

UNDERSTANDING

Adverse Childhood Experiences

Building Self-Healing Communities



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Memory of our experiences
IS STORED IN OUR BODY



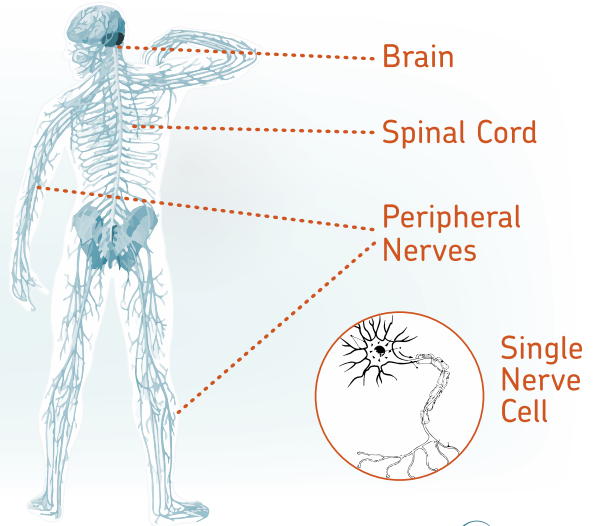
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HUMAN NERVOUS SYSTEM

Nervous system
ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience
HELPS US UNDERSTAND WHY
A C E S
ARE SO POWERFUL



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SYNAPTIC DENSITY



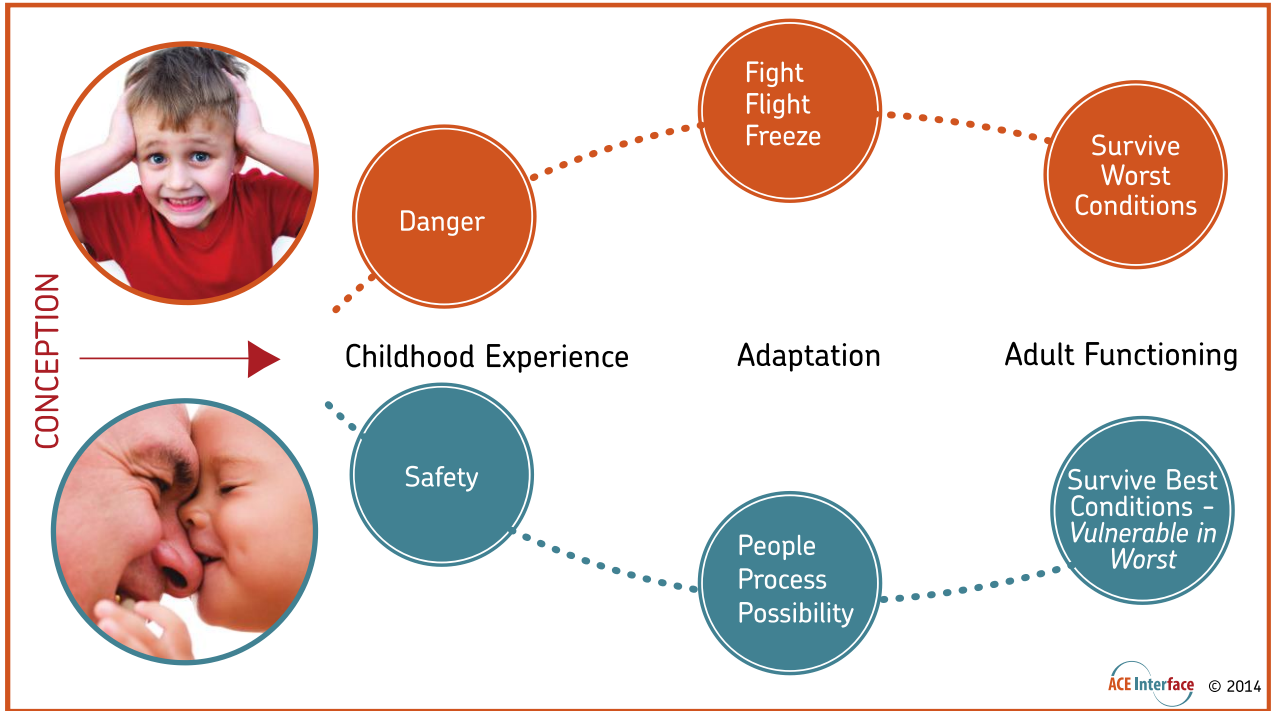
At Birth

Elementary Age

Puberty

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ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY collides WITH SOCIAL EXPECTATIONS we run into **TROUBLE**

The text "WHEN BIOLOGY collides WITH SOCIAL EXPECTATIONS we run into **TROUBLE**" is positioned on the left. To the right, two overlapping circular images are shown: the left one features a close-up of a smiling newborn baby, and the right one shows a man in a white lab coat pointing towards a woman in a blue and white plaid shirt, likely in a medical or clinical setting.

