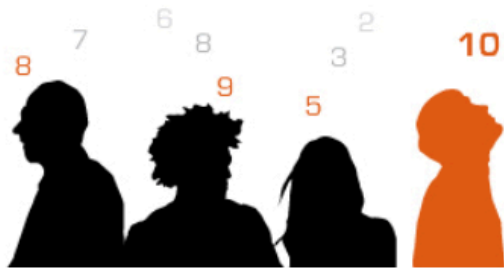


# How ACEs science and the “Theory of Everything”

---

....can help build healthy communities

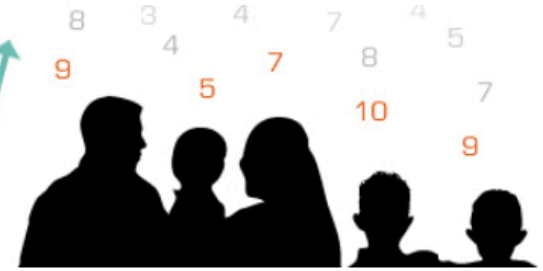
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# ACES Too High!

## NEWS

ACES = Adverse Childhood Experiences



- [HOME](#)
- [ACES 101](#)
- [GOT YOUR ACE SCORE?](#)
- [ACES IN ACTION](#)
- [ACES CONNECTION](#)
- [RESEARCH](#)
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### 📄 *Five-minute video primer about Adverse Childhood Experiences Study*

April 5, 2016  
By Jane Ellen Stevens  
in [ACE Study](#), [Adverse childhood experiences](#), [Neurobiology](#), [Solutions](#), [Trauma](#)  
[23 Comments](#) [Edit](#)



Many people have been asking for a short video that explains the [CDC-Kaiser Permanente Adverse Childhood Experiences Study](#), the

### 📄 *Oregon Governor Kate Brown signs landmark trauma-informed education bill into law*

April 3, 2016  
By Elizabeth Prewitt  
in [ACE Study](#), [Adverse childhood experiences](#), [Education](#), [Solutions](#)  
[Leave a comment](#) [Edit](#)



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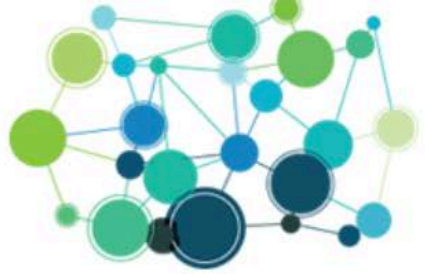
### TWEETS

When Bad Things Happen to Good Girls...research shows moms pass ACEs to kids. [bit.ly/1JdaWEC](http://bit.ly/1JdaWEC) Link to pub, [@DrDawnKingston?](#)  
[3 months ago](#)

RT [@jrue](#): My friend and mentor [@pgrabowicz](#) died this morning. You

# ACEs Connection Network

Join the movement to prevent ACEs, heal trauma, build resilience.



HOME

## Blog Entries

### Trauma-Informed Medicine E-Cases : Call for Physician and Behavioral Scientist Authors

SHAIRI TURNER MD MPH · 2 HOURS AGO

READ STORY

0 COMMENTS



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**Join ACES Connection!**

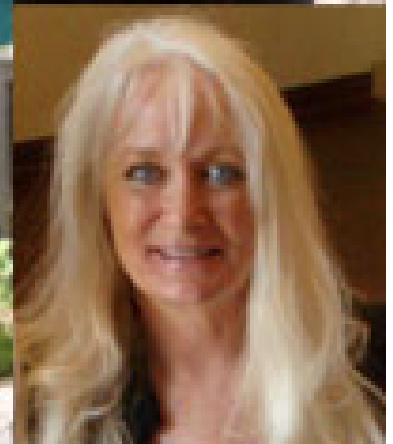
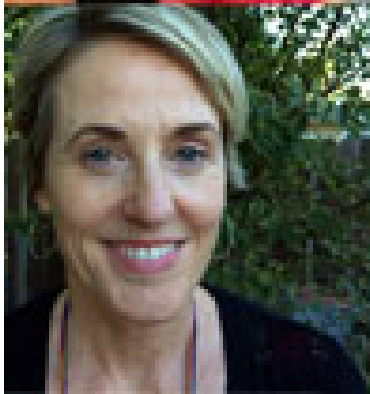
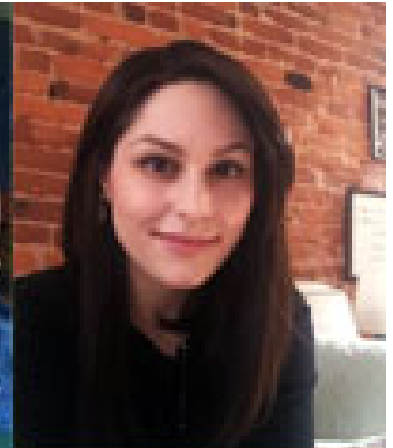
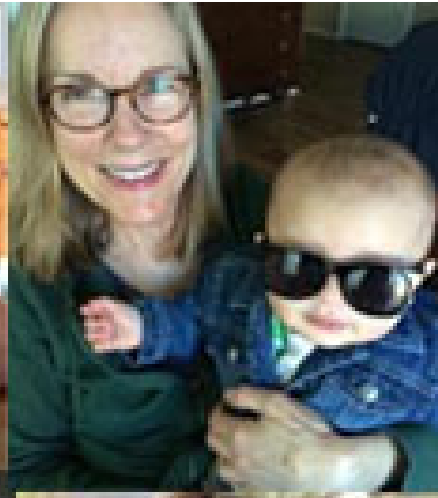
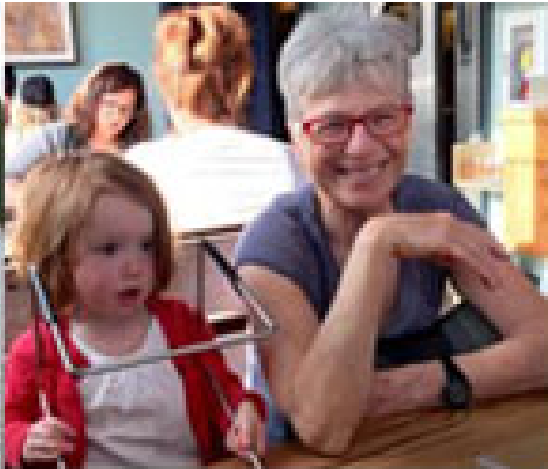
**JOIN NOW!**  
(IT TAKES JUST 60 SECONDS)

...the most active, influential ACEs community in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.

