## 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 Impact of Trauma and Long-Term **Adoption of Health** Childhood Consequences of **Risk Behaviors to Unaddressed Experiences Ease Pain of Trauma Trauma** Abuse of Child Neurobiologic Effects Disease and of Trauma Disability Recurrent severe emotional abuse ·Disrupted neuro-•Ischemic heart development disease Recurrent physical abuse Difficulty controlling Cancer Contact sexual abuse Anger - Rage Chronic lung Hallucinations disease Trauma in Child's Depression Chronic Household emphysema Panic reactions Environment Asthma Anxiety Substance abuse Liver disease •Multiple (6+) somatic Parental separation problems Skeletal fractures and/or divorce Sleep problems Poor self rated Chronically depressed, Health emotionally disturbed or Impaired memory suicidal household Sexually transmitted Flashbacks member disease Dissociation Mother treated violently •HIV/AIDS Imprisoned household Social Problems member Health Risk Behaviors Homelessness Loss of parent – (Best by Smoking death, unless suicide. Prostitution Severe obesity Worst by abandonment) •Delinquency, Physical inactivity violence and Suicide attempts criminal behavior Neglect of Child Alcoholism •Inability to sustain employment Abandonment •Drug abuse •Re-victimization: Child's basic physical •50+ sex partners rape; DV and/or emotional Repetition of original needs unmet Compromised ability trauma to parent •Self-injury Intergenerational Eating disorders transmission of abuse ·Long-term use of Perpetrate interpersonal violence health, behavioral \*Above types of ACEs are health, correctional, the "heavy end" of abuse. and social services

Data`supporting the above model can be found in the *Adverse Childhood Experiences Study* (Center for Disease Control and Kaiser Permanente, see <a href="www.ACEstudy.org">www.ACEstudy.org</a>) and *The Damaging Consequences of Violence and Trauma* (see www.NASMHPD.org). Chart created by Ann Jennings, PhD. www.theannainstitute.org