The ACE Interface logo and "© 2014" are located in the bottom right corner.

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EFFECTS OF MALTREATMENT



type of maltreatment

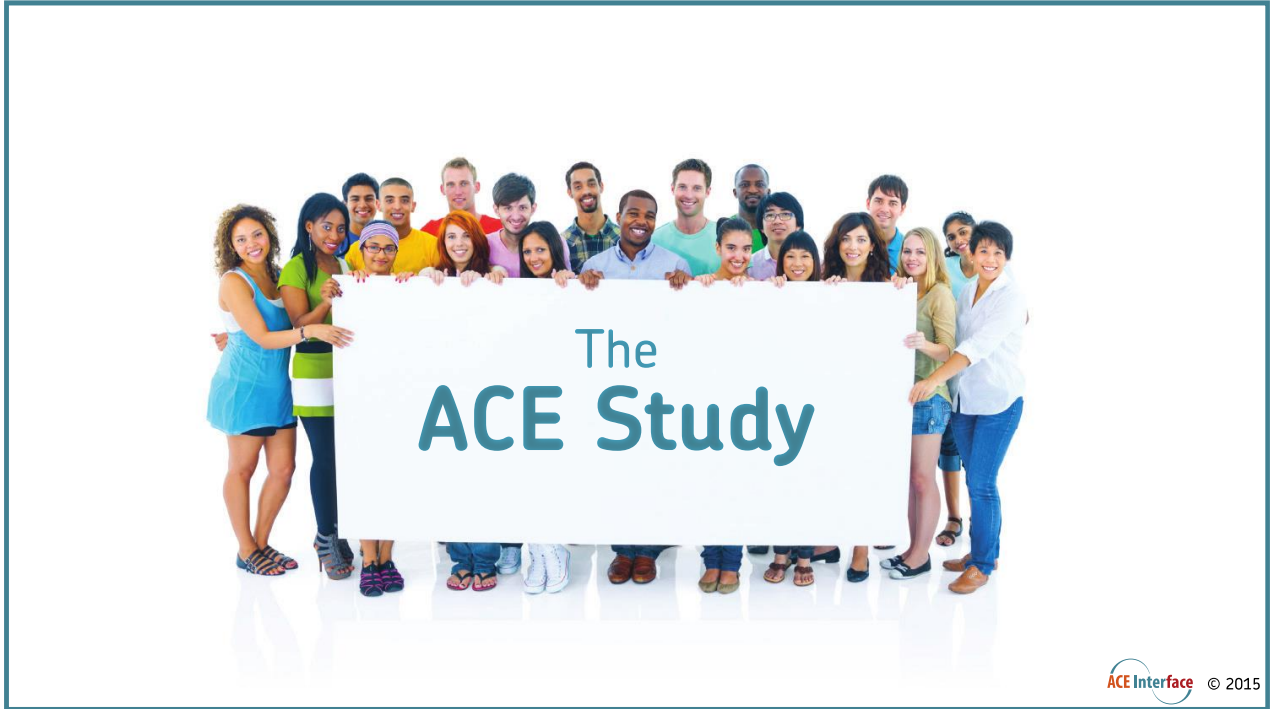
GENDER
A G E

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EXPERIENCE & ADAPTATION
sensitive periods
Cause-Effect