About This Site

# ACEs Connection Team

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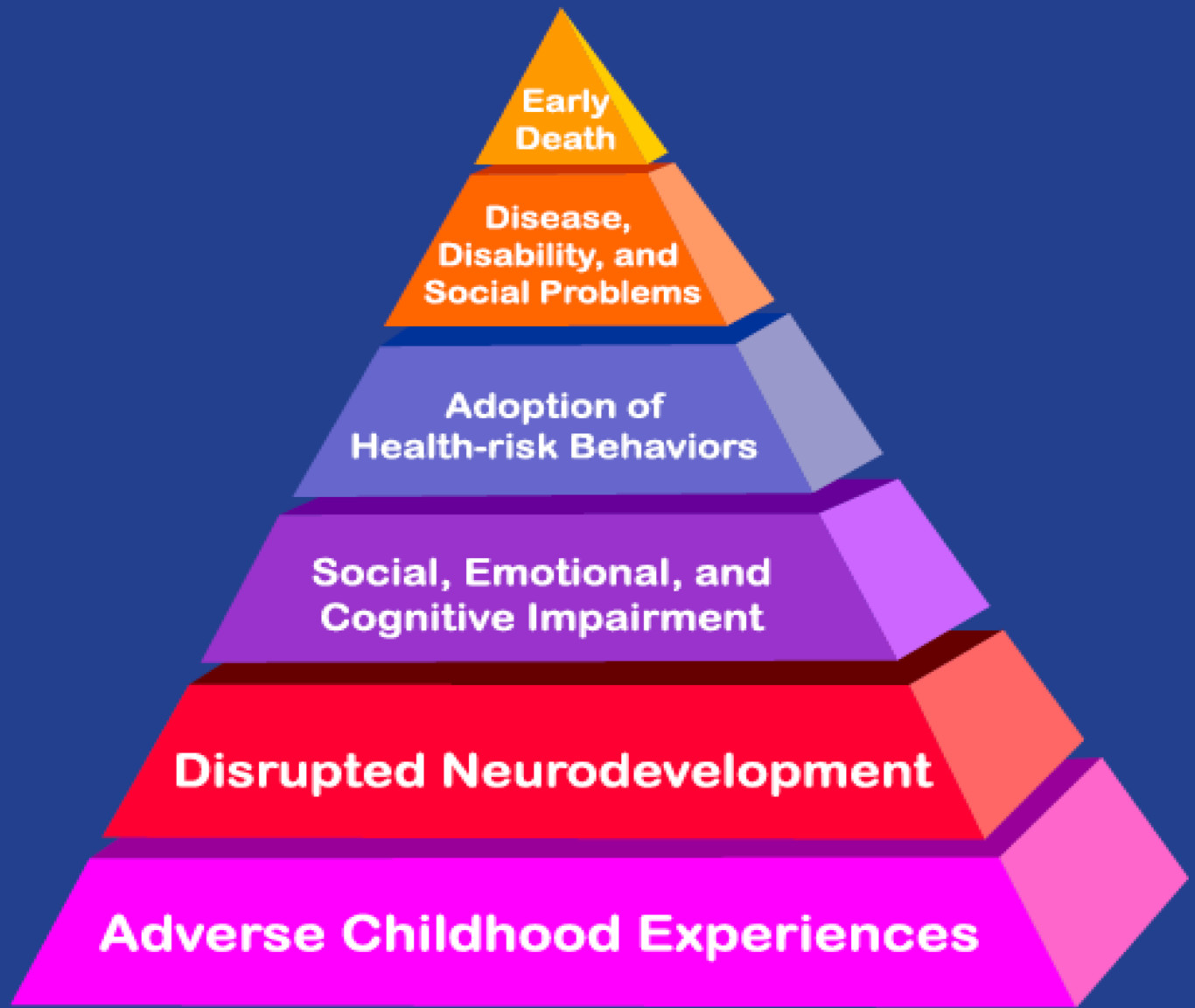




**Death**



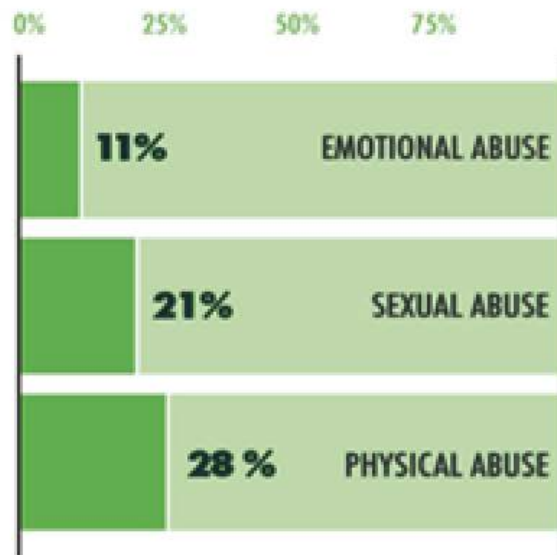
**Conception**



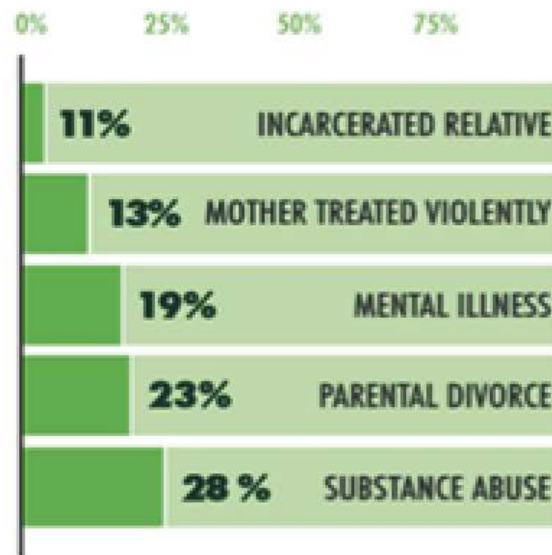
**Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**

