

RETRAIN YOUR BRAIN

FOR CHILDREN



Positive Role Models



Supportive Adults



Parental Involvement



Caring Community



Increased Parent-Infant Contact



Increased Knowledge of Child Development

FOR ADULTS



Acknowledge Trauma



Seek Support



Identify Emotional Triggers



Mental Health and Substance Abuse Treatment



Create Safe and Stable Nurturing Relationships

FOR EVERYONE



Supportive Relationships



Healthy Food



Exercise



Smile



Talk About Feelings



Music



Walk in the Woods



Gratitude



Positive Thoughts



Laugh



Hope



Volunteer

How do we stop ACEs?

Two ways.

1

Reduce children's exposure to trauma and severe or sustained adversity.

2

Adopt practices that build children's resilience through supportive relationships.

What's Your Child's Story? What's Yours?

WHAT ARE ACEs?

ACEs are "adverse childhood experiences" that impair development of children's brains and bodies so profoundly that the effects persist throughout a person's life and are passed on to the next generation.

A person with 4 or more ACEs is:

12X

more likely to attempt suicide

10X

as likely to use injection drugs

7X

as likely to be an alcoholic

3X

more likely to be unable to work and twice as likely to earn less than \$20,000 annually

2X

as likely to drop out of high school

2X

as likely to have heart disease, stroke, cancer, diabetes

ADVERSE CHILDHOOD EXPERIENCES

ACEs

LOCAL SUPPORT SERVICES



Rescue Mission
(907) 452-5343
24/7 Crisis Line
(907) 452-4357



Fairbanks Community Mental Health
(907) 371-1300



Fairbanks Public Health
(907) 452-1776



Fairbanks Youth Advocates
(907) 374-5678



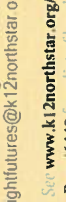
Fairbanks Bright Futures
brightfutures@k12northstar.org



Anonymous
(844) 751-4393



Stone Soup Cafe
(907) 456-8317



Food Bank
(907) 457-4273



Resource Center for Parents and Children
(907) 456-2866

FNA Head Start
0 to 5
(907) 451-8814

Alaska Court System
Family Law Self-Help Center
(866) 279-0851

Fairbanks Memorial Hospital
Pediatric Services
(907) 458-5325

Chief Andrew Issac
Pediatric Services
(907) 451-6882
Ext. 3670

Tanana Chiefs Behavioral Health
Toll-Free 1(800) 478-4741
Ext. 3176

National ACEs: www.cdc.gov/violenceprevention/acestudy/Alaska

ACEs: dhs.alaska.gov/abada/ace-ak/Pages/default.aspx

ACEs Connection: acesconnection.com

National Child Traumatic Stress Network: nctsn.org

ACEs cause much of chronic disease, and are mental illness, and are at the root of much of our society's violence.

How do ACEs affect the people of Alaska? Three ways.

- 1. ACEs cause a toxic level of stress** that, unlike manageable stress, disrupts normal brain development and can lead to life-long social, emotional, and cognitive impairment.
- 2. ACEs also strain and weaken children's organ systems,** which causes long-term health problems. Children often turn to high risk behaviors to cope with the pain of ACEs and those can also lead to chronic illness and disease.
- 3. Finally, the effects of ACEs may embed in a child's DNA** and re-emerge in the next generation when he/she grows up and has children.

Alaskans with 6+ ACEs die up to 20 years younger, than Alaskans with 0 ACEs



What's your child's ACE score? What's yours? (ACE) Questionnaire for your child, and then answer for yourself.

Prior to your 18th birthday:

- Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
No ___ If Yes, enter 1 _____
- Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
No ___ If Yes, enter 1 _____
- 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? or Attempt or actually have oral, anal, or vaginal intercourse with you?
No ___ If Yes, enter 1 _____
- Did you often or very often feel that no one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
No ___ If Yes, enter 1 _____
- Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and
Now add up your "Yes" answers: _____
Score isn't a crystal ball; it's just meant as guidance. To learn more, talk to your child's pediatrician and your health care providers.
- Were your parents ever separated or divorced?
No ___ If Yes, enter 1 _____
- Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
No ___ If Yes, enter 1 _____
- Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No ___ If Yes, enter 1 _____
- Was a household member depressed or mentally ill, or did a household member attempt suicide?
No ___ If Yes, enter 1 _____
- Did a household member go to prison?
No ___ If Yes, enter 1 _____

HOW CAN ACEs CAUSE life-long CONSEQUENCES?

Disrupted brain development

Impaired communication, social and learning skills, intellectual/emotional development, and physical function

Adoption of high risk behaviors: suicide, substance abuse, and violence

Disease, disability and social problems

ACEs



EARLY DEATH