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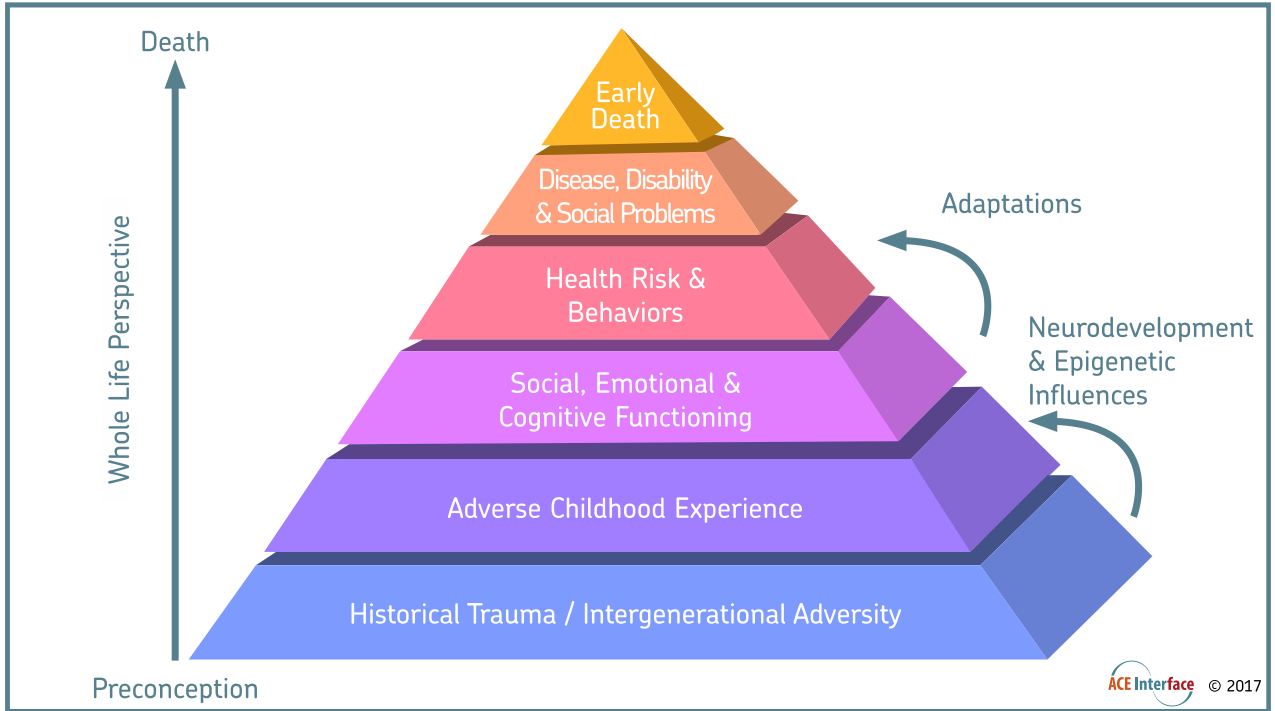


FINDING MORE CONNECTIONS

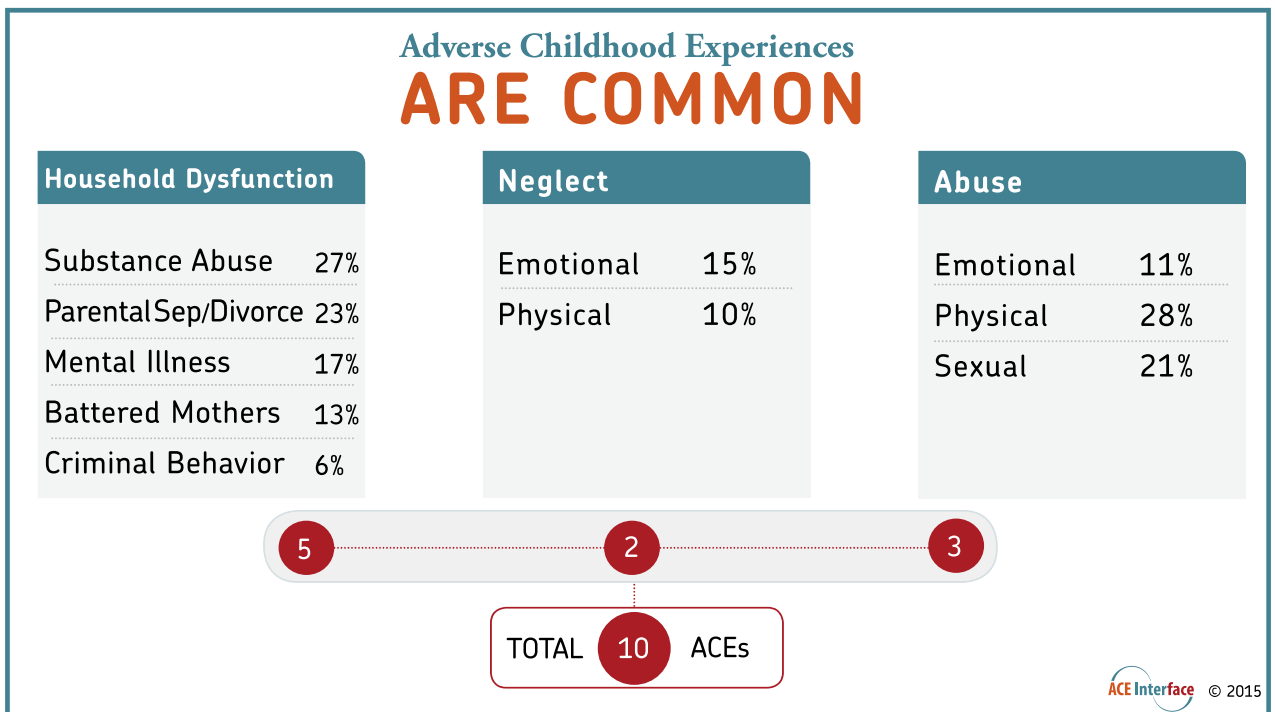
how multiple forms of **childhood adversity** can affect many important **PUBLIC HEALTH PROBLEMS**

