

Adverse Childhood Experiences

What are ACEs and How Is Nevada County Working to Mitigate the Harm?

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones

Exposure to childhood ACEs increases the risk of:

- ▶ Adolescent pregnancy
- ▶ Alcoholism and alcohol abuse
- ▶ Autoimmune diseases
- ▶ Cancer
- ▶ Diabetes
- ▶ Illicit drug use
- ▶ Heart disease
- ▶ Liver disease
- ▶ Intimate partner violence
- ▶ Suicide attempts
- ▶ Unintended pregnancies and more



Prevalence of ACEs in Nevada County

Nevada County residents have higher than state average rates of ACEs

Two or more adverse childhood experiences:

California	18%
Nevada County	23%

The Good News

Resilience and Prevention Help!

- Trauma-Informed Services
- Prevention/Early Intervention
- Evidence-Based Interventions

Nevada County Promotes Resilience

- ▶ HHS staff trained in Trauma-Informed services
- ▶ Children's Behavioral Health staff trained in Trauma-Informed CBT
- ▶ NCSOS "Handle with Care" Program
- ▶ What's Up Wellness Screenings
- ▶ Moving Beyond Depression Program
- ▶ CASA
- ▶ FTHB Home Visiting Program
- ▶ SNCS Trauma-Informed training for childcare providers
- ▶ Parent Child Interaction Therapy, Triple P Parenting
- ▶ Mentoring Programs TFC, BBBS
- ▶ Increased access to Drug and Alcohol Treatment
- ▶ And more

Moving Forward

- ▶ Be The One Campaign
- ▶ Continued countywide focus and funding for Trauma-Informed Services
- ▶ Statewide focus: California's first-ever Surgeon General
- ▶ Collaboration
- ▶ Early Intervention
- ▶ Community Education
- ▶ Promotion of protective factors





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