Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

- Abuse: Emotional abuse, Physical abuse, Sexual abuse
- Neglect: Emotional neglect, Physical neglect

Household Challenges:
- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

People with 6+ ACEs can die 20 yrs earlier than those who have none

1/6 of the population have more than 4 ACEs

4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 14x the number of suicide attempts
- 4.5x more likely to develop depression
- 11x the level of intravenous drug abuse
- 2x the level of liver disease
- 4x as likely to have begun intercourse by age 15

Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today

Dr. Robert Block, the former President of the American Academy of Pediatrics

67% of the population have at least 1 ACE

ACE-informed Approach

An ounce of PREVENTION is worth a pound of cure

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Bergenh Franklin

Negative impacts of ACEs are significantly mitigated by having an Always Available (trusted) Adult (AAA)

People with 4+ ACEs and NO CONSTANT SUPPORT are

3x more likely to do any two of the following:

- heavy drinking
- poor diet
- daily smoking

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TRAUMA-INFORMED CARE

Holistic, multi-agency, non-stigmatising, information sharing among all professionals

All children need to develop:

- RESILIENCE
- ability to understand & share the feelings of others

EMPATHY

Concrete support for families in times of need

Caregiver knowledge & application of positive parenting skills

Child’s social and emotional skills

Parental resilience

Safe, stable, nurturing relationships

The presence of PROTECTIVE FACTORS can often mitigate the consequences of ACEs

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