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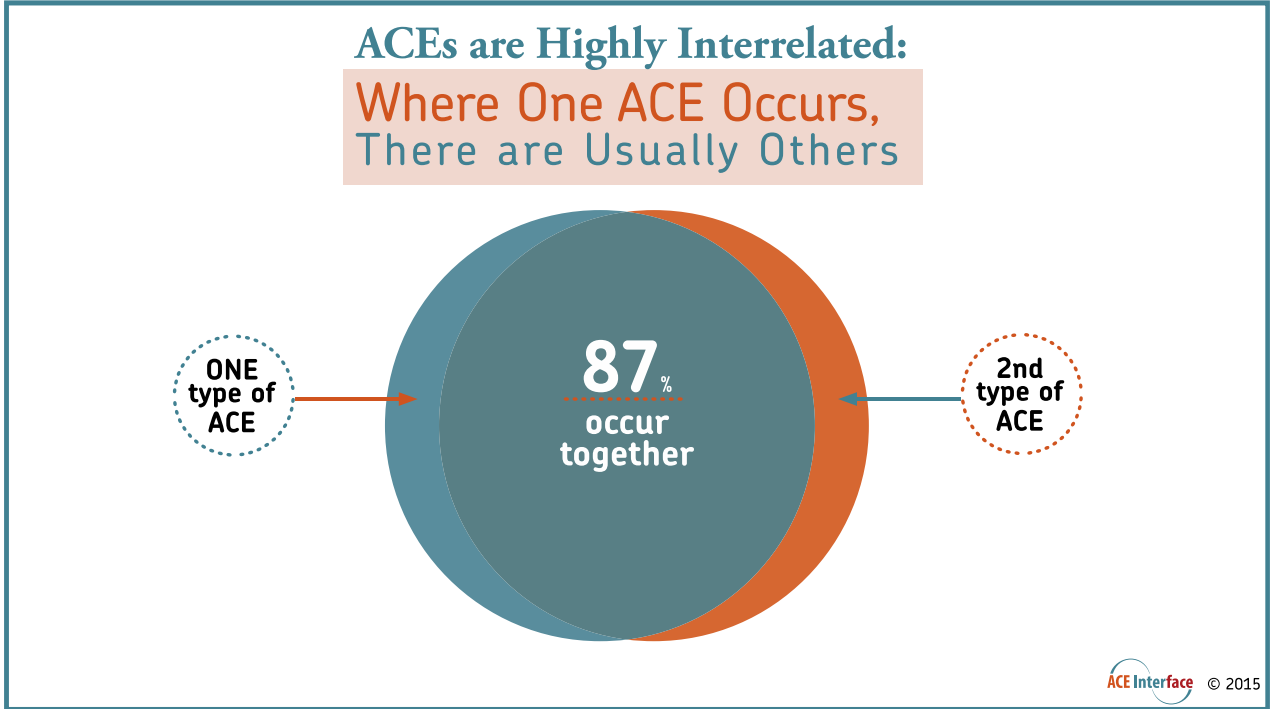
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