# Adverse Childhood Experiences Are Common

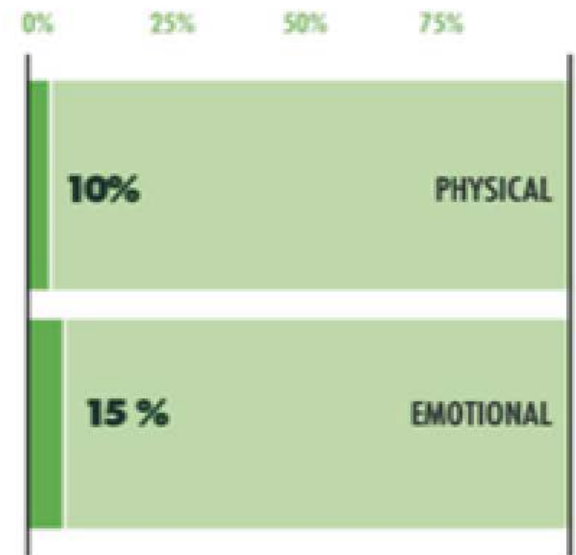
## ABUSE



## FAMILY DYSFUNCTION



## NEGLECT



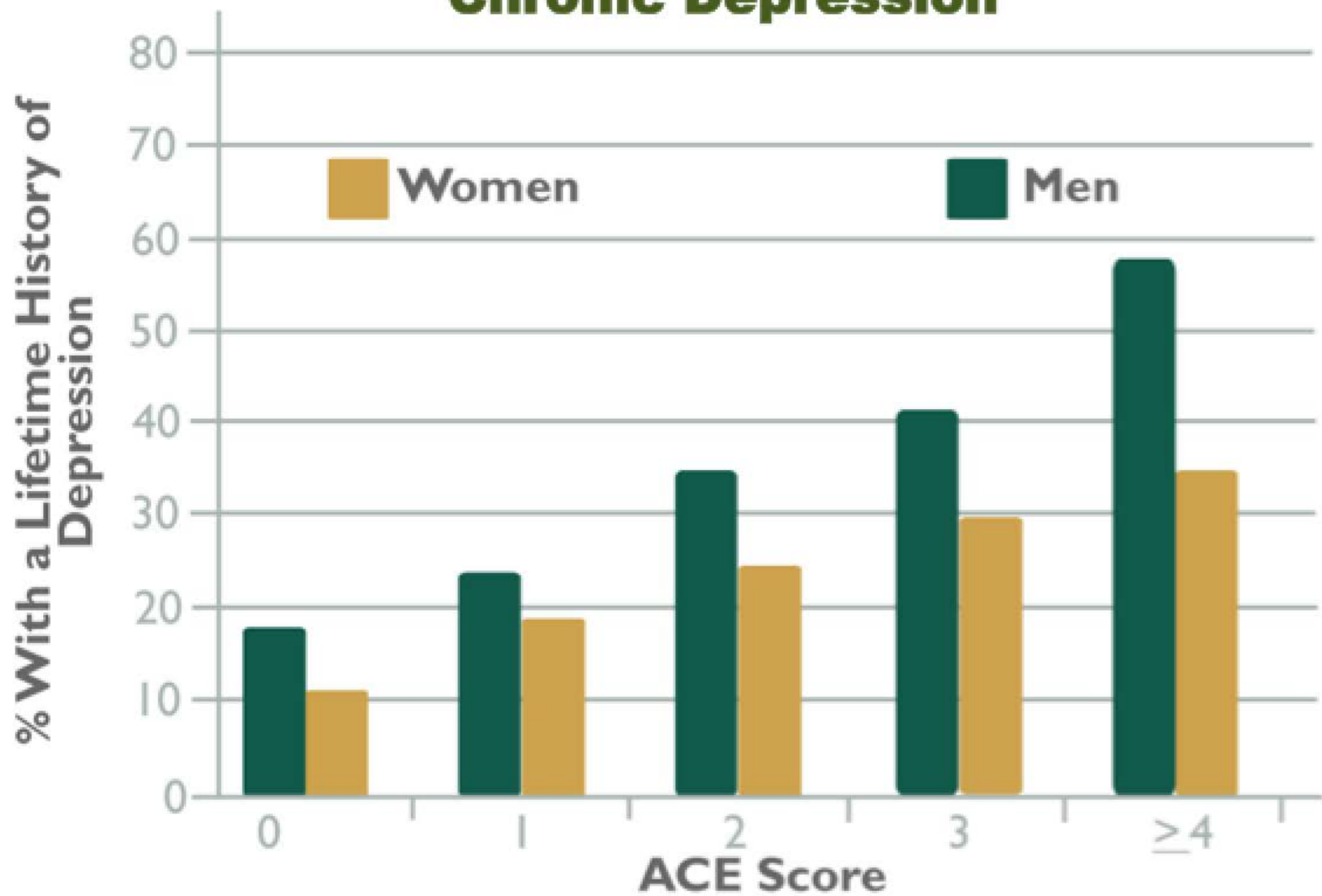


# Number of Adverse Childhood Experiences (ACE Score)

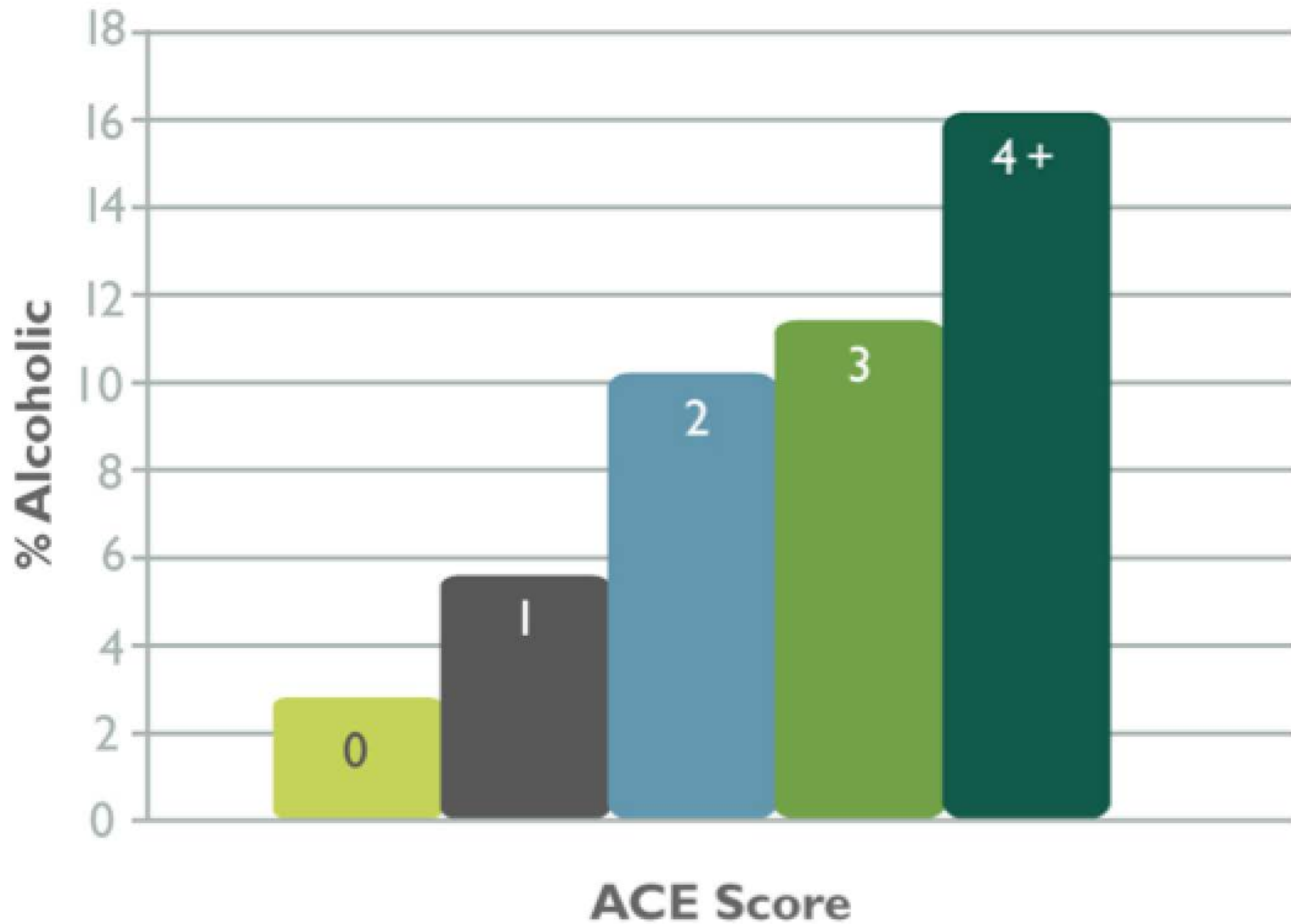


