



Hello,

I hope everyone had an enjoyable spring break and took time to relax. I am starting this week by hopping right back into our Mental Monday newsletter. This week I want to discuss adverse childhood experiences (ACEs) and how they affect people long into adulthood. An ACE is any experience a child has that potentially caused trauma. These events could include abuse, neglect, toxic stress, or even broken households. Unfortunately, children who experience more ACEs are more likely to experience negative effects long into adulthood. Some of these outcomes include chronic health issues (heart disease, obesity, stroke, diabetes), mental health issues, and substance abuse. People who have higher ACE scores are more likely to struggle with a disability and ultimately have a shorter lifespan. Fortunately, there are many protective factors that help mitigate these issues. School settings are often a protective factor for children, it is important that all educators know how to support students who are struggling with adverse experiences.

Check Out This Video



Quick Facts



- Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years)
- About **61%** of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly **1 in 6** reported they had experienced four or more types of ACEs.
- ACEs are linked to **chronic health problems, mental illness, and substance use** problems in adolescence and adulthood.
- ACEs can also **negatively impact education, job opportunities, and earning potential.**

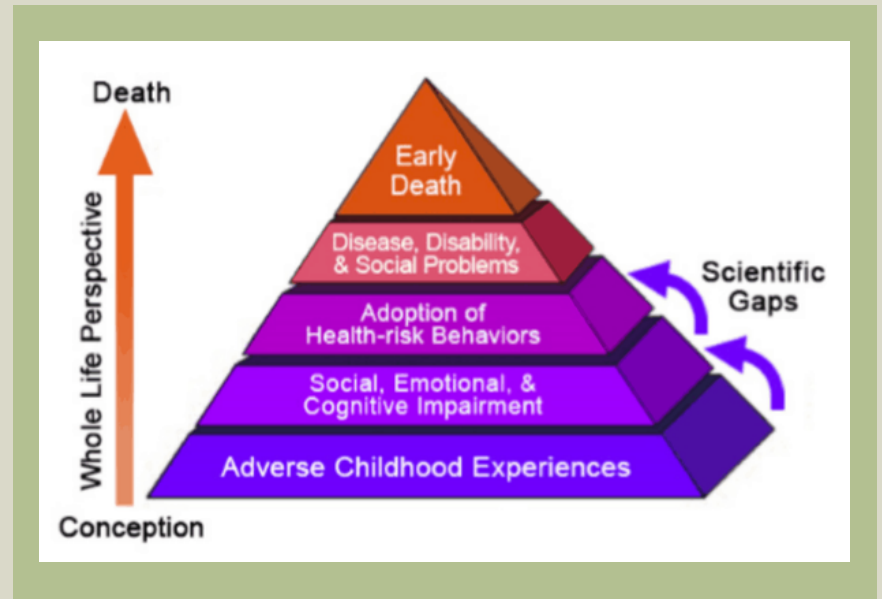
Risk Factors vs Protective Factors

Risk Factors:

- Child Abuse and Neglect
- Lack of Supportive Adults
- Poor Economic Status
- High Household Stress
- Incarcerated Parents
- Parents with Substance Abuse

Protective Factors:

- Having Supportive Adults In the Community
- Engaging in Fun or Positive Activities
- Attending School
- Community Involvement.
- Attending Regular Medical Appointments
- Having Families with Good Conflict Resolution Skills



What Can We Do To Protect Our Students Who Have ACEs In School?

- Learning how to recognize trauma flare-ups
- Helping children identify self-soothing behaviors to relieve their stress and feel better
- Helping students self-monitor and self-reflect
- Communicating with administrators and team members about students' needs
- Attending support meetings to discuss students' needs and tiers for interventions
- Working with a school team to "normalize" the effects of working with traumatized children
- Be there for them, listen to them and encourage them!

Want To See What Your ACE Score Is?

Here is a link to a quiz you can take to determine your ACE score. I would like to warn users that there are some sensitive topics in these quizzes, and they may cause you distress. Please take these quizzes at your discretion. Additionally, these are for educational purposes only, and should not be used to diagnose or treat any conditions.



Want to know more? Check out these resources.

- [Crisis Lifeline](#)
- [Vital Signs](#)



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