

# Morrow County School District begins understanding of ACES & Building Resiliency in Students

## What is Adverse Childhood Experiences Study (ACES):

ACES are adverse childhood experiences that harm children’s developing brains so profoundly that the effects show up decades later; they cause much of chronic disease, most mental illness, and are at the root of most violence.

ACES comes from the CDC-Kaiser Adverse Childhood Experiences Study, a groundbreaking public health study that discovered that childhood trauma leads to the adult onset of chronic diseases, depression and other mental illness, violence and being a victim of violence. The ACE Study has published about 70 research papers since 1998. Hundreds of additional research papers based on the ACE Study have also been published **The 10 ACES the researchers measured:**

(1-3) Physical, sexual and verbal abuse.	(4-5) Physical and emotional neglect.	(6) Witnessing a mother being abused.
(7) Losing a parent to separation, divorce or other reason.	(8-10) A family member who is: <ul style="list-style-type: none"> <li>depressed or diagnosed with other mental illness;</li> <li>addicted to alcohol or another substance;</li> <li>in prison.</li> </ul>	

## The ACE Study revealed five main discoveries:

1. ACES are common...nearly two-thirds (64%) of adults have at least one.
2. They cause adult onset of chronic disease, such as cancer and heart disease, as well as mental illness, violence and being a victim of violence.
3. ACES don’t occur alone....if you have one, there’s an 87% chance that you have two or more.
4. The more ACES you have, the greater the risk for chronic disease, mental illness, violence and being a victim of violence. People have an ACE score of 0 to 10. Each type of trauma counts as one, no matter how many times it occurs. You can think of an ACE score as a cholesterol score for childhood trauma. For example, people with an ACE score of 4 are twice as likely to be smokers and seven times more likely to be alcoholic. Having an ACE score of 4 increases the risk of emphysema or chronic bronchitis by nearly 400 percent, and suicide by 1200 percent. People with high ACE scores are more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, more depression, and more autoimmune diseases. People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.
5. ACE are responsible for a big chunk of workplace absenteeism, and for costs in health care, emergency response, mental health and criminal justice. So, the fifth finding from the ACE Study is that childhood adversity contributes to most of our major chronic health, mental health, economic health and social health issues.

## Resiliency Trumps ACES:

Resilience is a protective factor...in fact, many protective factors. Protective factors enable us to counter the risk factors that endanger our health.

## How do we build resiliency in students?

<b>Parental resilience</b> (you too must take care of yourself in order to take care of your child)	<b>Social connections</b> (we need relationships in order to thrive! And, our social environments matter)	<b>Knowledge of parenting and child development</b> (no owner’s manual & this is the most important job you will ever have)
<b>Concrete support in times of need</b> (basic needs like food, shelter and personal safety must be met)	<b>Children’s social and emotional development</b> (growth mind set philosophy & teaching our children how to communicate with others; to identify and name their feelings so they can regulate and express them appropriately. Children must have a sense of competence and confidence so they can manage their lives)	

**MCS D has been working and partnering with stakeholder agencies to understand and build structures in place to support Resiliency in our schools and communities.**