	WOMEN	MEN
ZERO 36%	34%	38%
ONE 26%	24%	28%
TWO 16%	15%	16%
THREE 9%	10%	9%
FOUR or more 12%	15%	9%

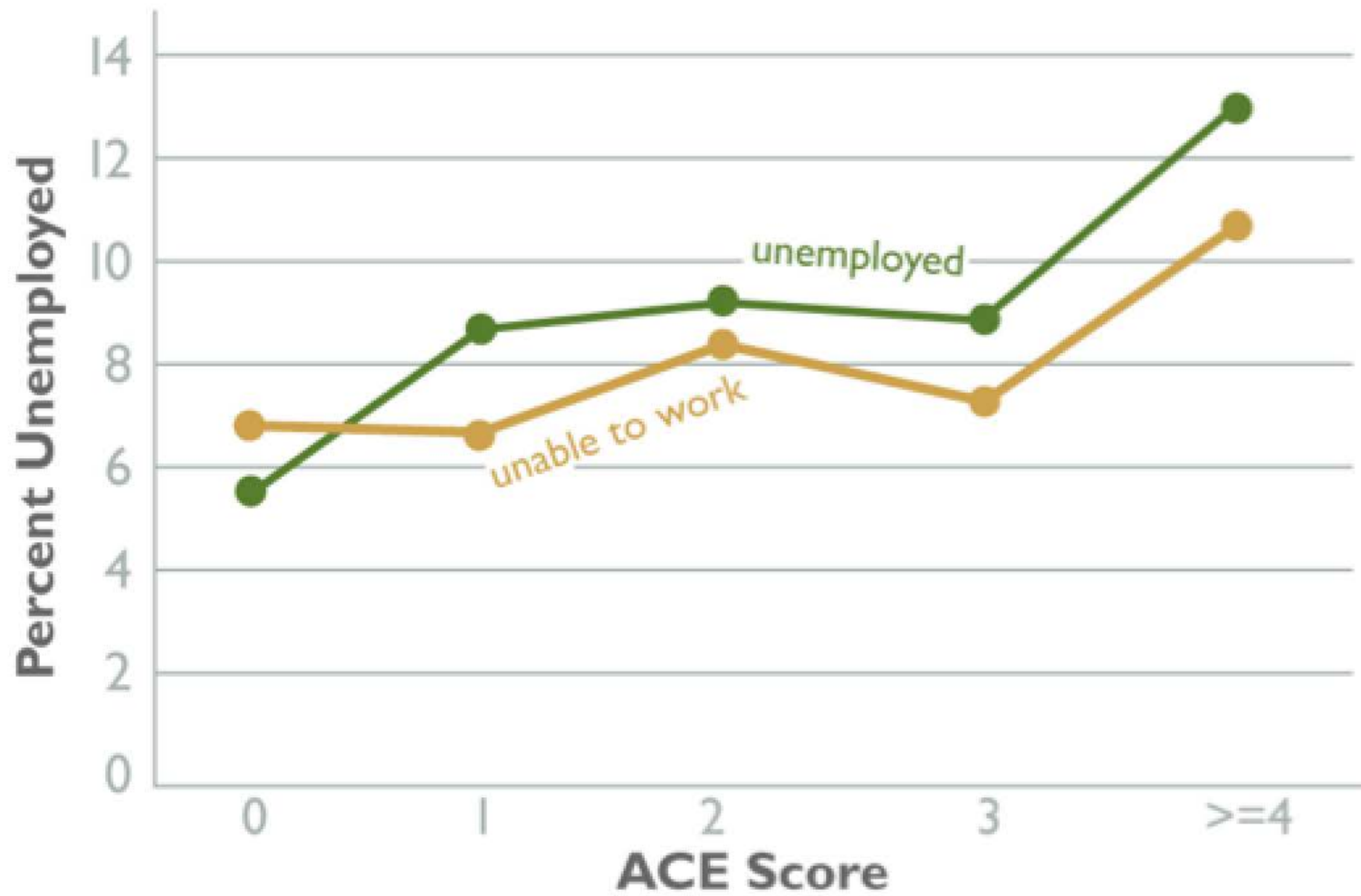
## Childhood Experiences Underline Chronic Depression



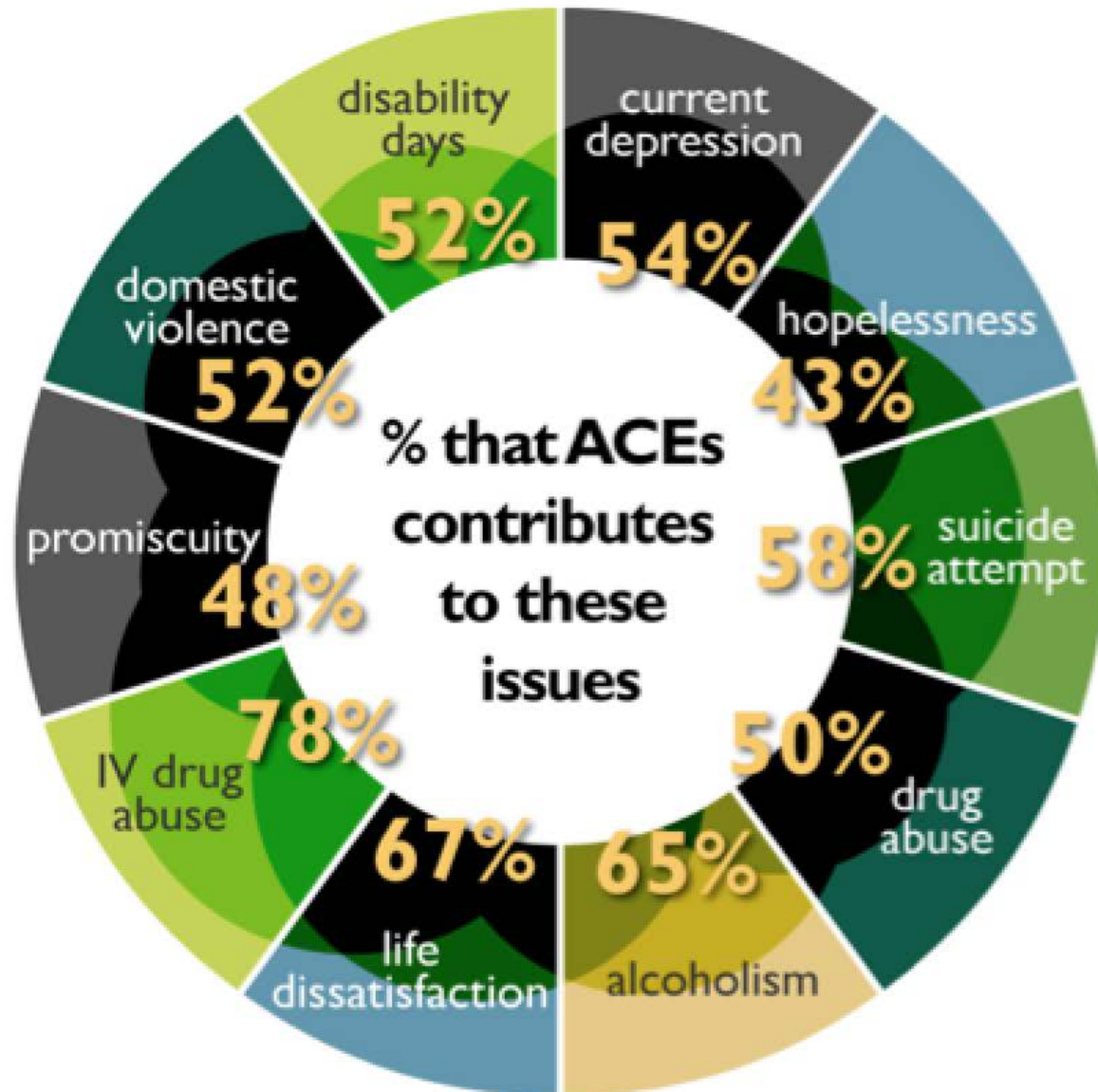
# Childhood Experiences vs. Adult Alcoholism



