



Adverse Childhood Experiences (ACEs) –

Traumas leading to toxic stress which can harm a child's brain and affect overall health

ACES

ACEs include:

- Neglect
- Abuse
- Violence
- Mental illness
- Substance abuse
- Loss of family/friends

Exposure to ACEs increase risk of:

- High-risk sexual behavior
- Depression/Self harm/Suicide
- Substance abuse
- Physical disease/Early death
- Mental illness

ACEs in Monroe County

- 70% of youth surveyed report one or more ACEs
- 16% report 4 or more instances of trauma, making them 3½ times more likely to carry a weapon and 20 times more likely to have attempted suicide.





Resilience — *the ability to return to being healthy and hopeful after bad things happen.*



Things you can do:

- Build and encourage positive social connections
- Develop and nurture positive self view
- Set goals
- Maintain daily routines
- Keep hopeful attitude
- Accept that change is part of living

Resources:

- Trauma-Informed Care Network of Rochester
- Your physician
- Center for Disease Control and Prevention (CDC) www.cdc.gov/violenceprevention/acestudy/
- Resilience Trumps ACEs - www.resiliencetrumpsACEs.org
- Family Counseling Service of the Finger Lakes

DePaul's NCADD-RA
(585) 719-3482

Monroe County STOP DWI
(585) 753-3011



Brighton
(585) 242-5200
xt. 7535

Fairport-Perinton
(585) 697-1817

Henrietta
(585) 359-7055

Honeoye Falls-Lima
(585) 351-6002

Penfield
(585) 249-6740

Pittsford
(585) 267-3677

Webster
(585) 216-0026