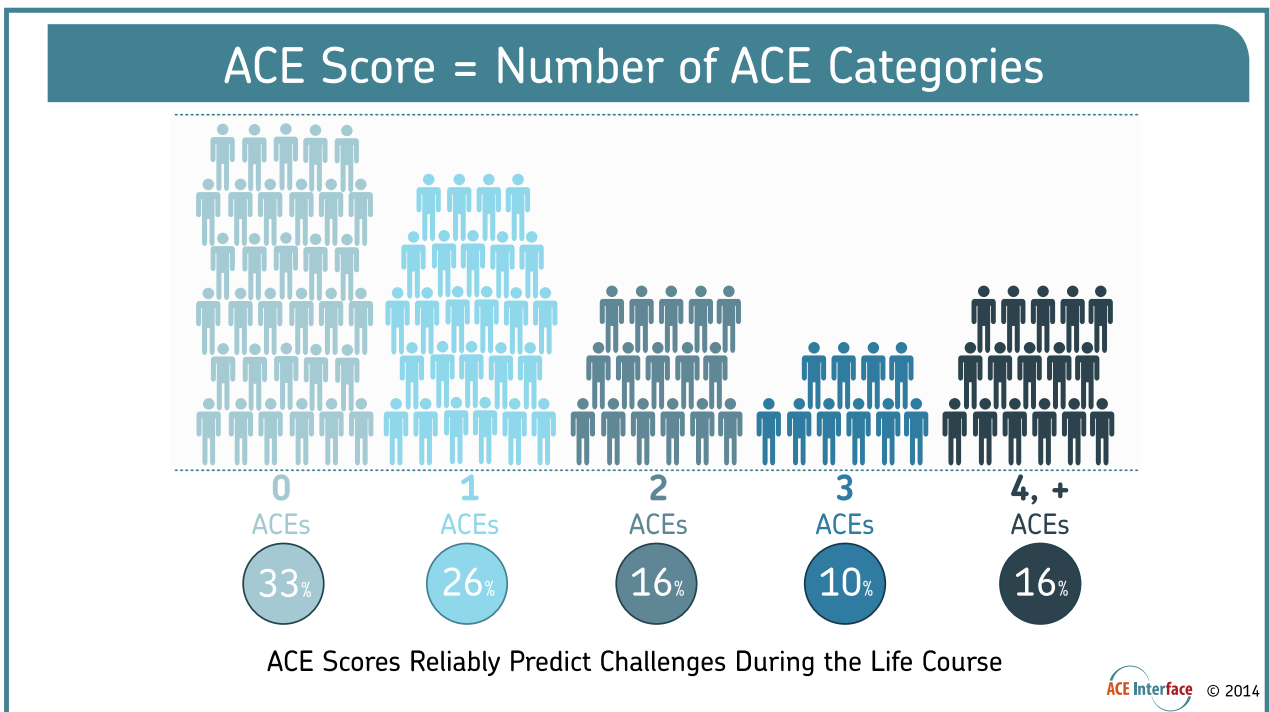
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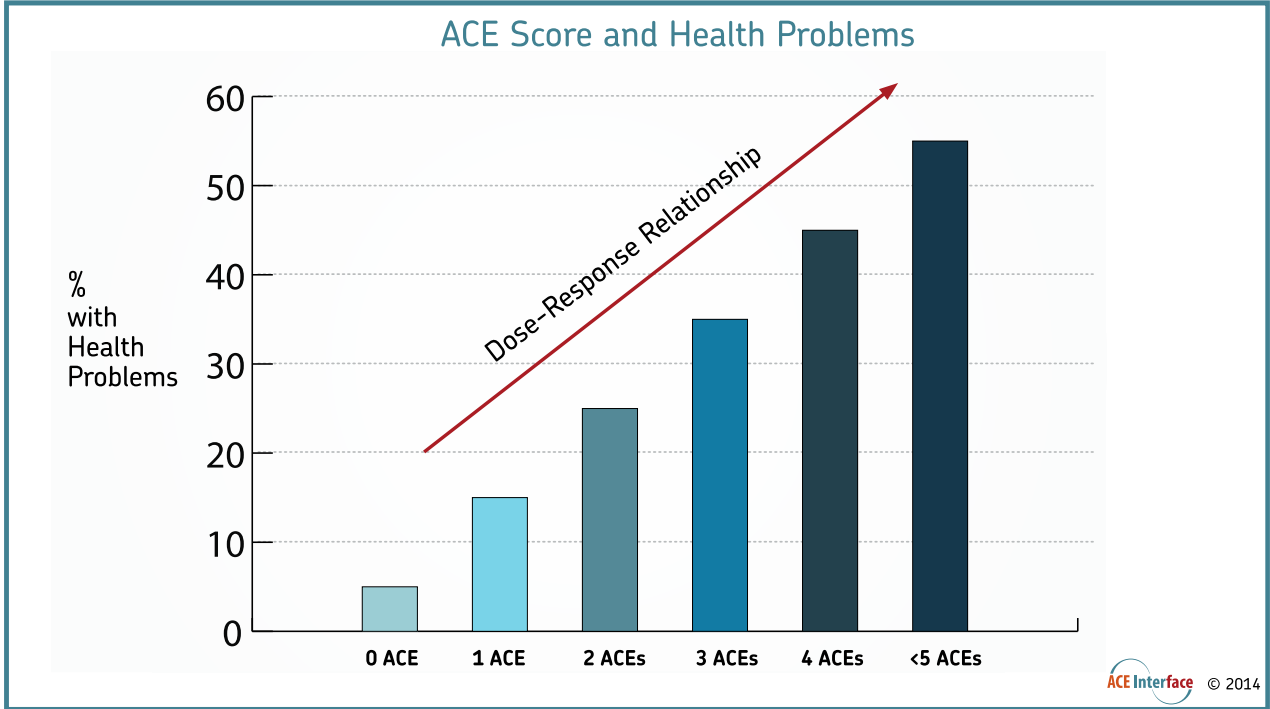
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