Adverse Childhood Experiences and Health and Well-Being Over the Lifespan

This chart shows the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACES) can result in long-term disease, disability, chronic social problems and early death. 90% of public mental health clients have been exposed to multiple physical or sexual abuse traumas. Importantly, intergenerational transmission that perpetuates ACES will continue without implementation of interventions to interrupt the cycle.

Adverse Long-Term **Impacts of Trauma** Childhood and Health Risks Consequences of **Experiences Easing Pain of** Unaddressed (Birth to 18) Trauma **Trauma** Abuse of Child Neurobiologic Effects Disease and of Trauma Disability Emotional abuse 11% * •Disrupted neuro-•Ischemic heart disease •Physical abuse 28% * development Autoimmune disease Contact sexual abuse 22% Difficulty controlling Lung Cancer Anger - Rage Trauma in Child's Chronic Obstructive Hallucinations Household Environment Pulmonary Disease •Depression (and numerous Alcohol or drug user by •Asthma other mental health household member 27% problems – see below) Liver disease Chronically depressed, Panic reactions emotionally disturbed or Skeletal fractures suicidal household member 17% Anxiety Poor self rated health Mother treated violently 13% •Multiple (6+) somatic Sexually transmitted problems Disease HIV/AIDS Imprisoned household Member 6% •Sleep problems Social Problems • Not raised by both biological Impaired memory parents 23% Homelessness Flashbacks (Loss of parent by separation or Prostitution divorce, natural death, suicide, Dissociation abandonment) •Delinquency, violence and criminal behavior Health Risks Neglect of Child •Inability to sustain Smoking •Physical neglect 19% employment Severe obesity Emotional neglect 15% •Re-victimization: by Physical inactivity rape; DV, bullying, etc *Above types of ACEs are the Suicide attempts Compromised ability "heavy end" of abuse. Eg. to parent Emotional: recurrent threats. Alcoholism humiliation, chronic criticism Teen and unwanted Drug abuse Physical: beating vs spanking pregnancy Neglect: Lack of basic needs for ●50+ sex partners Negative self and other attachment, survival/growth Repetition of original perceptions and loss of trauma meaning One ACE category Self-injury Intergenerational = score of 1. transmission of abuse Eating disorders List is limited to ACE study Long-term use of multi •Perpetrate interpersonal types. Other trauma may include: human service systems, violence. aggression, combat, poverty, street violence, At Annual Cost of: historical, racism, stigma, natural bullying, etc. \$103,754,017,492.00 events, persecution etc.

Multiple studies reveal the origin of many mental health disorders may be found in childhood trauma, including Borderline Personality Disorder BPD, Anti-Social Personality Disorder, PTSD, Schizophrenia, Bipolar Disorder, Disorder, Disorder DID, Anxiety Disorders, Eating Disorders including severe obesity, Attention Deficit Hyperactivity Disorder ADHD, Oppositional Defiant Disorder ODD and others

Sources: Adverse Childhood Experiences Study (CDC and Kaiser Permanente, see www.ACEstudy.org) The Damaging Consequences of Violence and Trauma (see www.NASMHPD.org) and Trauma and Recovery (J Herman). Cost data: 2007 Economic Impact Study (PCAA). Chart created by Ann Jennings, PhD. www.TheAnnaInstitute.org Revision: April 6, 2010