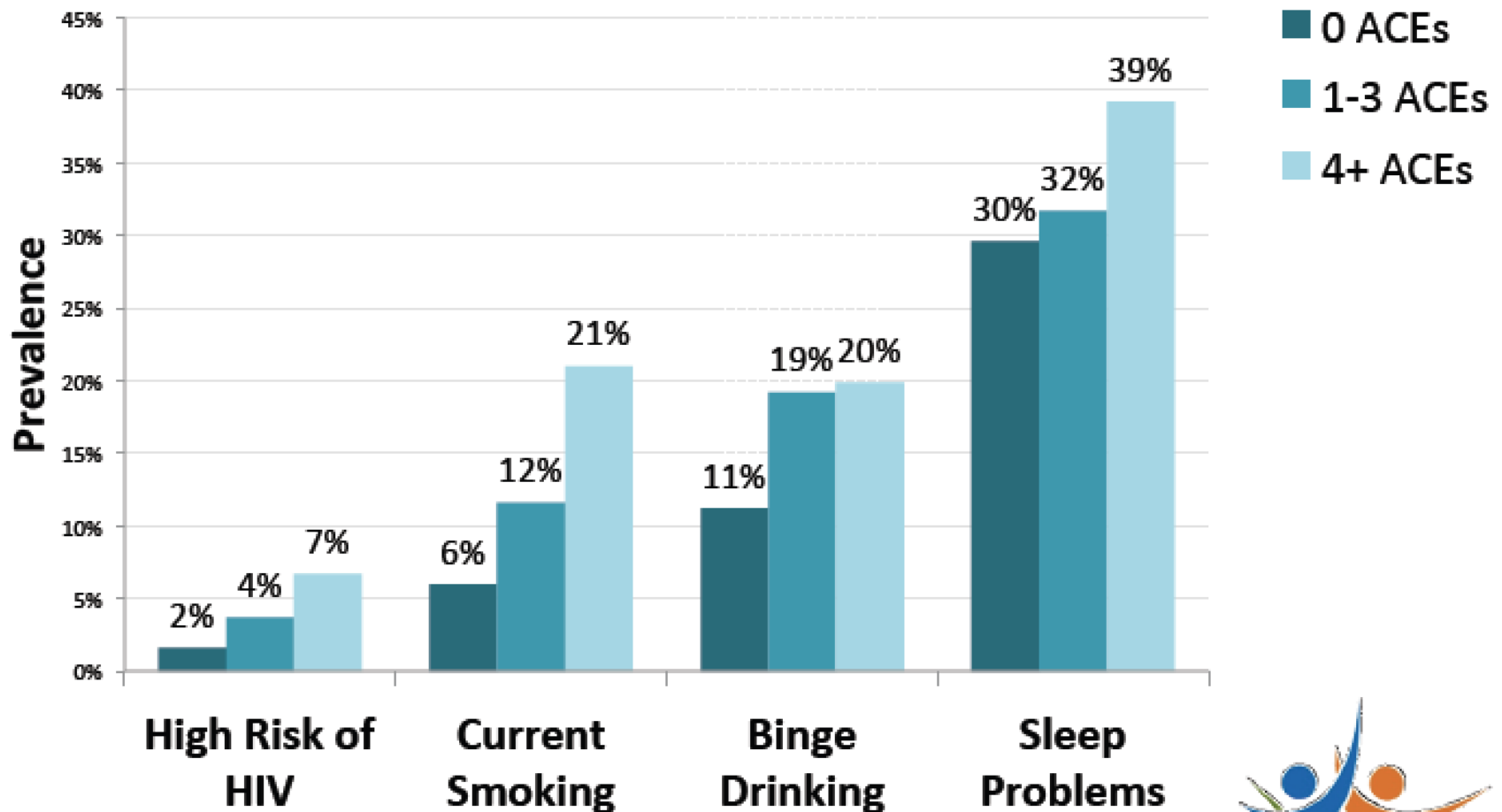
California Adverse Childhood Experiences (ACEs), CA BRFSS, 2011



