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Healthier Middlesex
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Adverse Childhood Experiences

Greater New Brunswick And Middlesex County

What are Adverse Childhood Experiences?

Adverse childhood experiences (ACEs) are potentially traumatic experiences in a person's life occurring before the age of 18 that can have negative, lasting effects on health and well-being.

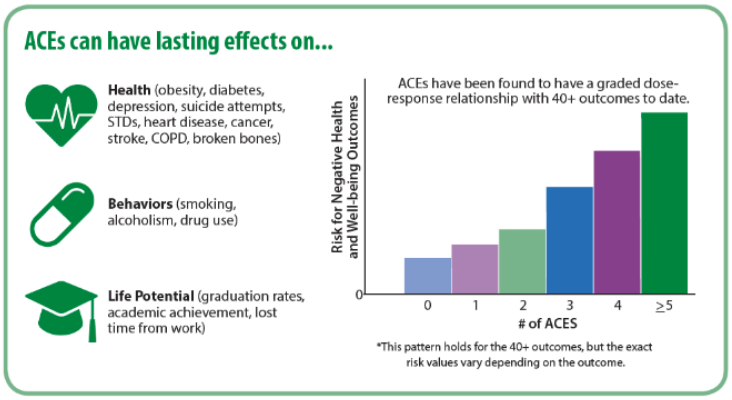
These experiences include:

- physical abuse
- emotional abuse
- sexual abuse
- neglect

Neglect also occurs when a parent or caregiver fails to provide proper supervision for a child or adequate food, clothing, shelter, education, or medical care although financially able or assisted to do so. To learn more

Adverse Childhood Experiences have been linked to:

- Risky health behaviors
- Chronic health conditions
- Low life potential
- Early death



According to the Centers for Disease Control and Prevention (CDC)

ACEs Are Common!

About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

Preventing ACEs could potentially reduce a large number of health conditions.

For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.

Some children are at greater risk than others.

Women and several racial/ethnic minority groups were at greater risk for having experienced 4 or more types of ACEs.

ACEs are costly.

The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year.

IN CASE OF EMERGENCY PHONE: **911**

ACEs Can Be Prevented

According to the Centers for Disease Control and Prevention there are evidence-based strategies that can prevent ACEs from happening and / or lessen the harms of ACEs.

Preventing ACEs

Strategy	Approach
Strengthen economic supports to families	• Strengthening household financial security • Family-friendly work policies
Promote social norms that protect against violence and adversity	• Public education campaigns • Legislative approaches to reduce corporal punishment • Bystander approaches • Men and boys as allies in prevention
Ensure a strong start for children	• Early childhood home visitation • High-quality child care • Preschool enrichment with family engagement
Teach skills	• Social-emotional learning • Safe dating and healthy relationship skill programs • Parenting skills and family relationship approaches
Connect youth to caring adults and activities	• Mentoring programs • After-school programs
Intervene to lessen immediate and long-term harms	• Enhanced primary care • Victim-centered services • Treatment to lessen the harms of ACEs • Treatment to prevent problem behavior and future involvement in violence • Family-centered treatment for substance use disorders

To learn more about Adverse Childhood Experiences, see
https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html

For more information, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

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