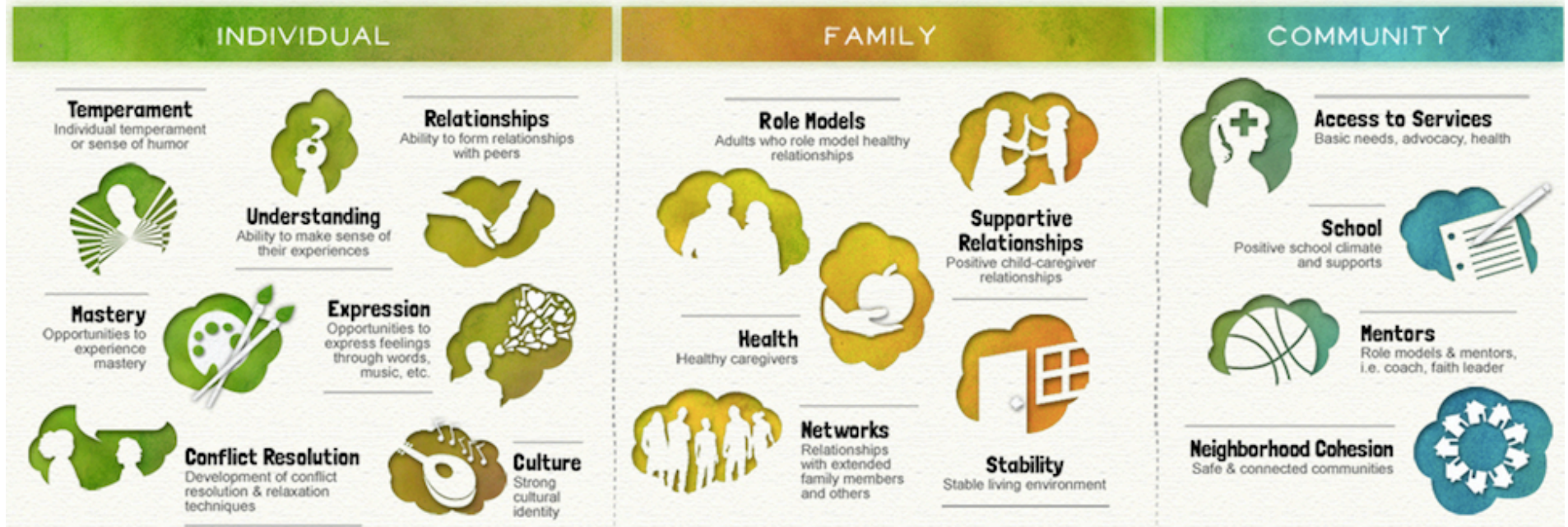


# CENTRAL OREGON

## Trauma, Resiliency, and Adverse Childhood Experiences.

We envision a region where every individual has the strengths, social supports and community resources they need to thrive.