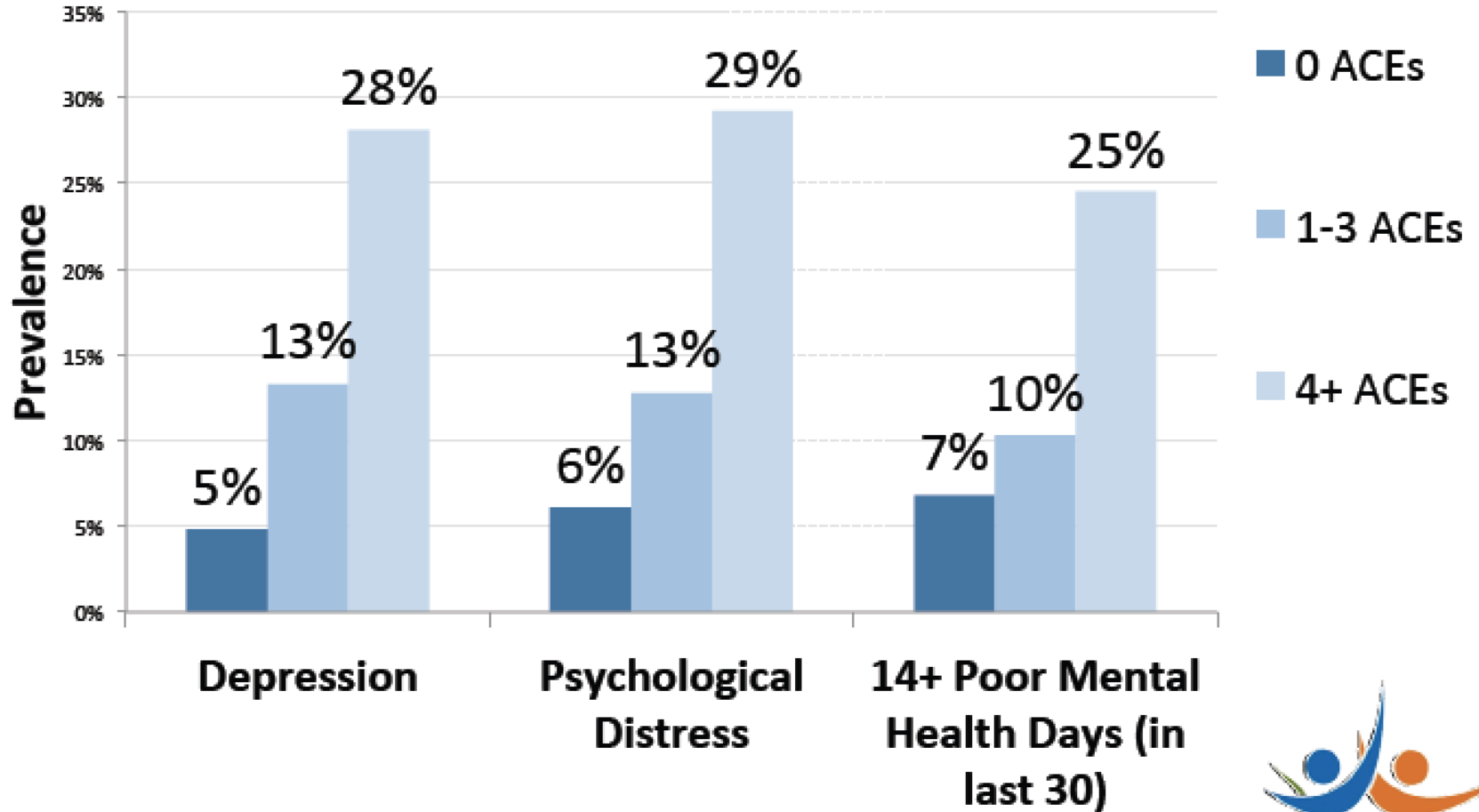
California ACEs, CA BRFS, 2011



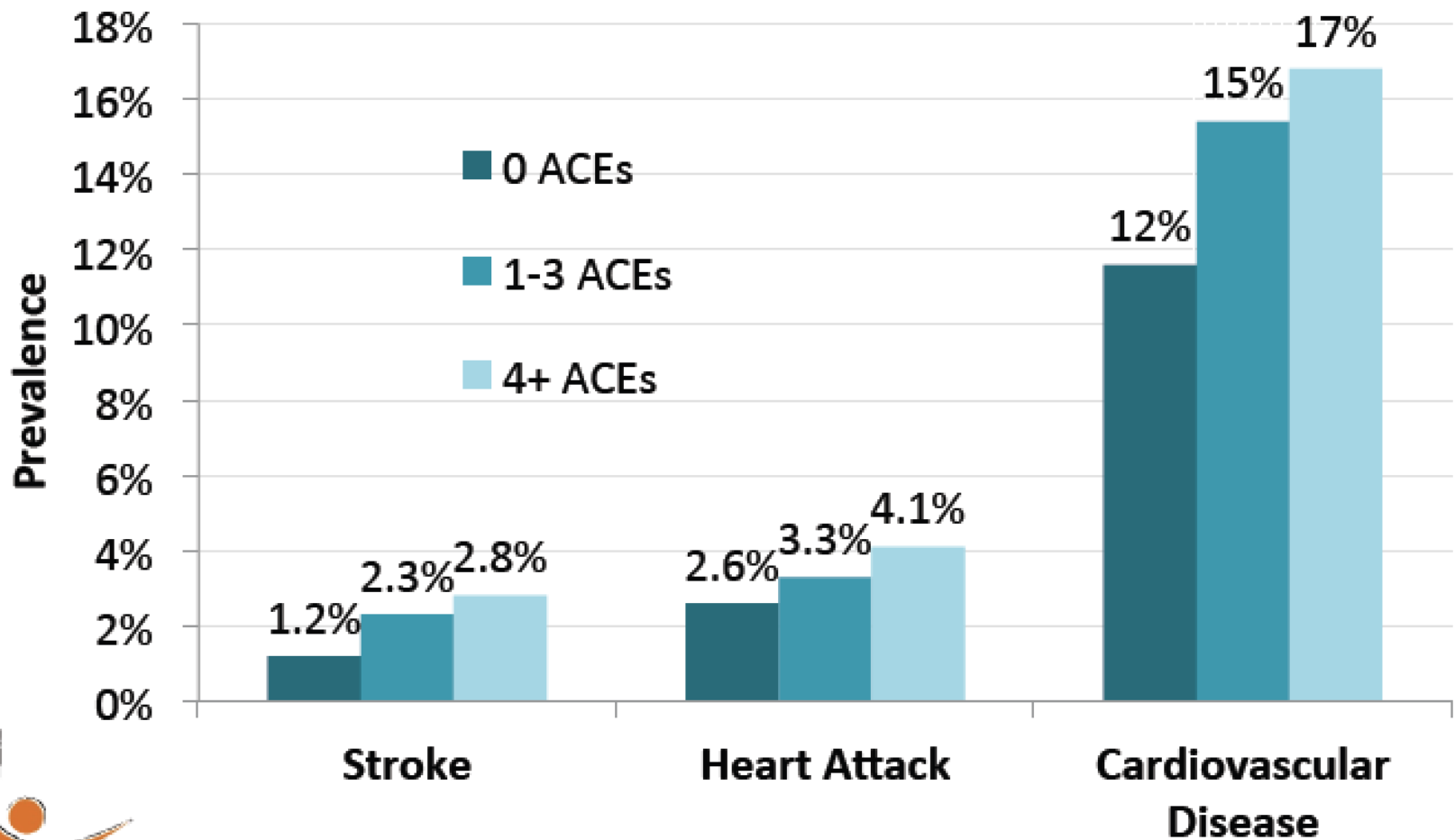
ACEs and Health Behavior



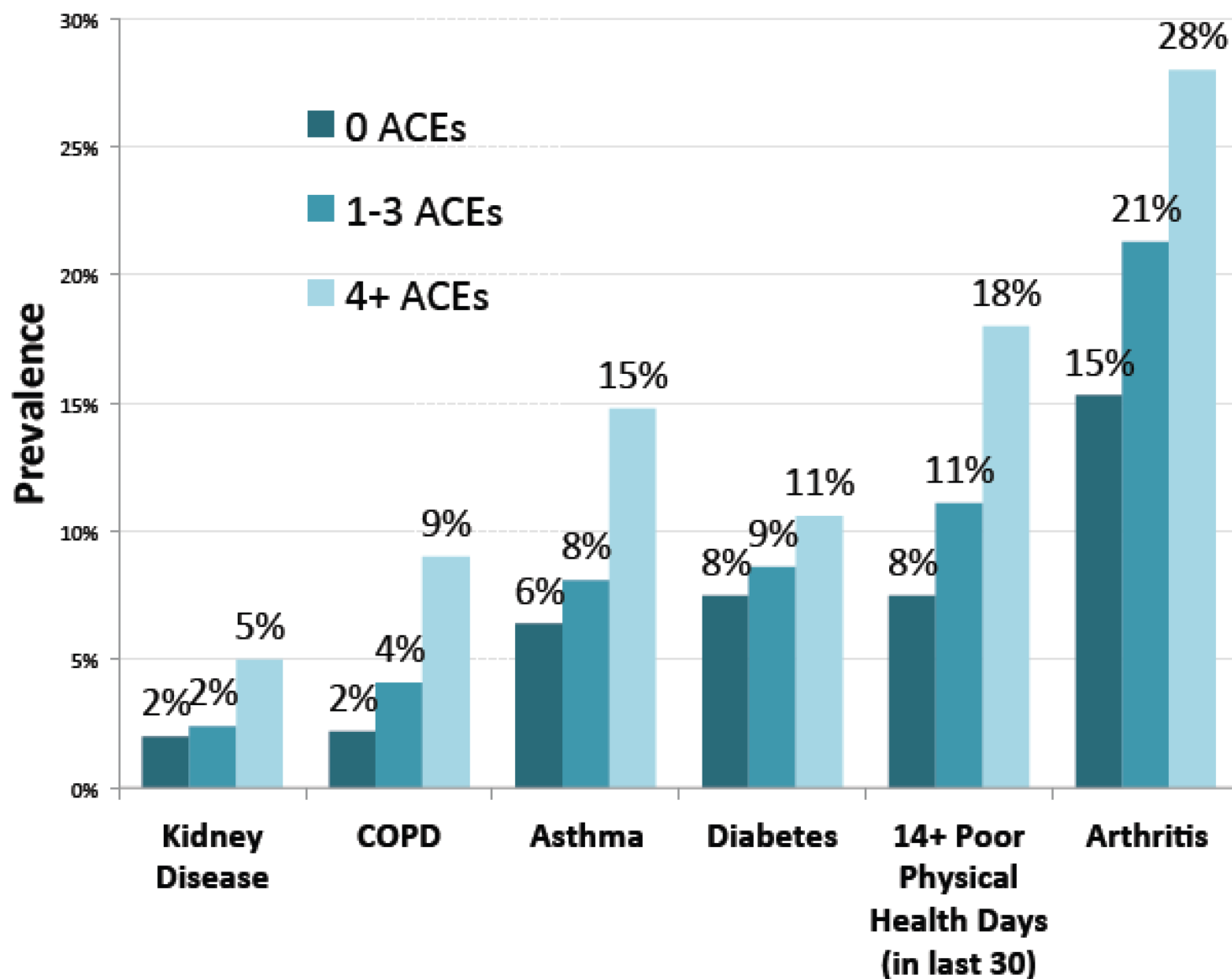
ACEs and Mental Health



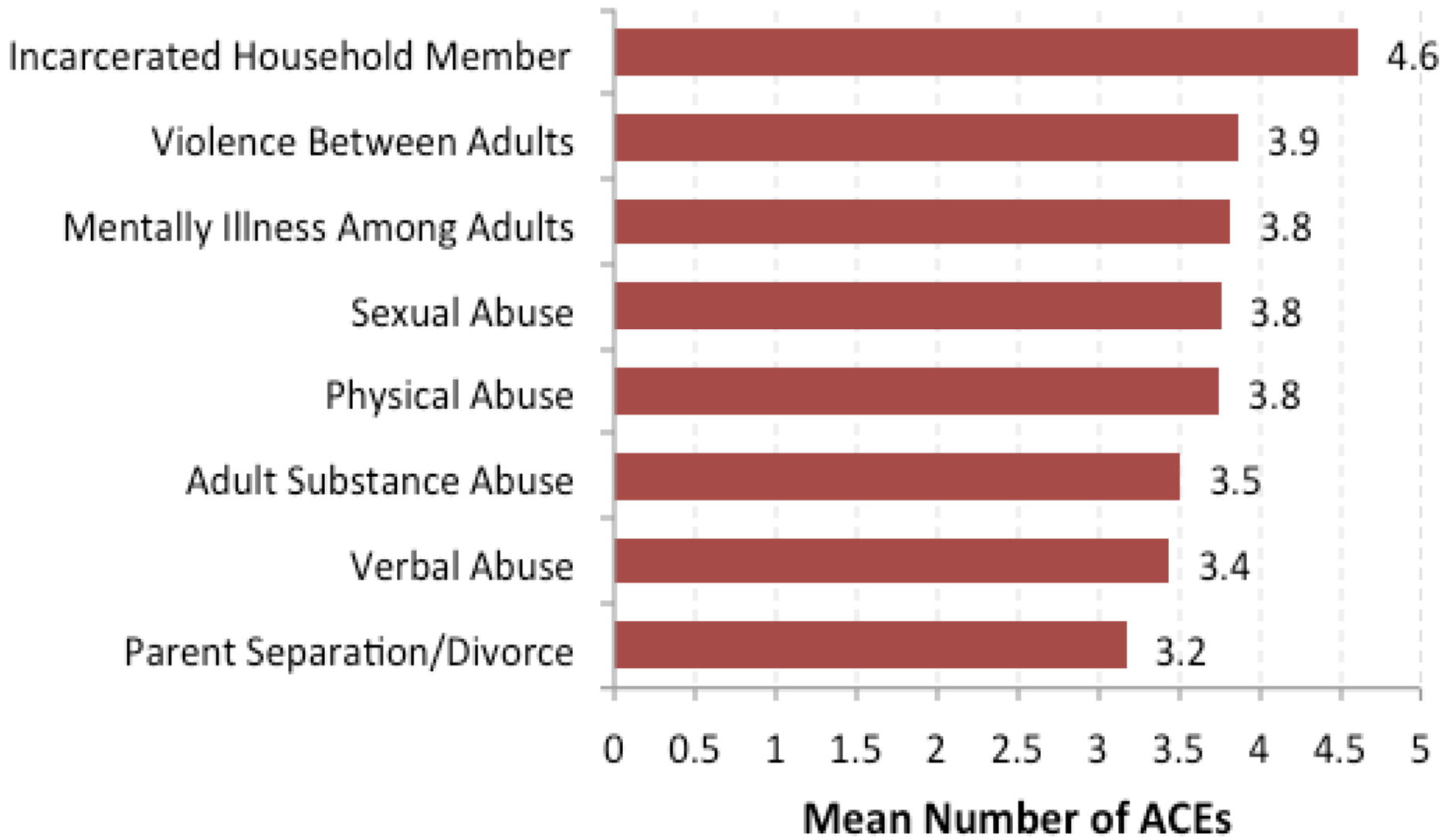
ACES and Cardiovascular Diseases

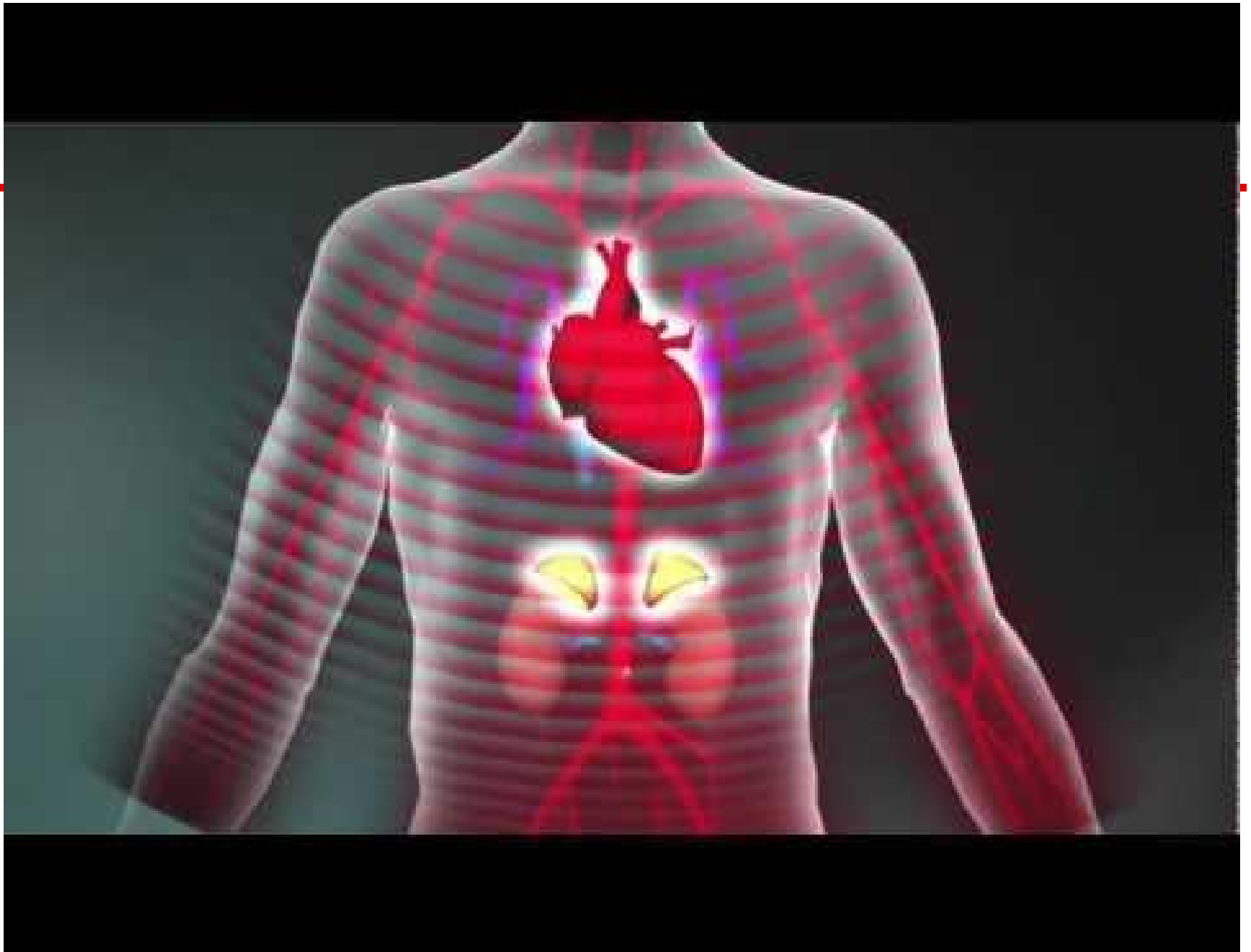


