



Adverse Childhood Experiences (ACEs)

Overview:

As we have learned, early childhood exposure to traumatic events can have a lasting effect on brain development and attachment to caregivers. These effects last throughout adulthood, and can also be a predictor of chronic disease. It's critical that complex care teams understand the correlation between adverse childhood events and increased risk for chronic medical and mental health conditions as well as addiction disorders. Below you will find videos explaining the Adverse Childhood Event (ACE) study, the link to increased risk of chronic medical and behavioral health disease, as well as ideas around prevention. There are also links to additional reading material including the CDC/ACE study website where you can find the ACE 10 question survey.

Core Videos to Watch:

- [Nadine Burke Harris - How Childhood Trauma Affects Across the Lifetime](#). (16 min)
- [Benjamin Perks - How Do We Stop Childhood Adversity from Becoming a Life Sentence](#) (16 min)

Competency Reflection, Assessment or Demonstration

Now that you have reviewed the materials about ACES it is time to reflect on your experiences with this core competency.

In the space below write two case examples – one where you have had a positive outcome or effective interaction with someone who has disclosed having experienced adverse childhood events or a situation in which you have completed the ACE survey with an individual. Additionally, give an example of an intervention or outcome that was not effective. Explain what you feel contributed to the negative outcome.



Case Study #1 – The Effective Intervention

- 1. What were the characteristics, practices and values that contributed to an effective intervention?**
- 2. What role did you play? How did you contribute to the success?**
- 3. Was the individual asked to take the ACE survey as part of this intervention?**
- 4. What impact or outcome did this have on individuals with complex needs?**

Case Study #2 – The Ineffective Intervention

- 1. What were the characteristics, practices and values that contributed to an ineffective intervention?**
- 2. What role did you play?**
- 3. Was the individual asked to take the ACE survey as part of this intervention?**
- 4. What impact did this have on individuals with complex needs?**
- 5. Reflecting on what you have learned from this module- what would you do differently if you were involved in it again?**

Additional Resources for Deeper Understanding:

- [Adverse Childhood Experiences Study](#) (Center for Disease Control and Prevention)
- [Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults](#) (American Journal of Preventive Medicine)