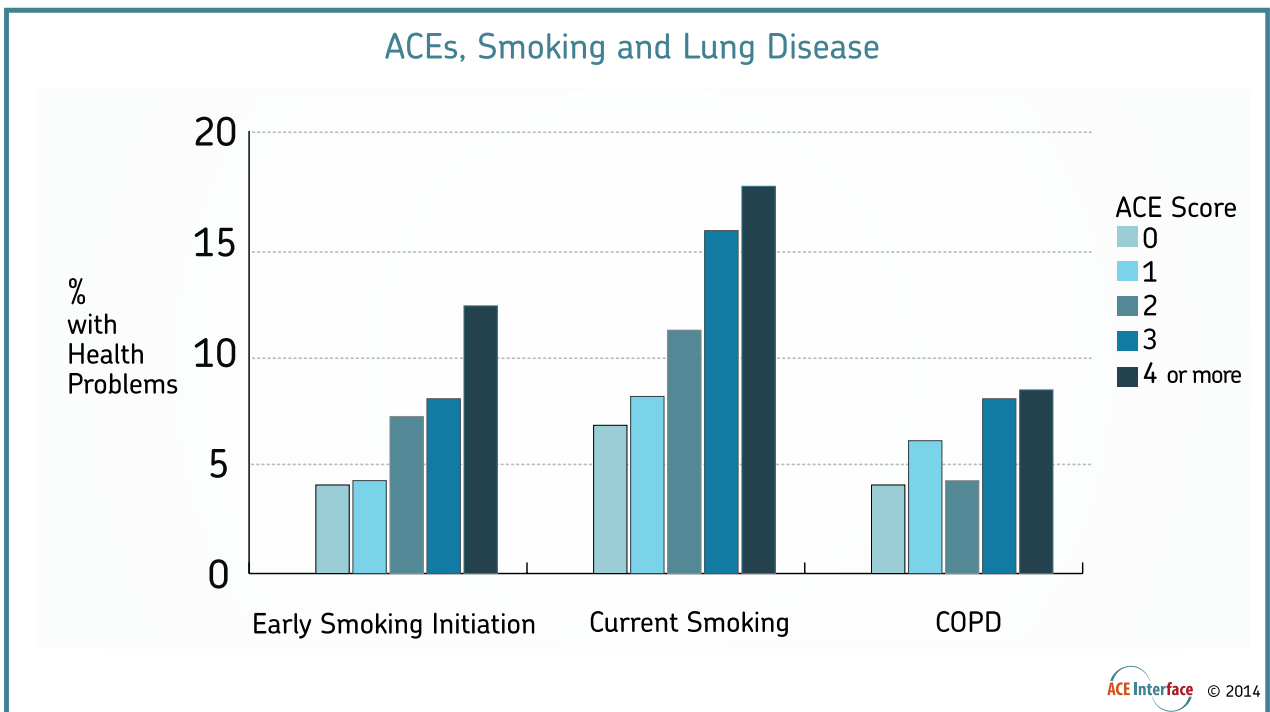
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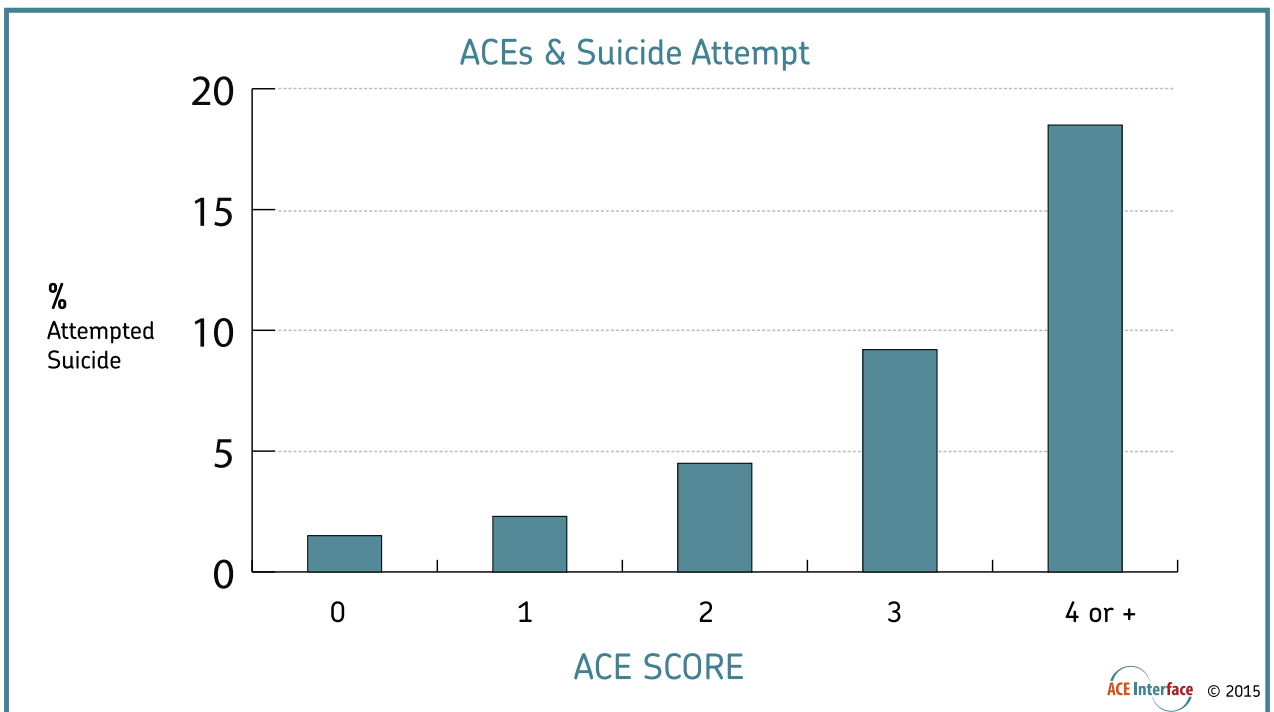


