ACEs Connection

Creating a *much* better normal.
ACEs Science

**Epidemiology** ACEs study and expanded ACE surveys.

**Impact on the brain** toxic stress caused by ACEs changes structure and function of brain.

**Impact on the body** health consequences of toxic stress (short & long term)

**Epigenetics** how toxic stress from ACEs is passed from generation to generation, aka historical trauma.

**Resilience** brain and body can heal with healthy relationships, healthy organizations, healthy systems, and healthy communities.
3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.

1. HOUSEHOLD
- divorce
- incarcerated family member
- physical and emotional neglect
- domestic violence
- maternal depression
- alcoholism and drug abuse
- emotional and sexual abuse

2. COMMUNITY
- war
- historical trauma
- violence
- lack of social capital and mobility
- substandard schools
- structural racism
- lack of jobs
- food scarcity

3. ENVIRONMENT
- climate crisis
- natural disasters
- wildfires & smoke
- record storms, flooding & mudslides
- sea level rise
- pandemics

Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resiliency Coalition for inspiration and guidance. Please visit ACEsConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.
Supporting communities to accelerate the use of ACEs science...to solve our most intractable problems.
The social network for the ACEs movement.

WHO WE ARE

...who share best practices based on ACEs science.

46,000+ MEMBERS (AND GROWING)
Connect with support.

We support community ACEs initiatives to create solution-oriented systems.

300+

CITIES, COUNTRIES & STATES

...use free community site, tools, guidelines on ACEs Connection
Connect with information.
Connect with news. Connect with story.

WHAT WE DO

- Weekly Roundup & Daily Digest
- Resources Center
- Ask the Community

Addiction doc:
It’s not the drugs. It’s the ACEs.

Integrating ACEs?
Staff first, THEN patients

Alaska natives now center of state ACEs movement

US House committee sees ACEs in own members
Health advocates highlight extreme COVID burnout, stark inequities and strong call for action
Welcome to the COVID-19 and ACEs Science Collections for Educators!
We have four topic-specific resource lists related to COVID-19 and ACEs Science.
All four will be updated for as long as this pandemic lasts. They are as follows:

- ACEs in Education & COVID-19
- COVID-19 Resources for Healthcare Providers
- Parenting with ACEs in a Pandemic
- Practicing Resilience During Social Distancing
Greater Richmond Trauma-Informed Community Network

Dedicated to supporting & advocating for trauma-informed care for all children & families in the Greater Richmond area.

What is the GRTICN?

Greater Richmond Trauma Informed Community Network, first to join ACEs Cooperative of Communities, shows what it means to ROCK!
ACEs science is a social justice issue.

Parents have the right to know the most powerful determinant of their children’s future health, safety and productivity.
Moving from blame, shame & punishment... to understanding, nurturing and healing.
1. We weren’t born bad.
2. We weren’t responsible for the things that happened to us when we were children.
3. We coped appropriately, given that we were offered no other ways to cope; it kept us alive.
4. We can change.
ACEs Connection

Creating a much better normal.
• **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.

• **ACEsConnection.com** – A social network for people who are implementing – or thinking about implementing – trauma-informed and resilience-building practices based on ACEs research.

• **ACEsConnectionInfo.com** — This is ACEs Connection’s “brochure” site. It provides an overview, mission, history, and staff profiles.

• **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.