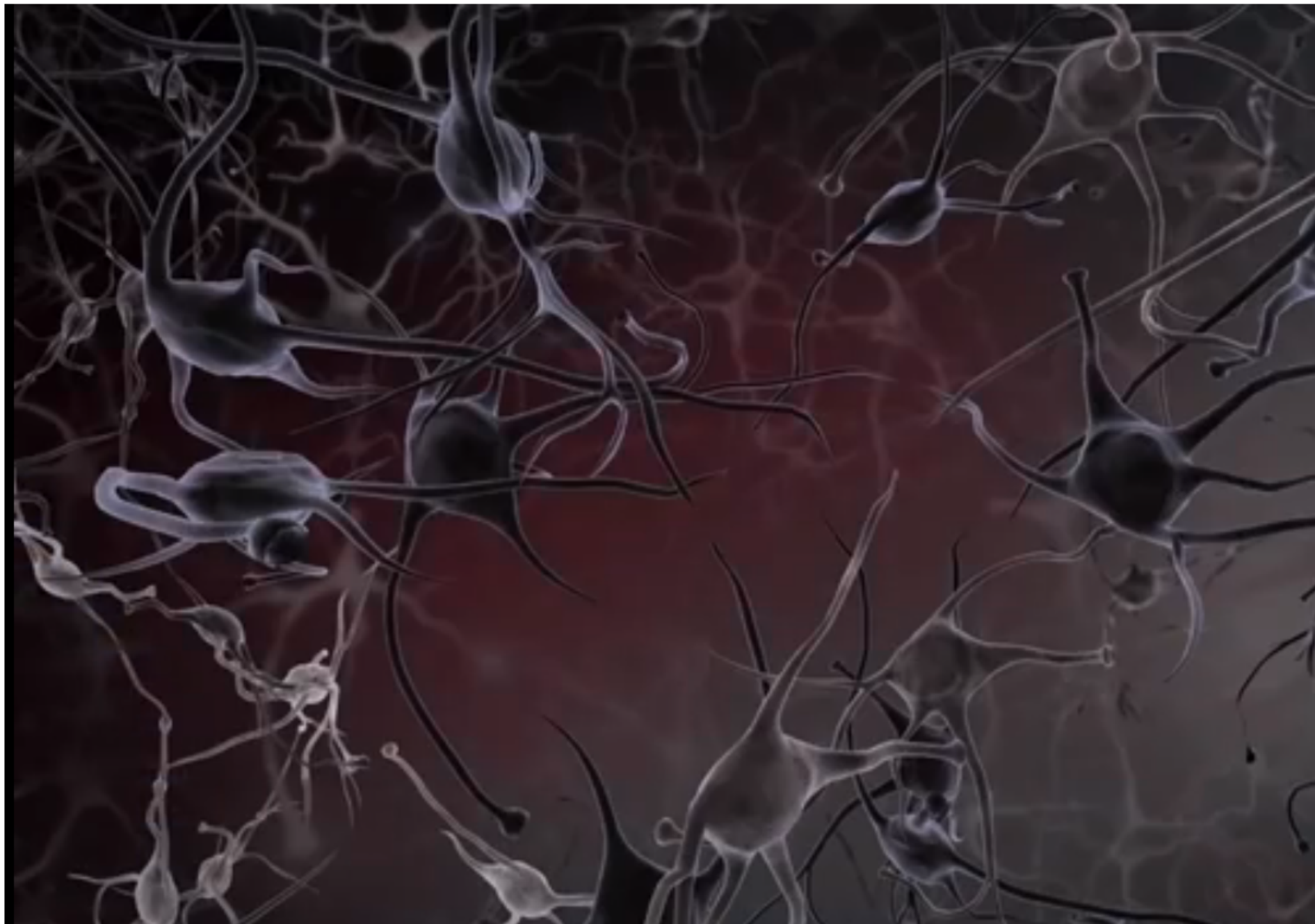
ACEs and Chronic Diseases

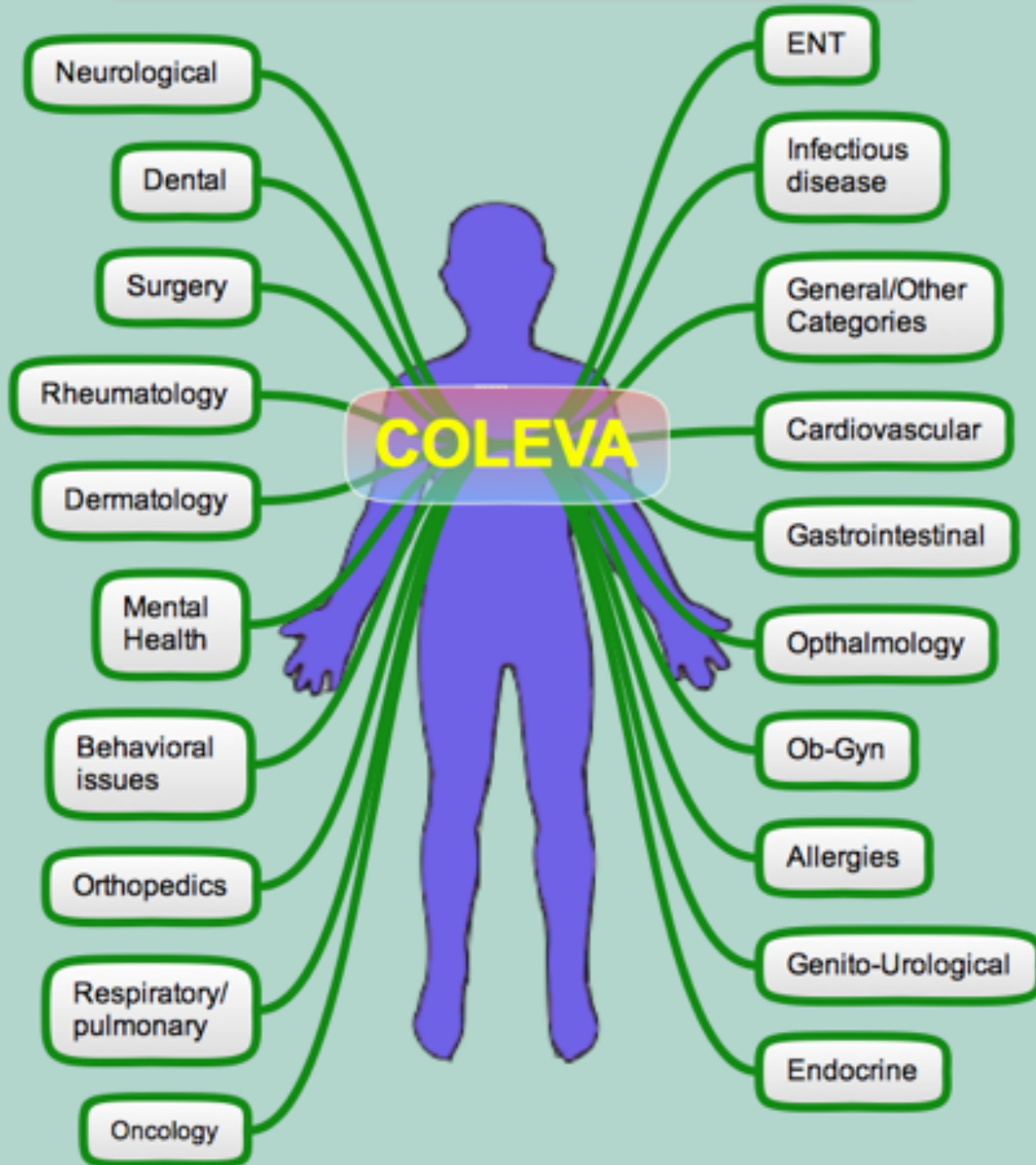


State	Year	1+ ACEs	3+ ACEs
Washington	2009	65.40%	27.90%
Oregon	2011	62.00%	26.00%
New Mexico	2009	61.00%	26.70%
Montana	2011	61.00%	26.00%
California	2011	61.00%	25.00%
Louisiana	2009	57.40%	19.80%
Tennessee	2009	56.50%	23.20%