### PROTECTIVE FACTORS THAT PROMOTE RESILIENCY



# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical

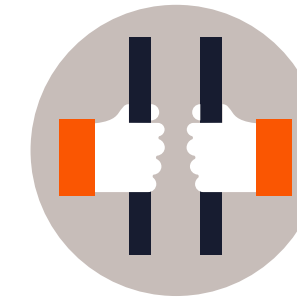


Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

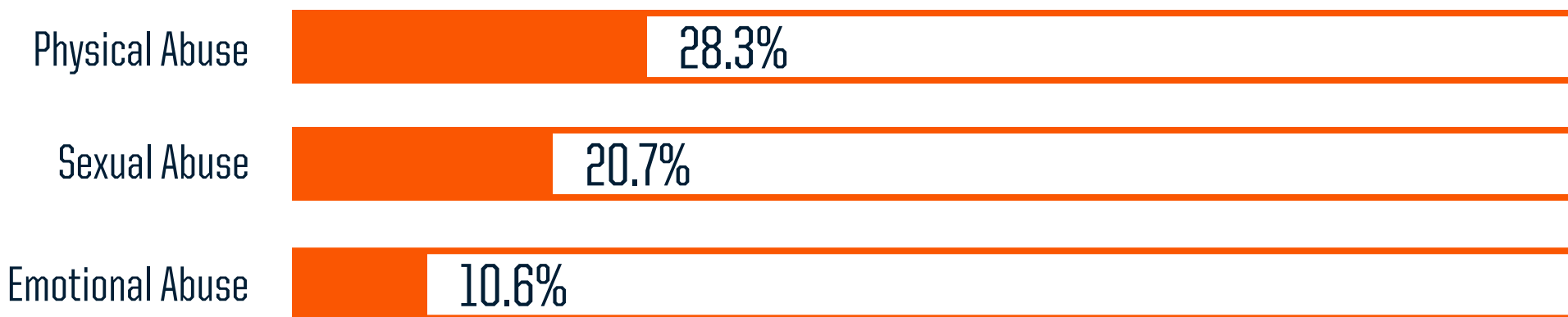


Divorce

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

### ABUSE

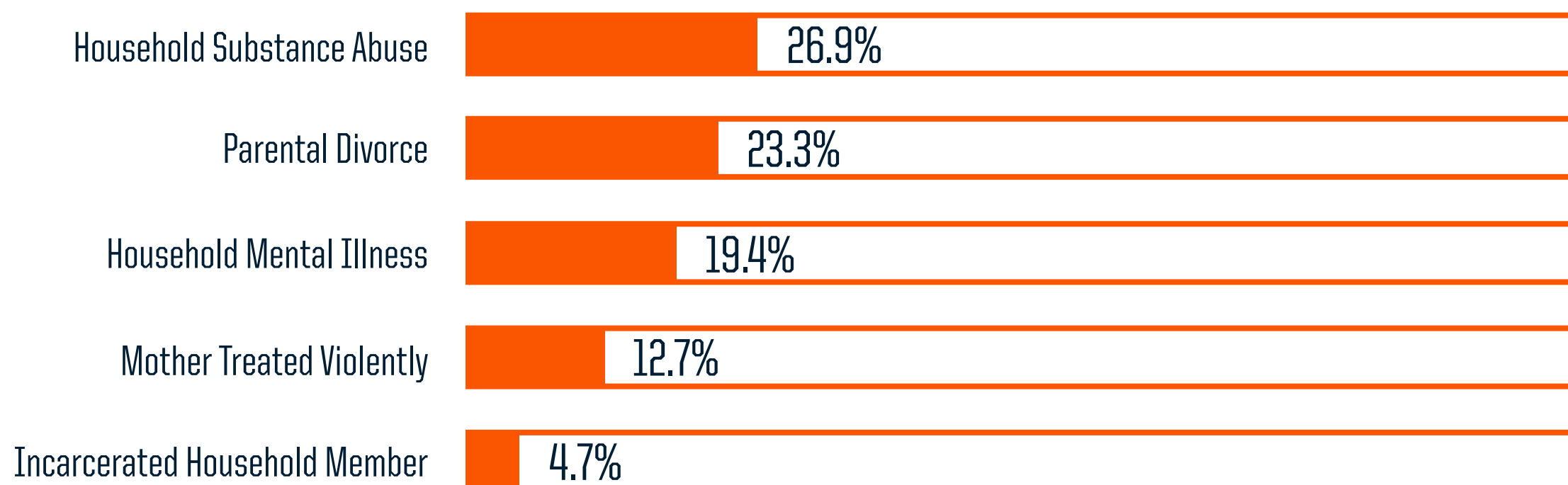


