

# Adverse Childhood Experiences (ACEs) –

*Traumas leading to toxic stress which can harm a child's brain and affect overall health*

ACES

## ACEs include:

- Neglect
- Abuse
- Violence
- Mental illness
- Substance abuse
- Loss of family/friends

## Exposure to ACEs increase risk of:

- High-risk sexual behavior
- Depression/Self harm/Suicide
- Substance abuse
- Physical disease/Early death
- Mental illness

## ACEs in Monroe County

- 70% of youth surveyed report one or more ACEs
- 16% report 4 or more instances of trauma, making them 3½ times more likely to carry a weapon and 20 times more likely to have attempted suicide.





## **Resilience** — *the ability to return to being healthy and hopeful after bad things happen.*



### Things you can do:

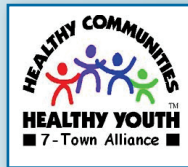
- Build and encourage positive social connections
- Develop and nurture positive self view
- Set goals
- Maintain daily routines
- Keep hopeful attitude
- Accept that change is part of living

### Resources:

- Trauma-Informed Care Network of Rochester
- Your physician
- Center for Disease Control and Prevention (CDC) [www.cdc.gov/violenceprevention/acestudy/](http://www.cdc.gov/violenceprevention/acestudy/)
- Resilience Trumps ACEs - [www.resiliencetrumpsACEs.org](http://www.resiliencetrumpsACEs.org)
- Family Counseling Service of the Finger Lakes

**DePaul's NCADD-RA**  
**(585) 719-3482**

**Monroe County STOP DWI**  
**(585) 753-3011**



**Brighton**  
**(585) 242-5200**  
xt. 7535

**Fairport-Perinton**  
**(585) 697-1817**

**Henrietta**  
**(585) 359-7055**

**Honeoye Falls-Lima**  
**(585) 351-6002**

**Penfield**  
**(585) 249-6740**

**Pittsford**  
**(585) 267-3677**

**Webster**  
**(585) 216-0026**