Wisconsin	2010	56.00%	22.00%
Minnesota	2011	55.00%	21.00%
Arkansas	2009	53.10%	21.00%









Neurological

Dental

Surgery

Rheumatology

Dermatology

Mental Health

Behavioral issues

Orthopedics

Respiratory/pulmonary

Oncology

COLEVA

ENT

Infectious disease

General/Other Categories

Cardiovascular

Gastrointestinal

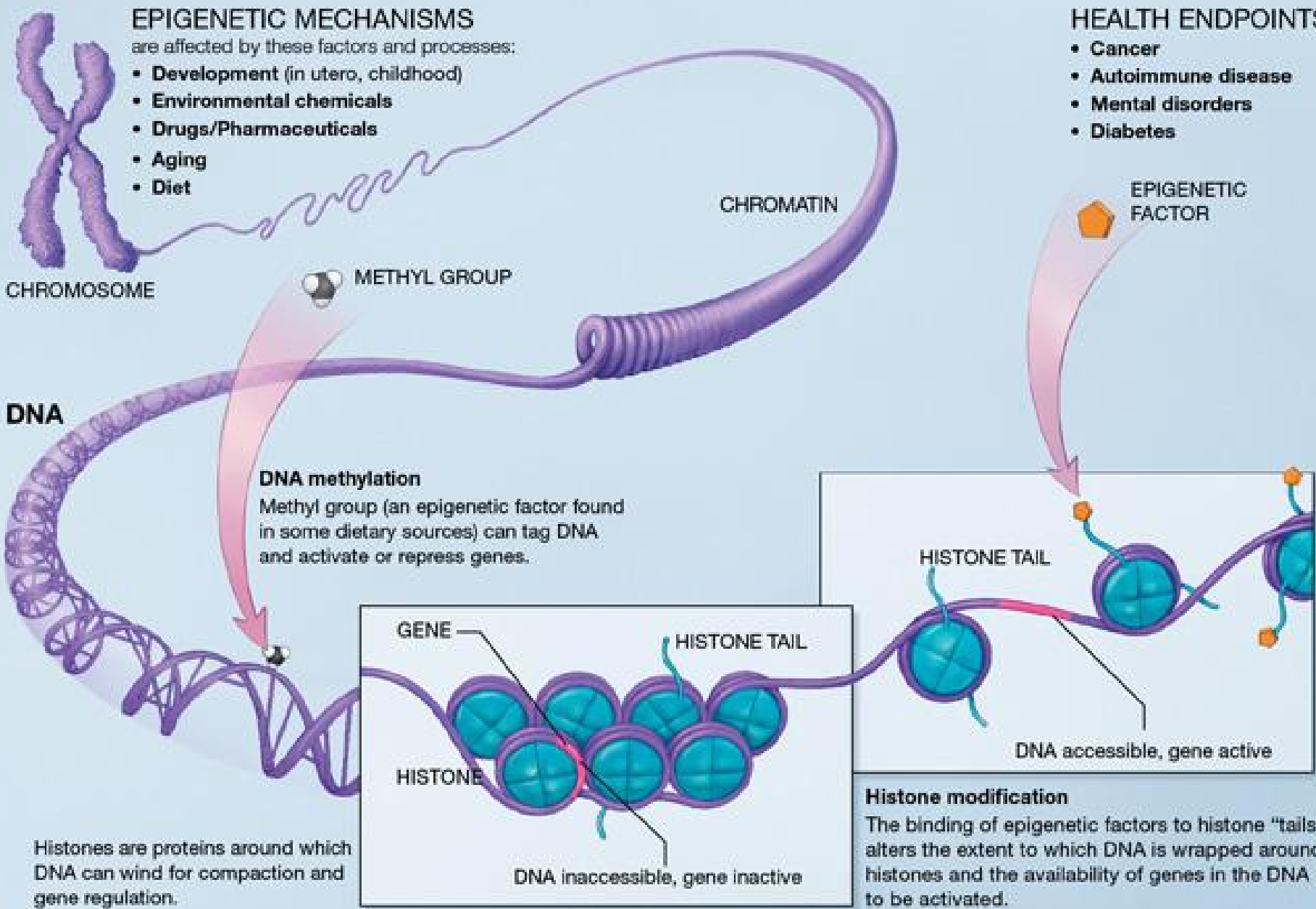
Ophthalmology

Ob-Gyn

Allergies

Genito-Urological

Endocrine



All roads lead to Resilience



SAMHSA'S NATIONAL CENTER FOR TRAUMA-INFORMED CARE

Changing Communities, Changing Lives

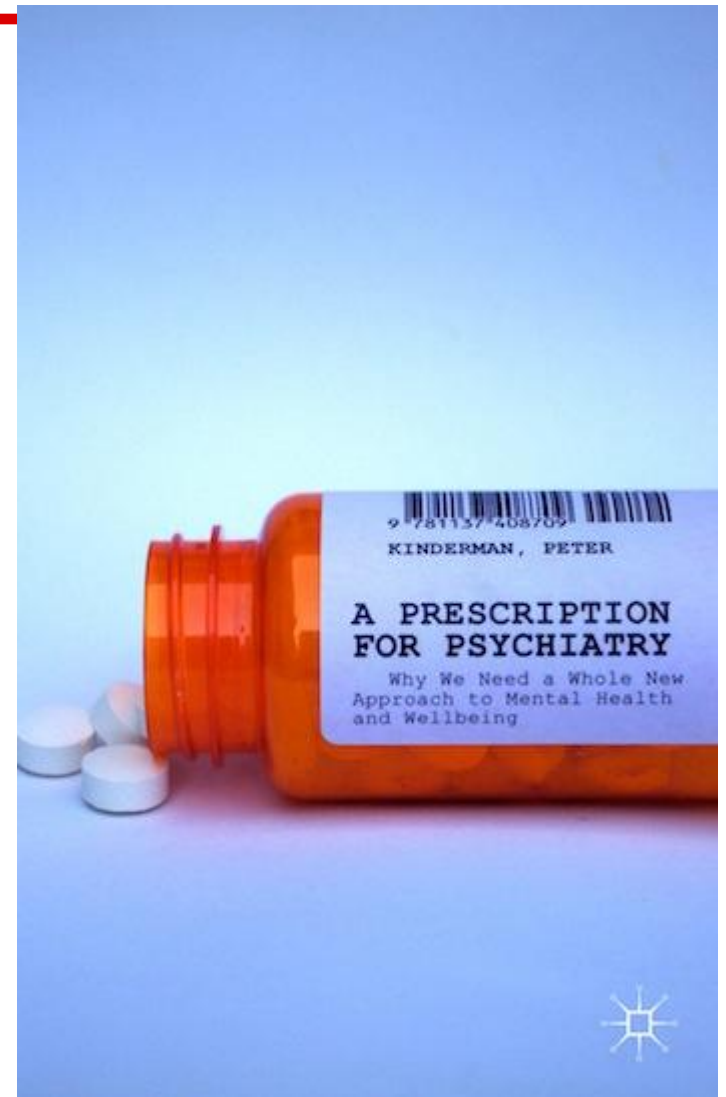
*Trauma-informed care
is as much about
social justice
as it is about healing.*

