This chart shows the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACES) can result in long-term disease, disability, chronic social problems and early death. 90% of public mental health clients have been exposed to multiple physical or sexual abuse traumas. Importantly, intergenerational transmission that perpetuates ACES will continue without implementation of interventions to interrupt the cycle.

### Adverse Childhood Experiences (Birth to 18)

**Abuse of Child**
- Emotional abuse 11% *
- Physical abuse 28% *
- Contact sexual abuse 22%

**Trauma in Child’s Household Environment**
- Alcohol or drug user by household member 27%
- Chronically depressed, emotionally disturbed or suicidal household member 17%
- Mother treated violently 13%
- Imprisoned household Member 6%
- Not raised by both biological parents 23% (Loss of parent by separation or divorce, natural death, suicide, abandonment)

**Neglect of Child**
- Physical neglect 19%
- Emotional neglect 15%

*Above types of ACEs are the “heavy end” of abuse. Eg. Emotional: recurrent threats, humiliation, chronic criticism Physical: beating vs spanking Neglect: Lack of basic needs for attachment, survival/growth

**One ACE category**
- score of 1.

List is limited to ACE study types. Other trauma may include: combat, poverty, street violence, historical, racism, stigma, natural events, persecution etc.

### Impacts of Trauma and Health Risks Easing Pain of Trauma

**Neurobiologic Effects of Trauma**
- Disrupted neurodevelopment
- Difficulty controlling Anger – Rage
- Hallucinations
- Depression (and numerous other mental health problems – see below)
- Panic reactions
- Anxiety
- Multiple (6+) somatic problems
- Sleep problems
- Impaired memory
- Flashbacks
- Dissociation

**Health Risks**
- Smoking
- Severe obesity
- Physical inactivity
- Suicide attempts
- Alcoholism
- Drug abuse
- 50+ sex partners
- Repetition of original trauma
- Self-injury
- Eating disorders
- Perpetrate interpersonal violence, aggression, bullying, etc.

### Long-Term Consequences of Unaddressed Trauma

**Disease and Disability**
- Ischemic heart disease
- Autoimmune disease
- Lung Cancer
- Chronic Obstructive Pulmonary Disease
- Asthma
- Liver disease
- Skeletal fractures
- Poor self rated health
- Sexually transmitted Disease HIV/AIDS

**Social Problems**
- Homelessness
- Prostitution
- Delinquency, violence and criminal behavior
- Inability to sustain employment
- Re-victimization: by rape; DV, bullying, etc
- Compromised ability to parent
- Teen and unwanted pregnancy
- Negative self and other perceptions and loss of meaning
- Intergenerational transmission of abuse
- Long-term use of multi human service systems, at Annual Cost of: $103,754,017,492.00

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Multiple studies reveal the origin of many mental health disorders may be found in childhood trauma, including Borderline Personality Disorder BPD, Anti-Social Personality Disorder, PTSD, Schizophrenia, Bipolar Disorder, Dissociative Identity Disorder DID, Anxiety Disorders, Eating Disorders including severe obesity, Attention Deficit Hyperactivity Disorder ADHD, Oppositional Defiant Disorder ODD and others

Sources: Adverse Childhood Experiences Study (CDC and Kaiser Permanente, see www.ACEstudy.org) The Damaging Consequences of Violence and Trauma (see www.NASMHPD.org) and Trauma and Recovery (J Herman). Cost data: 2007 Economic Impact Study (PCAA). Chart created by Ann Jennings, PhD. www.TheAnnaInstitute.org  Revision: Feb 2011
Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often…
   - Swear at you, insult you, put you down, or humiliate you?
   - Act in a way that made you afraid that you might be physically hurt?
     Yes  No  If yes enter 1 ______

2. Did a parent or other adult in the household often or very often…
   - Push, grab, slap, or throw something at you?
   - Ever hit you so hard that you had marks or were injured?
     Yes  No  If yes enter 1 ______

3. Did an adult or person at least 5 years older than you ever…
   - Touch or fondle you or have you touch their body in a sexual way?
   - Attempt or actually have oral, anal, or vaginal intercourse with you?
     Yes  No  If yes enter 1 ______

4. Did you often or very often feel that …
   - No one in your family loved you or thought you were important or special?
   - Your family didn’t look out for each other, feel close to each other, or support each other?
     Yes  No  If yes enter 1 ______

5. Did you often or very often feel that …
   - You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you?
   - Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
     Yes  No  If yes enter 1 ______

6. Were your parents ever separated or divorced?
   Yes  No  If yes enter 1 ______

7. Was your mother or stepmother:
   - Often or very often pushed, grabbed, slapped, or had something thrown at her?
   - Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
   - Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
     Yes  No  If yes enter 1 ______

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
   Yes  No  If yes enter 1 ______

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
   Yes  No  If yes enter 1 ______

10. Did a household member go to prison?
    Yes  No  If yes enter 1 ______

   Now add up your “Yes” answers: ______ This is your ACE Score.