Anxiety
Depression
Difficulty Concentrating

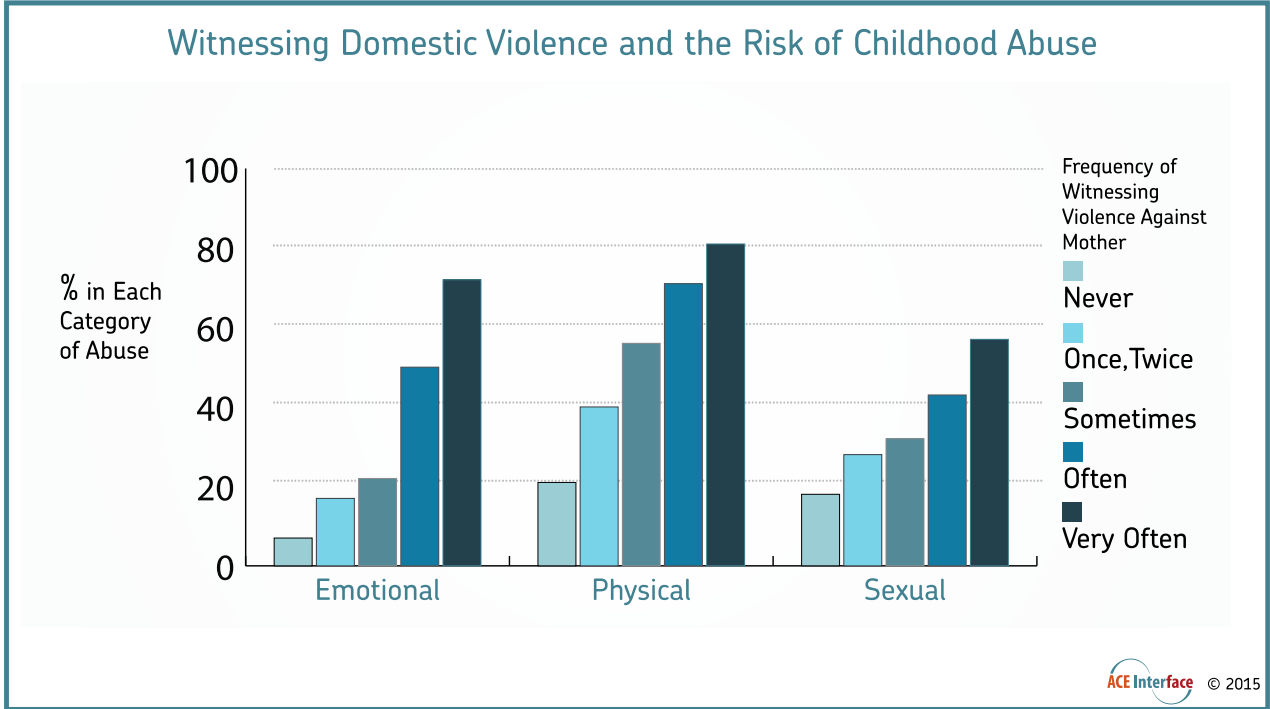
SMOKING

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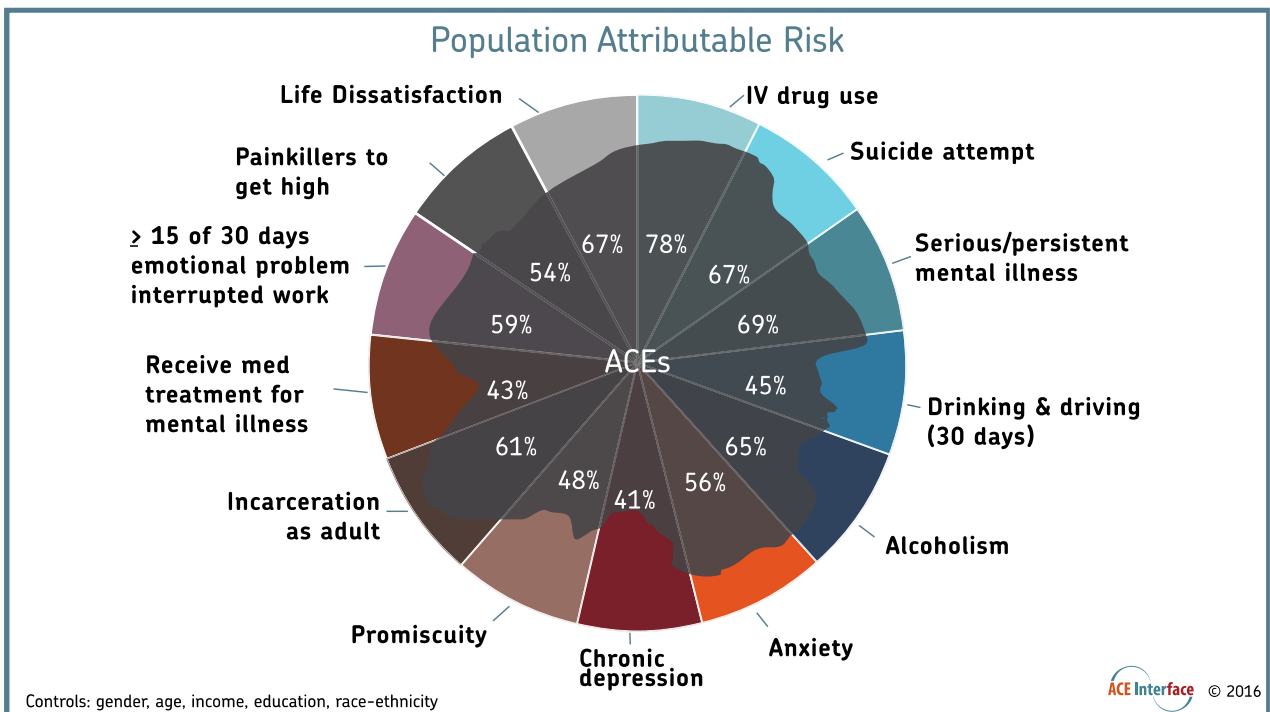
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ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population



Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

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COMMON CAUSE
everyone can contribute
prevent accumulation
of ACEs

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Individual Capabilities



Positive

view lets me know I am important and valuable



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Attachment & Belonging

RELATIONSHIPS
with caring and competent
people are
—VITAL—
contributors to
resilience & recovery



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Community, Faith & Cultural Processes



**foster
thriving
communities**

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Community Resilience

Community Reciprocity

watching out for children, intervening when they are in trouble, and doing favors for one another



Social Bridging

reaching outside one's immediate circle of friends to recruit help for someone inside that circle.

Foundation for healthy generations

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Building Self-Healing Communities