A Prescription for Psychiatry

The idea that our more distressing emotions such as grief and anger can best be understood as symptoms of physical illnesses is pervasive and seductive.

But in my view it is also a myth, and a harmful one.

-- Dr. Peter Kinderman





Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%

APRIL 23, 2012

By [jstevens](#)

in [ACE STUDY](#),
[CHILD ABUSE](#),
[CHILD TRAUMA](#),
[CHRONIC DISEASE](#),
[COMMUNITY PREVENTION PROGRAMS](#),
[NEUROBIOLOGY SOLUTIONS](#)
 22 COMMENTS
 (EDIT)



Jim Sporleder, principal of Lincoln High School

THE FIRST TIME THAT principal Jim Sporleder tried the New Approach to Student Discipline at Lincoln High School in Walla Walla, WA, he was blown away. Because it worked. In fact, it worked so well that he never went back to the Old Approach to Student Discipline. This is how it went down:

FOLLOW BLOG VIA EMAIL

You are following this blog ([manage](#)).

TWEETS

RT @JCCFnews: Lincoln High School in Walla Walla, WA, Tries New Approach to School Discipline. Thanks @jstevens!
<http://t.co/E2KNwlO5> 2 days ago

Student behavior a health issue? Walla Walla h.s. changes methods, expulsions drop 85%
<http://t.co/2LallGrI> 4 days ago

Agree! Docs should screen for domestic violence.
<http://t.co/DJPHslir> But then what? Need an integrated help system. 2 weeks ago

Follow @acestoohigh

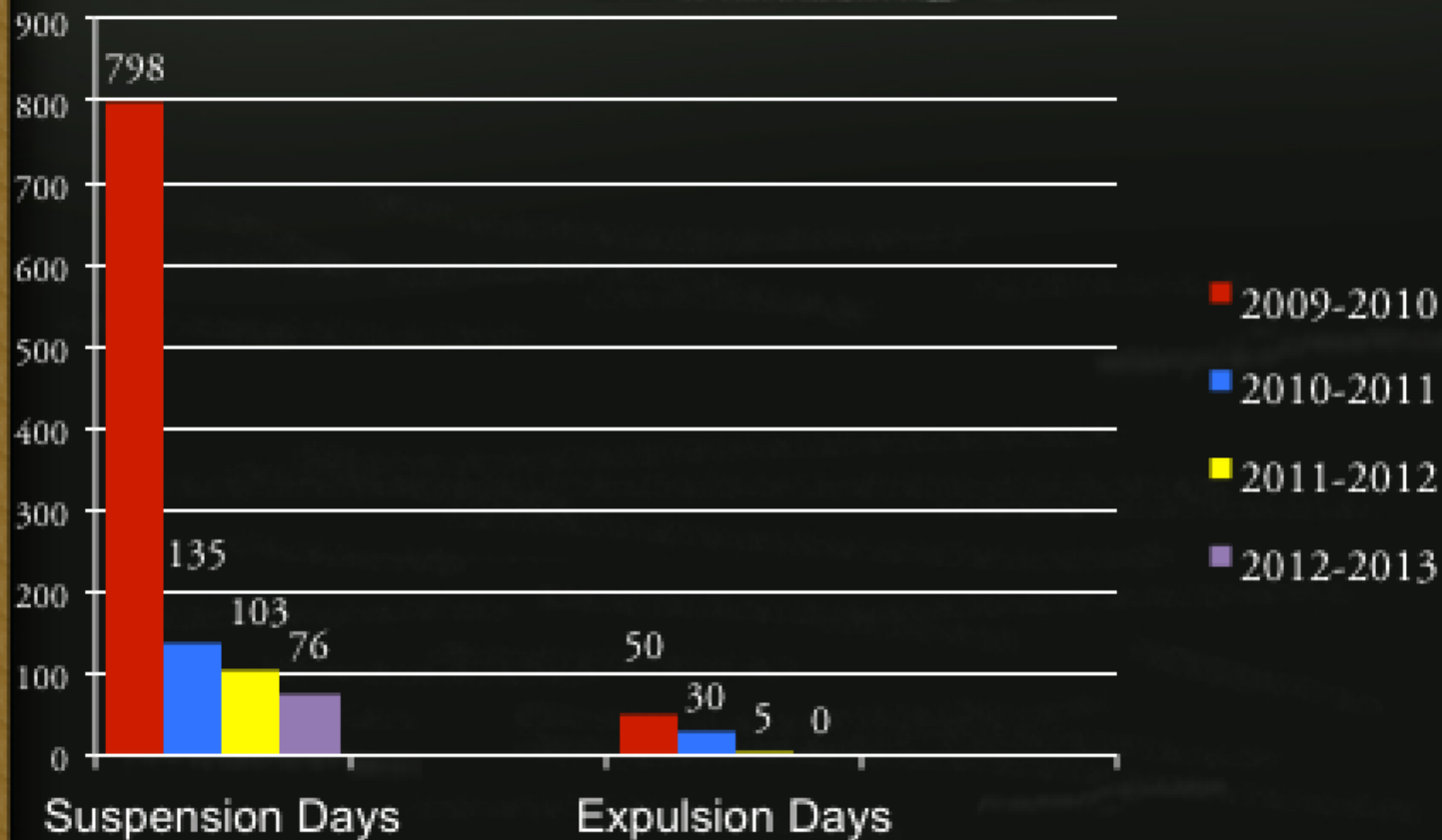
CATEGORIES

[ACE Study](#)

[Child abuse](#)

Lincoln High School, Walla Walla, WA

Number of days students were out of school





Ex-pastor marries science, Bible studies to heal wounds of childhood trauma

MARCH 13, 2012

By jstevens

in [ACE STUDY](#),

[CHILD TRAUMA](#),

[CHRONIC DISEASE](#),

[COMMUNITY](#)

[PREVENTION](#)

[PROGRAMS](#),

[NEUROBIOLOGY](#),

[SOLUTIONS](#)

[8 COMMENTS](#)

[\(EDIT\)](#)



It wasn't your everyday experience, hearing Bible verses mixed with particulars from epidemiology and neurobiology in the same breath. But that's what Dave Lockridge was doing as the 20 people in his Monday night [ACE Overcomers](#) class at [Gateway Community Church](#) in Merced, CA, busily scribbled in their workbooks.

Lockridge – a grandfather, former pastor and businessman – is executive director of ACE Overcomers, an organization he created to provide programs to “overcome addiction, depression, anxiety, and anger caused by a childhood filled with abuse, neglect and household dysfunction.”