percentage of study participants that experienced a specific ACE

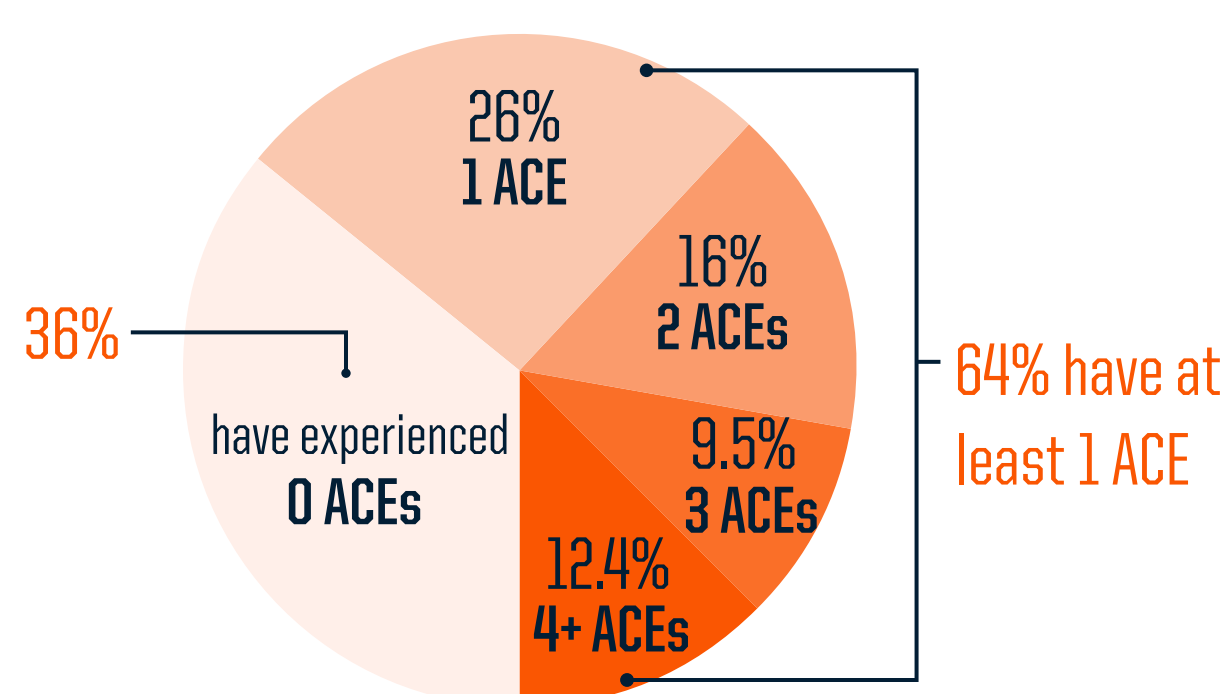
### NEGLECT



### HOUSEHOLD DYSFUNCTION

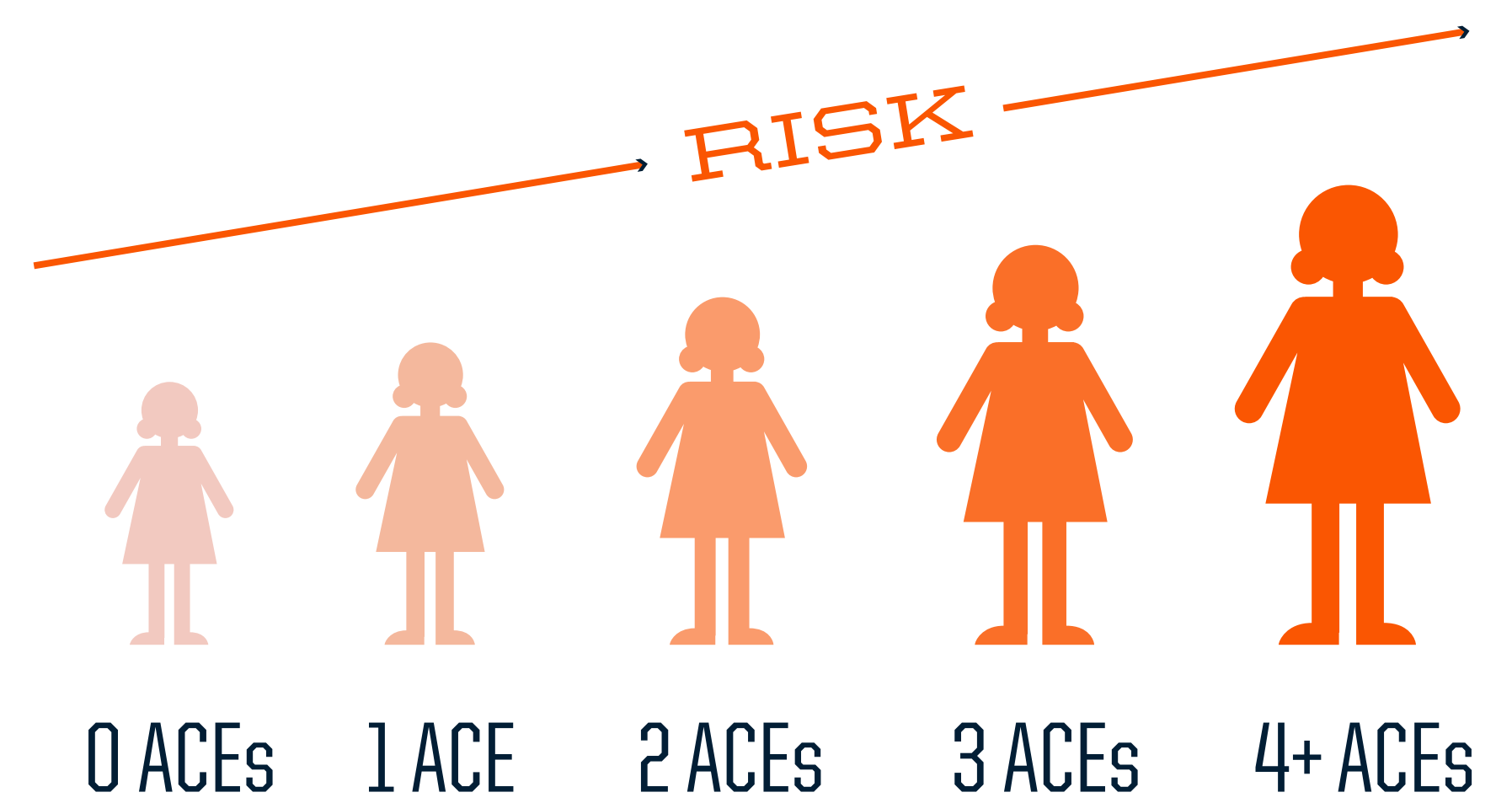


Of 17,000 ACE study participants:



## WHAT IMPACT DO ACEs HAVE?

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



Possible Risk Outcomes:

### BEHAVIOR



### PHYSICAL & MENTAL HEALTH

