Examples of ACES include emotional or physical abuse, sexual abuse, emotional or physical neglect, family violence, substance abuse, mental illness, loss of a parent or incarcerated family member.

Nearly two-thirds (64%) of adults have at least one ACE. If you have one ACE, there is an 87% chance that you have two or more.

What we may see as problems are normal responses to abnormal experiences.

As a person’s ACE Score increases, so does the chances for them to have mental health problems and engage in substance abuse and other high risk behaviors.

The ACE study shows that what is seen as a problem in their adult life, such as addiction, is actually a person’s solution to coping with their adverse childhood experience(s).

As parents with ACES use these adaptation strategies, while raising their children, they then in turn create ACES for their children.

ACE Study Cycle

Customer Awareness Support Effort
ACE STUDY

Adverse Childhood Experiences (ACE’s) have long lasting impacts on adult health and well-being.

Customer Awareness Support Effort