He was pastor of a small church in nearby Atwater, CA, when his wife, Susan, director of medical staff

FOLLOW BLOG VIA EMAIL

You are following this blog ([manage](#)).



Search

TWEETS

RT @JCCFnews: Lincoln High School in Walla Walla, WA, Tries New Approach to School Discipline. Thanks @jstevens!
<http://t.co/E2KNwlO5> 2 days ago

Student behavior a health issue? Walla Walla h.s. changes methods, expulsions drop 85%
<http://t.co/2LalGrI> 4 days ago

Agree! Docs should screen for domestic violence.
<http://t.co/DJPHslir> But then what? Need an integrated help system. 2 weeks ago

Follow @acestoohigh

CATEGORIES

Dave Lockridge, ACE Overcomers Merced, CA

The crime fighter's revolution

It was born in a small Prairie town with five prisons and a drinking problem. But violence is giving way to hope, and that hope is why Winnipeg police Chief Devon wants to bring the revolution here

By: **Randy Turner**

Posted: **06/1/2013 1:00 AM** | **Comments: 78**

 [Tweet 79](#)

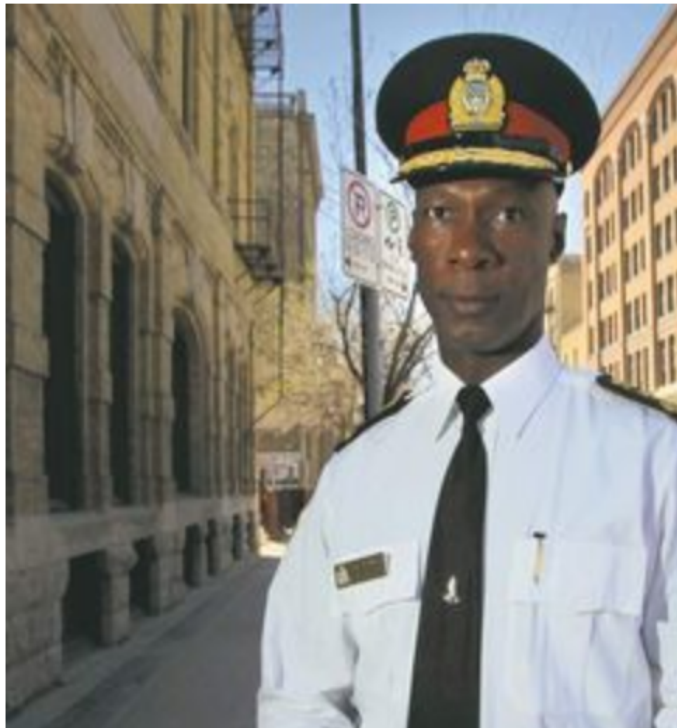
 [Post 195](#)

 [Reddit 1](#)

 [ShareThis 299](#)

 [Print](#)

 [E-mail](#)

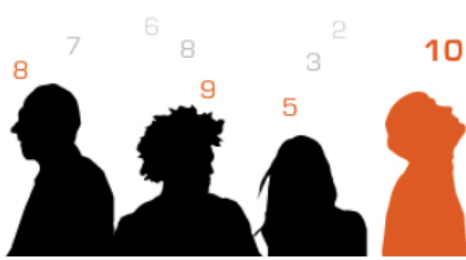


PRINCE ALBERT, Sask. -- It's an overcast but warm afternoon in Prince Albert's notorious West Flat neighbourhood. And it's garbage day.

"This is the worst of the worst," the plainclothes Prince Albert constable tells two visitors from Winnipeg. "It's gangs and garbage and everybody's OK with it. Here, there's a lot of kids. I don't want to say they don't have a chance... but they're behind the eight ball from the beginning.

"People here are so unhappy. It's despair, that's all it is."

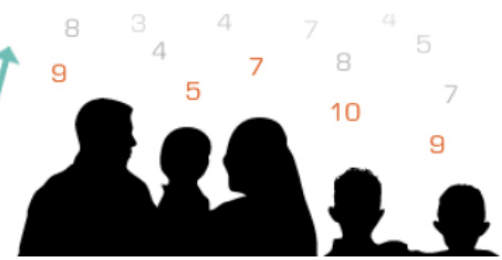
The West Flat is the lowest residential rung in a city where soaring violent crime rates and rampant alcohol abuse over the last two decades had pushed local police to the brink.



ACES Too High!

NEWS

ACES = Adverse Childhood Experiences



- HOME
- ABOUT
- GOT YOUR ACE SCORE?
- RESOURCES
- RESEARCH
- ACES CONNECTION
- ACES IN ACTION



To prevent childhood trauma, pediatricians screen children and their parents...and sometimes, just parents...for childhood trauma

JULY 29, 2014
 By Jane Ellen Stevens
 in **ACE STUDY**,
ADVERSE CHILDHOOD EXPERIENCES,
CHILD ABUSE,
CHILD TRAUMA,
CHRONIC DISEASE,
COMMUNITY PREVENTION PROGRAMS,
EPIGENETICS,
NEUROBIOLOGY,
RESILIENCE SOLUTIONS
 22 COMMENTS
 EDIT



When parents bring their four-month-olds to a well-baby checkup at the Children’s Clinic in Portland, OR, Drs. Teri Petersen, R.J. Gillespie and their 15 other partners ask the parents about their adverse childhood experiences (ACEs).

When parents bring a child who’s bouncing off the walls and having nightmares to the Bayview Child Health Center in San Francisco, Dr. Nadine Burke Harris doesn’t

YOU ARE FOLLOWING THIS BLOG

You are following this blog, along with 3,292 other amazing people ([manage](#)).

TWEETS

Four Things the NFL Can Do to Stop Abuse and Keep Players on the Field
huff.to/Ylpb3a via @HuffPostSports
 1 week ago

RT @jstevens: Four things the NFL can do to stop abuse AND keep its players on the field.
acestoohigh.com/2014/09/25/how...
 1 week ago

"Homelessness? Crime? Poverty? How Tarpon Springs, FL, became a community that cares.
acestoohigh.com/2014/09/17/tar...
 3 weeks ago



ACES Too High!

NEWS

ACES = Adverse Childhood Experiences



[HOME](#) [ABOUT](#) [GOT YOUR ACE SCORE?](#) [RESOURCES](#) [RESEARCH](#) [ACES CONNECTION](#) [ACES IN ACTION](#)



Public health clinic adds child trauma to smoking, alcohol, HIV screening

MARCH 23, 2012

By Jane Ellen Stevens

in [ACE STUDY](#),
[CHILD TRAUMA](#),
[NEUROBIOLOGY](#),
[SOLUTIONS](#),
[WASHINGTON STATE](#)
[12 COMMENTS](#)
[EDIT](#)



When a pregnant woman visits the [Jefferson County Public Health](#) clinic in Port Townsend, WA, a town of about 9,000 people on the northeast tip of the Olympic Peninsula, she's asked the typical questions about tobacco, alcohol and other drug use. She's also screened for something that most public health departments, ob-gyns or primary care providers don't even consider asking: her childhood trauma.

That's because the public health nurses at Family Health Services know that a childhood full of toxic stress causes a lifetime of health problems, and, if not addressed, is usually passed on from parent to child.

But setting up a system to screen for child trauma, which seems so logical in hindsight, wasn't an easy thing to do, says Quen Zorrah, a public health nurse who led the effort. Even after years of talking, reading research and preparation, the staff was still reluctant. But in the end, she and her co-workers concluded: If we can teach a client to put on a condom, we can ask a client about ACEs.

