

ADVERSE CHILDHOOD EXPERIENCES IN FREDERICK COUNTY



In a 2015 phone survey*, **one third** of Frederick County, MD residents reported experiencing one or two Adverse Childhood Experiences, or ACE, before age 18.

More Frederick County, MD residents (27.2%) reported 3 or more ACEs compared to Maryland (24.1%).

ABUSE



Emotional abuse

	Frederick County	Maryland
Emotional abuse	40.9%	31.2%

HOUSEHOLD DYSFUNCTION



Parental separation or divorce

Parental separation or divorce	30.5%	27.5%
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Household substance abuse

Household substance abuse	30.2%	24.9%
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Household mental illness

Household mental illness	18.5%	15.0%
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WHY DOES THIS MATTER?

Individuals and Families

When we experience ACEs as young people, it can impact the way our brain develops which can lead to more challenges over our lifespan. Additionally, the effects of childhood trauma can be passed down through generations.

Communities

The lifetime cost per victim of childhood trauma is about \$200,000. This includes losses in job productivity, child and adult medical and social services costs, and costs to the criminal justice system.

WHAT'S YOUR STORY?

Do you experience any of these behaviors or unhealthy ways of coping?

- ✓ Anxiety or depression
- ✓ Difficulty learning
- ✓ Oversensitivity to stressful situations
- ✓ Emotional outbursts
- ✓ Trouble in relationships
- ✓ Addictions
- ✓ Any of the health and behavioral challenges listed inside?

Consider your own life history and what kind of difficult experiences you've had. If ACEs are a part of your past, acknowledging it and addressing it can help improve your health and well-being.

To find out your ACE score, go to:

<https://acestoohigh.com/got-your-ace-score/>

Fortunately, the brain is adaptable and can heal, at any age, from the effects of Adverse Childhood Experiences. What strengths do you have that have helped you get through tough times? What things can you do to help retrain your brain?

SUPPORT IS AVAILABLE



Mental Health Association
301-663-0011



Frederick Community Action Agency
301-600-1506



THE RELIGIOUS COALITION

Religious Coalition
301-631-2670



866-411-6803
24/7 Crisis Line



1-800-273-TALK (8255)
suicidepreventionlifeline.org

CITATIONS

* Behavioral Risk Factor Surveillance System. <https://phpa.health.maryland.gov/codoc/Reports/Pages/brfss.aspx>

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

ACEs Connection: acesconnection.com

National Child Traumatic Stress Network: nctsn.org

Resource Guide: <https://fcmha.org/get-involved/mental-health-professionals>

Special thanks to MAPP of Alaska <http://mappofsk.net/projects/connection-packet/>

Frederick County Health Department * April 2018

WHAT'S YOUR STORY?

Our life experiences can impact our health



Photo by Annie Spratt on Unsplash

Learn More About

ADVERSE CHILDHOOD EXPERIENCES

also known as

ACEs

WHAT ARE ACEs?

ACEs are Adverse Childhood Experiences that happen to us before age 18. Certain experiences in childhood impact lives in different ways. Some experiences contribute to negative health outcomes and some contribute to positive health outcomes.

Toxic stress can occur when children are exposed to strong, frequent or long-term adversity without healthy support from adults. Toxic stress can change the structure of the brain and increases the risk of negative health outcomes.

In 1998, the Center for Disease Control (CDC) conducted a study to look at the connections between childhood trauma and adult health problems. This is also known as the ACEs study. This scientific investigation looked at 10 different types of childhood trauma:

Types of Adverse Childhood Experiences

ABUSE 	Physical Sexual Emotional	NEGLECT 	Emotional Physical
HOUSEHOLD DYSFUNCTION 	Household Substance Abuse Parental Divorce Household Mental Illness	Witnessed Domestic Violence Incarcerated Household Member	

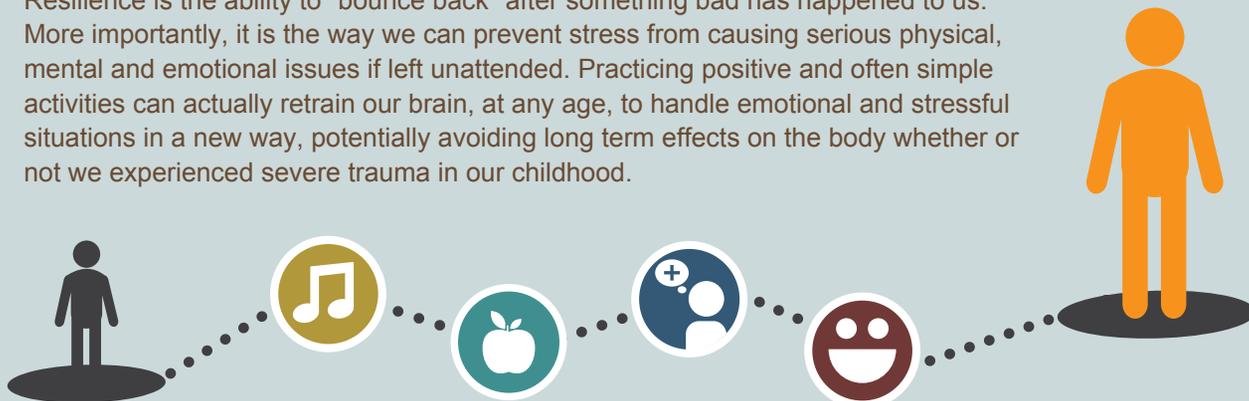
The ACEs study linked these 10 types of childhood trauma to adult health and behavioral problems, including:

Types of Adult Health & Behavioral Problems

BEHAVIORAL 	Lack of Physical Activity Smoking	Alcoholism Drug Use Missed Work
PHYSICAL & MENTAL HEALTH 	Unhealthy weight Diabetes Depression Suicide Attempts	Heart Disease Cancer Stroke <i>and many more</i>

Pathways to Resilience

Resilience is the ability to "bounce back" after something bad has happened to us. More importantly, it is the way we can prevent stress from causing serious physical, mental and emotional issues if left unattended. Practicing positive and often simple activities can actually retrain our brain, at any age, to handle emotional and stressful situations in a new way, potentially avoiding long term effects on the body whether or not we experienced severe trauma in our childhood.



RETRAIN YOUR BRAIN

FOR CHILDREN

-  Positive Role Models
-  Supportive Adults
-  Parental Involvement
-  Caring Community
-  Increased Parent-Infant Contact
-  Increased Knowledge of Child Development

FOR EVERYONE

-  Supportive Relationships
-  Healthy Food
-  Exercise
-  Smile
-  Talk About Feelings
-  Music
-  Art
-  Walk in the Woods
-  Gratitude
-  Positive Thoughts
-  Laugh
-  Hope
-  Volunteer

FOR ADULTS

-  Acknowledge Trauma
-  Seek Support
-  Identify Emotional Triggers
-  Mental Health and Substance Abuse Treatment
-  Create Safe and Stable Nurturing Relationships