# ACEs and Unemployment

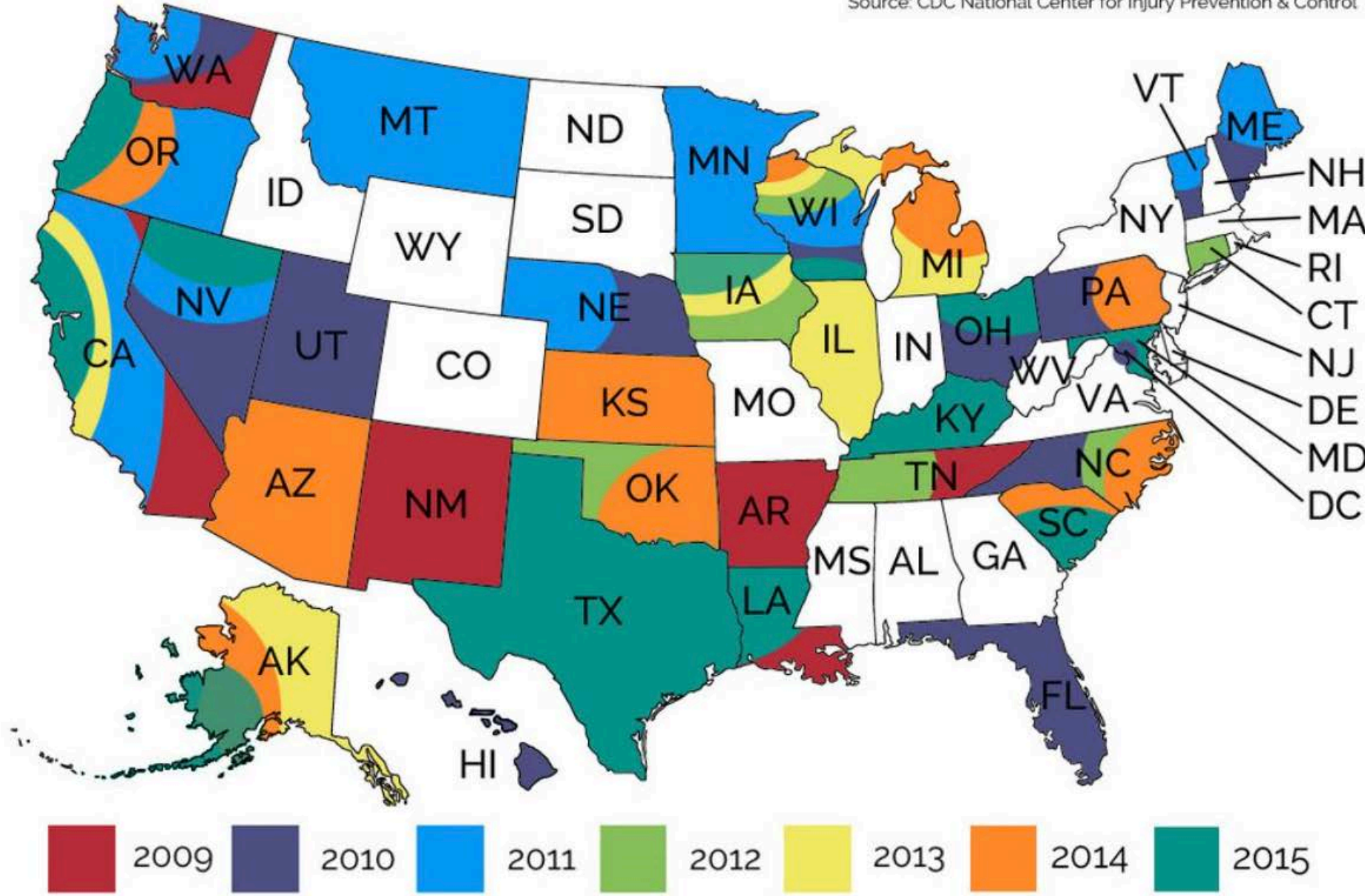


# ACEs and Population Attributable Risks



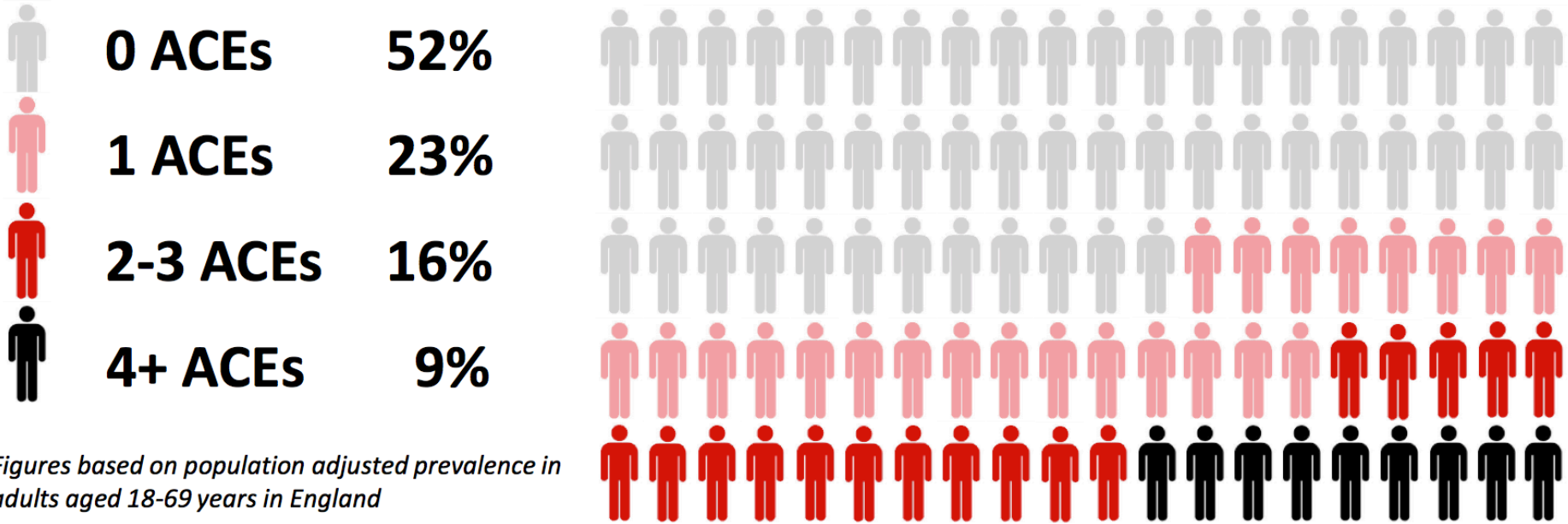
# States Collecting ACEs Data 2009 - 2015

Source: CDC National Center for Injury Prevention & Control





**For every 100 adults in England 48 have suffered at least one ACE during their childhood and 9 have suffered 4 or more**



**Source: National household survey of adverse childhood experiences and their relationship with resilience to health-harming behaviors in England**  
Bellis MA, Hughes K, Leckenby N, Perkins C, Lowey H. *BMC Medicine* 2014, 12:72

# ACEs increase individuals' risks of developing health-harming behaviours

**Compared with people with no ACEs, those with 4+ ACEs are:**

- 2** times more likely to currently binge drink and have a poor diet
  - 3** times more likely to be a current smoker
  - 5** times more likely to have had sex while under 16 years old
  - 6** times more likely to have had or caused an unplanned teenage pregnancy
  - 7** times more likely to have been involved in violence in the last year
  - 11** times more likely to have used heroin/crack or been incarcerated
-

## POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

## TOLERABLE STRESS

More severe stress response but limited in duration which allows for recovery

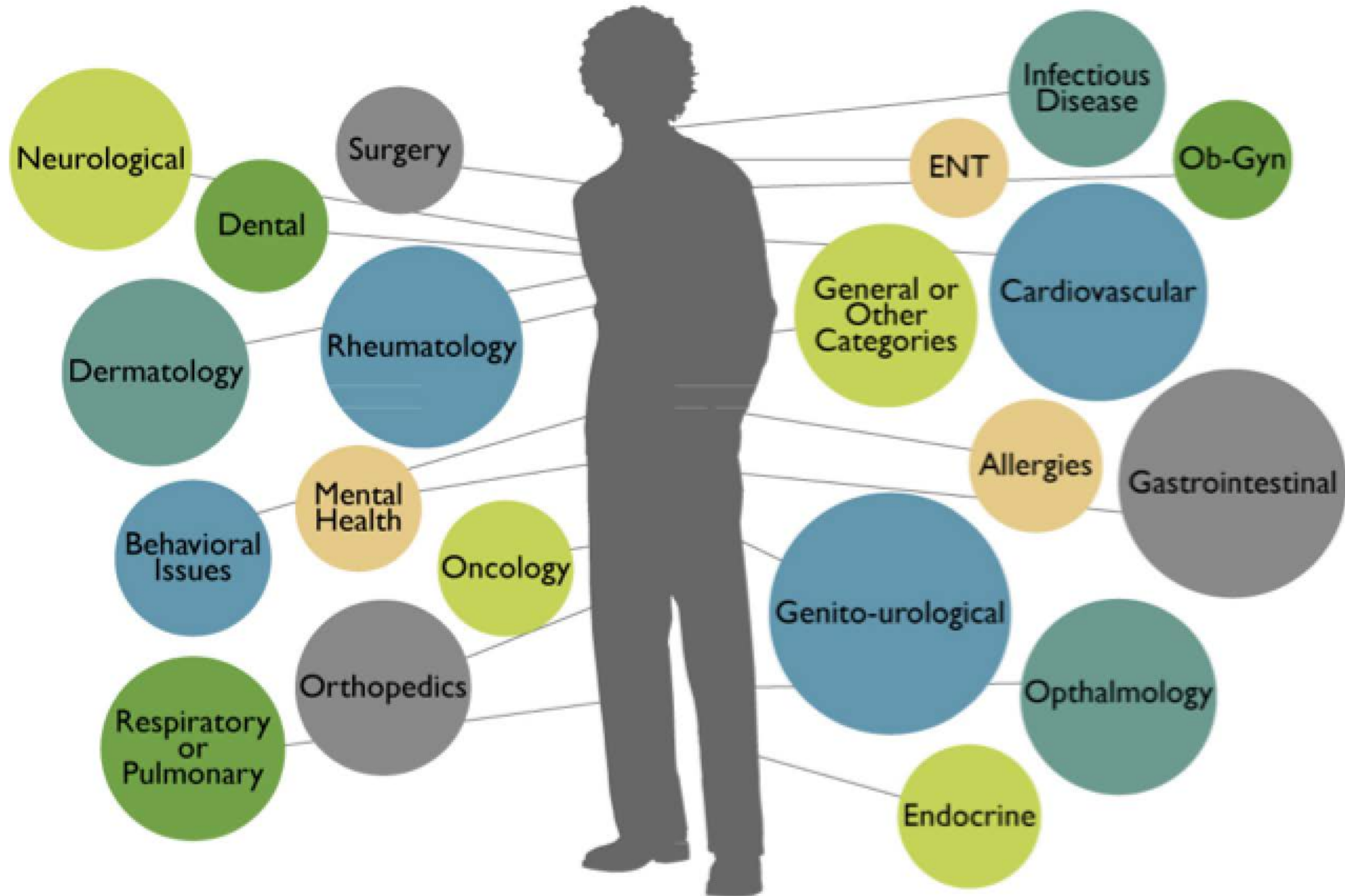
## TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult

Intense, prolonged, repeated and unaddressed

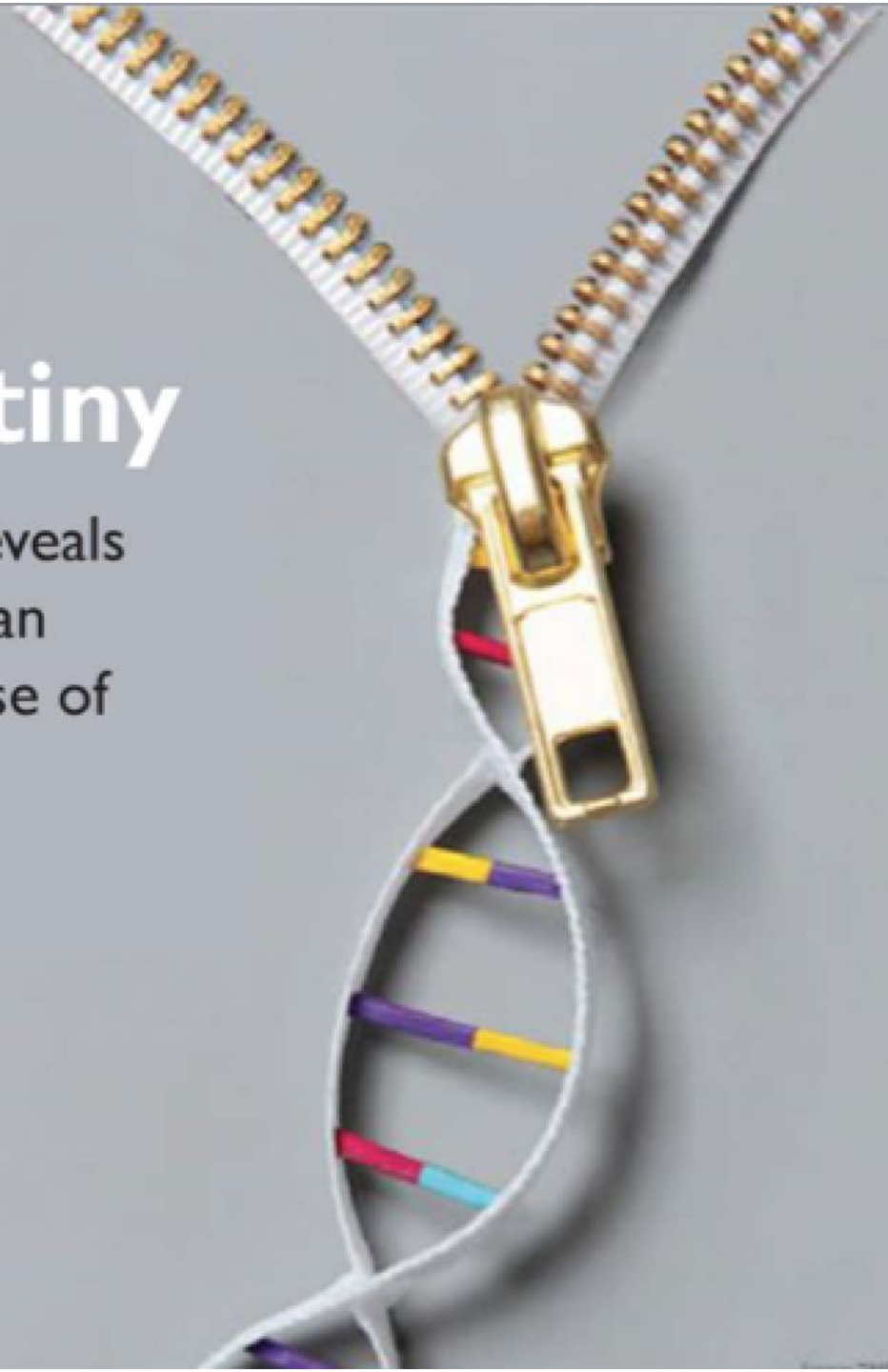
Social-emotional buffering, parental resilience, early detection, and/or effective intervention

# Consequences of Lifetime Exposure to Violence and Abuse



# Your DNA Isn't Your Destiny

The science of epigenetics reveals how the choices you make can change your genes - and those of your kids.