ACES are adverse childhood experiences, or child trauma. When 10 types of child trauma were measured in a [CDC study of 17,000 people in San Diego](#), researchers

YOU ARE FOLLOWING THIS BLOG

You are following this blog, along with 3,330 other amazing people ([manage](#)).

TWEETS

RT [@brigidmccaw](#): Affordable Care Act: 2-Generation approach to ending poverty. Includes addressing ACEs. Just released Aspen Institute [http://...](#) [1 week ago](#)

Four Things the NFL Can Do to Stop Abuse and Keep Players on the Field [huff.to/Y1pb3a](#) via [@HuffPostSports](#) [3 weeks ago](#)

RT [@jstevens](#): Four things the NFL can do to stop abuse AND keep its players on the field. [acestoohigh.com/2014/09/25/how...](#) [3 weeks ago](#)

"Homelessness? Crime? Poverty? How Tarpon Springs, FL, became a community that cares. [acestoohigh.com/2014/09/17/tar...](#) [1 month ago](#)

An important question to ask about Vikings'



ACES Too High!

NEWS

ACES = Adverse Childhood Experiences



HOME ABOUT GOT YOUR ACE SCORE? RESOURCES RESEARCH OUR STORIES ACES CONNECTION

ACES IN ACTION



Tarpon Springs, FL, first trauma-informed city, embraces messy path toward peace

SEPTEMBER 17,
2014

By Jane Ellen
Stevens

in **ACE STUDY,**

ADVERSE

CHILDHOOD

EXPERIENCES,

COMMUNITY

PREVENTION

PROGRAMS,

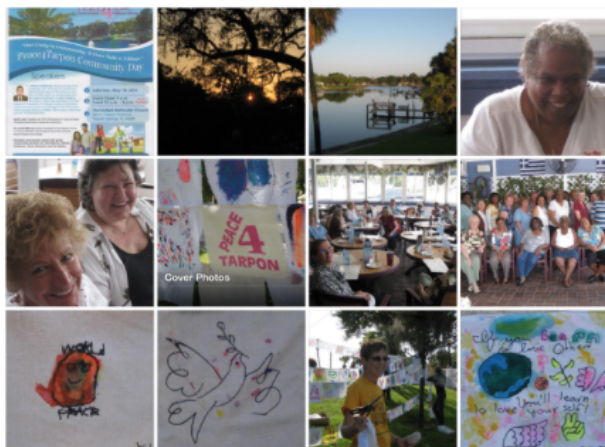
EDUCATION,

RESILIENCE,

SOLUTIONS

6 COMMENTS

EDIT



Tarpon Springs, Florida, once known as the nation's sponge-fishing capital, today boasts a new designation: the **first city in the country to declare itself a trauma-informed** community.

It isn't that the 24,000 residents of the scenic Gulf Coast town know more than the rest of us about emergency room techniques, spend their time crunching spreadsheets of violence data or watch more episodes of "America's Most Wanted."

YOU ARE FOLLOWING THIS BLOG

You are following this blog, along with 3,288 other amazing people ([manage](#)).

Search

TWEETS

Four Things the NFL Can Do to Stop Abuse and Keep Players on the Field huff.to/Ylpb3a via @HuffPostSports 1 week ago

RT @jstevens: Four things the NFL can do to stop abuse AND keep its players on the field. acestoohigh.com/2014/09/25/how... 1 week ago

"Homelessness? Crime? Poverty? How Tarpon Springs, FL, became a community that cares.

+ Add Widget To Home Page

Philadelphia ACEs Connection

explores issues related to adversity, trauma and resilience in the Philadelphia region. We are advocates, concerned citizens and professionals who share information and develop practical solutions, to support Philadelphia becoming a trauma-informed city.

Please share your ideas, questions, events and blogs – you make it happen.

This group is powered by time contributed by the [Health Federation of Philadelphia](#) and by the [Scattergood Foundation](#). Have questions on how to navigate the site, post an event, or on Philadelphia region activities --feel free to message this group's community managers: [Alyson Ferguson](#), [Greg Caplan](#), [Teresa Moore](#), [Tim Clement](#), [Leslie Lieberman](#), [Carolyn Smith-Brown](#)

RECENT CLIPS



RECENT BLOG POSTS



The Camden story: A physician and a priest plant seeds of repair

by [Andee Hochman](#) ✨

October 1, 2014 5:18 AM



Simultaneously making changes at the organizational level and building alliances across sectors for larger system change, Father Jeff Putthoff, SJ, and Dr. Jeffrey Brenner realized they had to dig deeper — beyond symptoms to root causes — to understand the struggles they were witnessing in Camden, NJ. What they found were ACEs.

Putthoff, a Jesuit priest known locally as “Father Jeff,” is a fireplug of purpose under his casual uniform of cargo shorts and sweatshirt, earbuds slung around his neck, a blue bicycle his preferred mode of transport. He is voluble and passionate on the subject of his city. Since 2000, Father Jeff has directed [Hopeworks N' Camden](#), an organization that offers in-school and out-of-school youth GED classes and web-site design instruction—skills

Post Content

CALENDAR

October 18, 2014



3rd Annual Family Resilience Conference
Saint Joseph's University,
Philadelphia PA
6:00 AM - 12:00 PM

October 23, 2014



Working with Voices: Introduction to the Hearing Voices Approach*
Resources for Human Development (RHD)
9:30 AM - 4:00 PM

October 24, 2014



Working with Voices: Moving from Philosophy to Practice*
Resources for Human Development (RHD)
9:00 AM - 4:30 PM

[Complete Calendar](#)

RECENT TOPICS



Mental Illness Awareness Week 2014 is next week: October 5-11, 2014!
10/3/14 2:18 PM

Yolo County [CA] ACEs Connection

[Remove Yourself From This Group](#)

We're educating people in Yolo County, CA, about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.

+ Add Widget To Home Page

Post Content


Collections

- Meeting Notes
- Pages
- Roadmap to Resilience

[Collections List](#)

Recent Blog Posts

Meeting notes - Dec 19th, 2014

 by [Gail Kennedy](#)  9 hours ago

We had a great meeting on Dec. 19th. Thanks to all of you that made it out to the meeting during the busy holiday time!

In attendance:

Melanie Bowden	Triple L Parenting	melan
Regan Overholt	First 5 Yolo	roverh
Maria Elena Martinez	CASA	mariae
Victoria Conlu	PHN, Child Welfare	Victori
Irene Jimenez	PHN Foster Care	Irene.;
Amy Thurman	PHN Supervisor, Vulnerable Populations	Amy.T
Haydee Dabritz	Epidemiologist, YCDHS	Hayde


About This Group

We're educating people in Yolo County, CA, about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.


[Invite others to this group.](#)

Calendar

January 16, 2015

 Group steering committee meeting
Woodland, CA
12:00 PM - 1:30 PM

February 20, 2015

 Group steering committee meeting
Woodland, CA
12:00 PM - 1:30 PM

[Complete Calendar](#)

Activity Stream

[Gail Kennedy](#) posted a new blog entry.
[Meeting notes - Dec 19th, 2014](#)

[Carolyn Stiver](#) joined the group.

[Gail Kennedy](#) posted a new blog entry.
JANUARY 16TH YOLO ACES MEETING

[Alzada Magdalena](#) joined the group.

Thank you!

Jane Stevens - jstevens@mmjournos.com

ACEsTooHigh.com - news site

ACEsConnections.com - social network