# All Roads Lead to Resilience



ROAD TO  
Concrete Support  
in Times  
of Need

ROAD TO  
Social  
Connections

ROAD TO  
Parental  
Resilience

ROAD TO  
Social &  
Emotional  
Competence

ROAD TO  
Knowledge of  
Parenting & Child  
Development







# ACES Too High!

## NEWS

ACES = Adverse Childhood Experiences



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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

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TWEETS

Four Things the NFL Can Do to Stop Abuse and Keep Players on the Field [huff.to/Ylpb3a](http://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...](http://acestoohigh.com/2014/09/25/how...)  
1 week ago

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

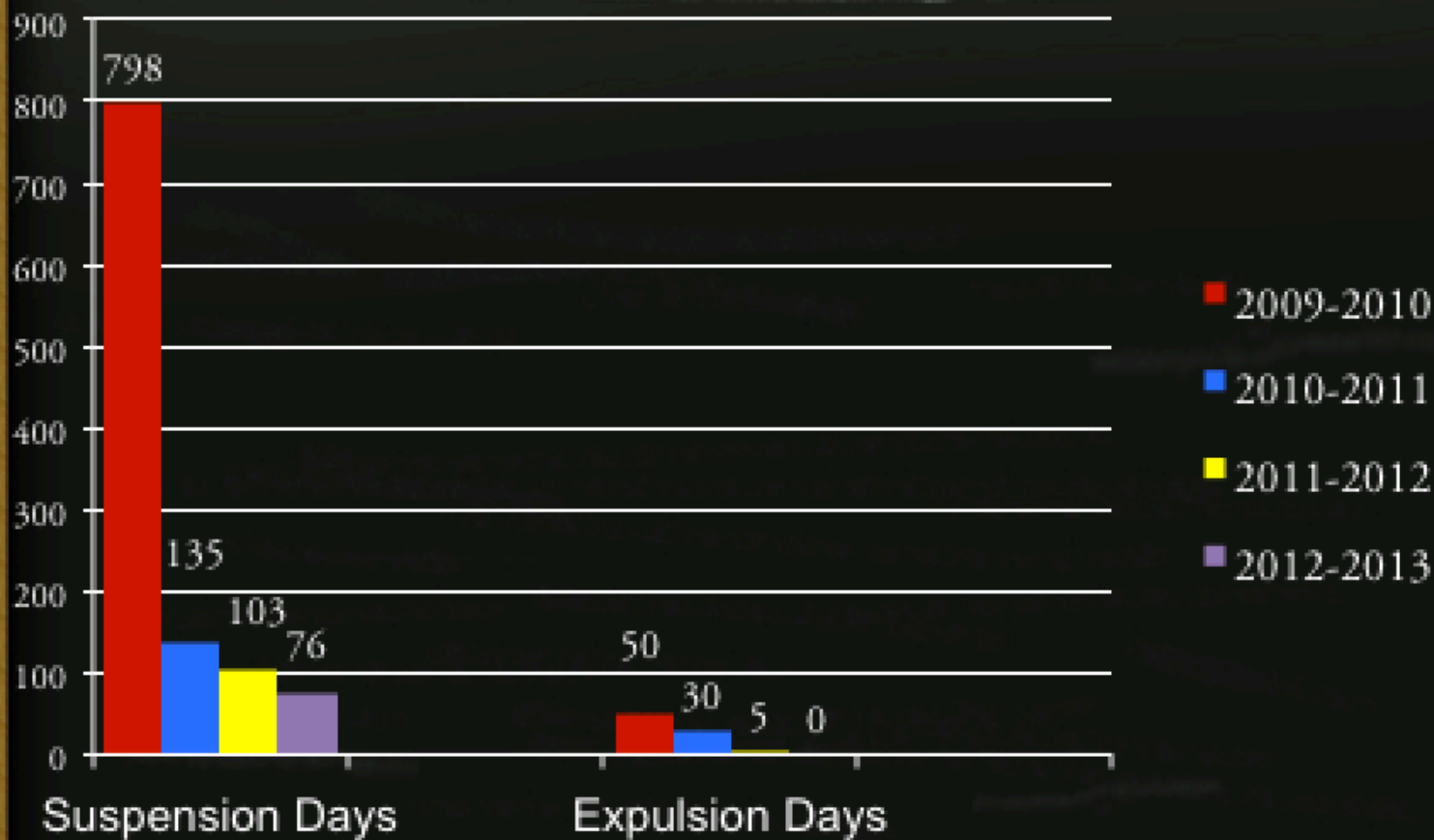
# *Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%*



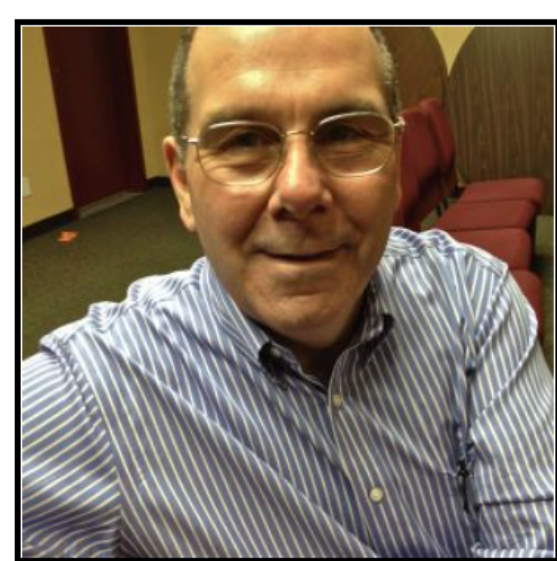
Jim Sporleder, principal of Lincoln High School

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

# Number of days students were out of school



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



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

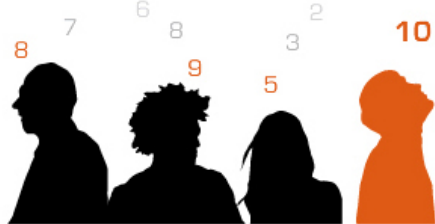
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# *Trauma-informed judges take gentler approach, administer problem-solving justice to stop cycle of ACEs*



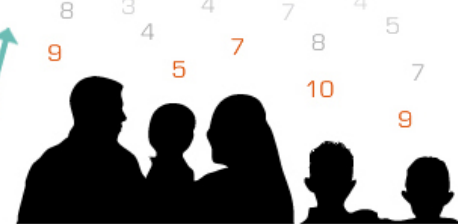
Judge Lynn Tepper hugs Taylor, 11, at his final adoption hearing. Before finding his permanent home, he'd been returned by three



# ACES Too High!

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## *Pediatricians screen parents for ACEs to improve health of babies*

AUGUST 3, 2015

By Jane Ellen

Stevens

in [ACE STUDY](#),

[ADVERSE](#)

[CHILDHOOD](#)

[EXPERIENCES,](#)

[CHILD TRAUMA,](#)

[CHRONIC](#)

[DISEASE,](#)

[RESILIENCE,](#)

[SOLUTIONS](#)

[8 COMMENTS](#)



Pediatricians Teri Petterson (l) and RJ Gillespie (r)

The [Children's Clinic](#), tucked in a busy office park five miles outside downtown Portland, OR, and bustling with noisy babies, boisterous kids and energetic pediatricians, seems ordinary enough. But, for the last two years, a quiet revolution has been brewing in its exam rooms: When parents bring their four-month-old babies in for well-baby checkups, they talk about their own childhood trauma with their kid's pediatrician.

Wait. What's Mom or Dad's childhood got to do with the health of their baby? And aren't pediatricians supposed to take care of kids? Not kids' parents?

It turns out that just 14 questions about the childhood experiences of parents provide information critical to the future health of their baby, say Children's Clinic pediatricians Teri Petterson and RJ Gillespie. The answer to the questions can help determine not only if the child will succeed in school, but when the child becomes an adult, whether she or

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We were sent to juvenile detention for refusing to live with our father [wpo.st/q7cWo](#) [@aces2high](#) 1 week ago

Via [@NPR](#): Are Traumatized Students Disabled? A Debate Straight Outta Compton [n.pr/1NF9Ka7](#) [@aces2high](#) 1 week ago

Kids and Trauma: Science trumps handcuffs: [acesconnection.com/blog/kids-and-...](#) [@aces2high](#) 1 week ago

Results of NE Michigan ACEs survey: [acesconnection.com/blog/ne-michig...](#) [@aces2high](#) 1 week ago

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What we do is empower  
parents to raise happy,  
healthy children

# Results of ACEs Data Collection at The Family Center

71%

- Have 4 or more ACEs

- Results in 5 – 10 years earlier death
- Compare to 13% from original ACE study

51%

- Have 6 or more ACEs

- Results in 20 years earlier death
-



Understanding a parent's adverse childhood experience takes nothing away from understanding her resilience

It puts into perspective how spectacularly resilient she may be, the strengths she is building on for the next phase of her life, and opens the space to talk about the life she wants for her family and her new baby

---

Thrive Washington / Thrive Blog  
/ NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

# NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

 Quen Zorrah  
 More posts by this author

MAR  
10  
2015

*For the past year, a small facilitating workgroup and a large planning committee from federal Health Resources and Services Administration Region X (Alaska, Idaho, Oregon and Washington) have come together virtually and by phone to create NEAR@Home, a toolkit for addressing Adverse Childhood Experiences (ACEs) in home visiting. The group agrees that the ACEs framework and the NEAR science has the ability to strengthen the work in home visiting and improve outcomes for children and families. Thank you to all who contributed to this process.*

Home visitors knowledgeable about ACEs research are interested in bringing this information to families but worry about causing harm. The NEAR@Home toolkit addresses these concerns and provide strategies for engaging parents in discussing and using the ACEs questionnaire in a safe, respectful, and effective way for both home visitor and family.

We now understand how adversity becomes embedded into biology, behavior, and risk and

## AUTHOR

### Quen Zorrah

Nurse-Family Partnership State Nurse Consultant

I have 23 years home visiting experience with families with young children, pregnant women, grandparents, foster parents, and fathers as primary caregivers. I have integrated infant mental health and Adverse Childhood Experiences (ACEs) into home visiting.



As a member of Thrive's home visiting team, I am the lead nurse consultant for the Nurse-Family Partnership program in Washington state.

 [quen@thrivewa.org](mailto:quen@thrivewa.org)

 206-621-5559

 206-652-0761

# Educating people about ACEs science....

---

- It engages the people you serve
  - It empowers people
  - It changes their understanding of others' behavior
  - It opens a channel for them to tell you what they need
-

---

- All organizations must implement trauma-informed, resilience-building practices for themselves...

...especially the organizations that are caring for people or directing other people-caring organizations.

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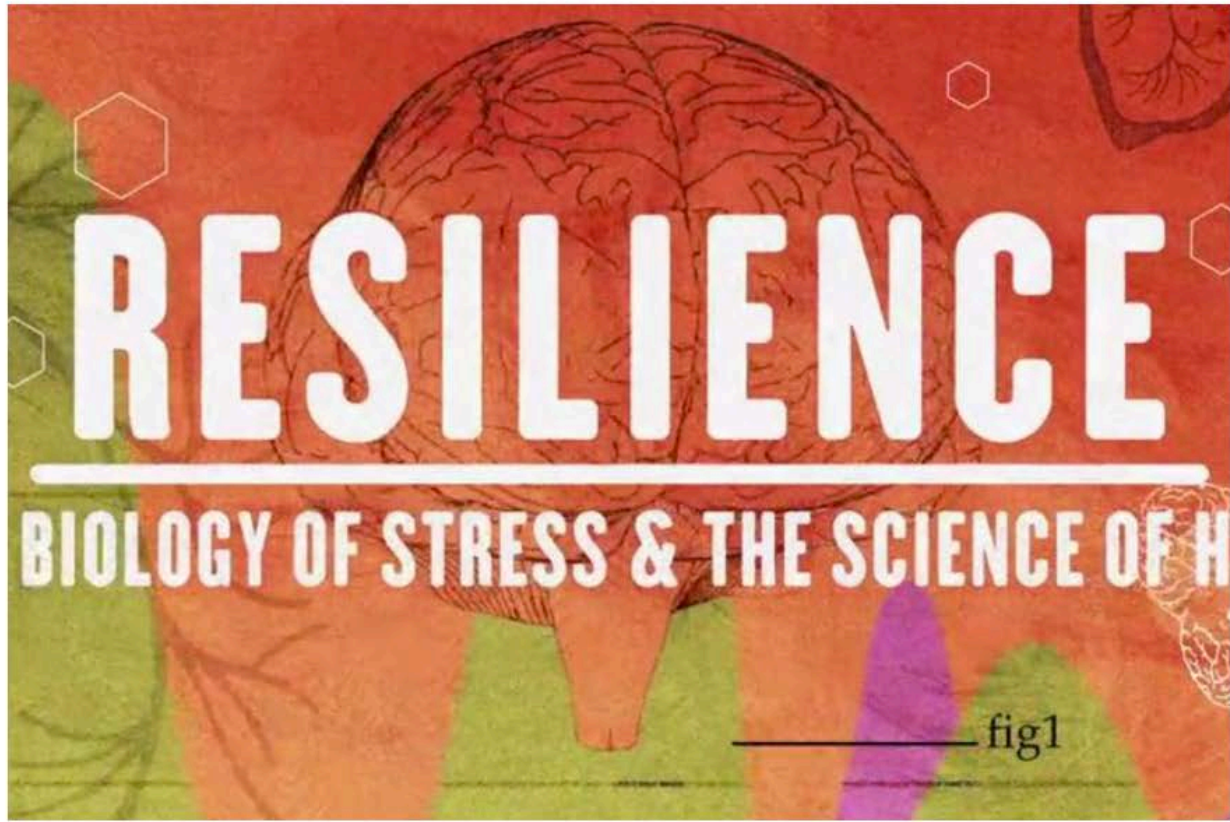


# san diego county aces connection

This is the online platform for our ACEs, trauma-informed, and resilience-building movement. It is a call to action – a place to work collaboratively across sectors and communities, to transform our county to one of hope, healing, and resilience for all.

ACESCONNECTION / GROUPS / SAN DIEGO COUNTY ACES CONNECTION / HOME

## Recent Blog Posts



**Free screening of "Resilience" at the Santa Barbara Int'l Film Festival Feb. 4**

JANE STEVENS 34 HOURS AGO

Post

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### Calendar

**FEBRUARY 26, 2016**

MAIN CALENDAR

Restorative Practice / Restorative Justice Summit

8:00 AM - 4:00 PM

Community Concourse downtown

**MARCH 4, 2016**

MAIN CALENDAR

San Diego Trauma Informed Guide Team

12:30 PM - 2:00 PM

Location: San Diego Center for Children

MAY 6, 2016

# The goal.....

---

The entire community...

...integrates trauma-informed/resilience-  
building practices...

...based on ACEs research.

---

# The process...

---

Educate....

Engage.....

Activate.....

Celebrate!

---

---

**Blame. Shame. Punishment.**

---



---

Understanding....

nurturing....

healing....

---

# The end of blame, shame and punishment

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# Resources

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- [ACEs 101](#) – FAQs about adverse childhood experiences research with links to reports, stories and videos.
  - [Got Your ACE Score?](#) – Do your ACE score and your resilience score, and find out more about the consequences of each.
  - [ACEsTooHigh.com](#) – A news site for the general public. It covers research about ACEs and how people, organizations, agencies and communities are implementing trauma-informed, resilience-building practices based on ACEs research.
  - [ACEsConnection.com](#) – A social network for people who are implementing – or thinking about implementing – trauma-informed and resilience-building practices based on ACEs research.
  - [The CDC-Kaiser Permanente ACE Study](#) – The official ACE Study site, provided by the CDC.
  - [The Center on the Developing Child at Harvard University](#) – Here, take a deep dive into a site rich with reports, tools and videos about the neurobiology of toxic stress and resilience.
  - [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) -- Introduces a concept of trauma and offers a framework for how an organization, system, or service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains.
-