



A collaboration of individuals and organizations that work together to make sure that all families can raise healthy children from the start.

ACEs The Basics

What is ACEs?

Adverse Childhood Experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years) such as experiencing violence, abuse, or neglect; witnessing violence in the home; and having a family member attempt or die by suicide.

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with substance misuse, mental health problems, or instability due to parental separation or incarceration of a parent, sibling or other member of the household.

[Preventing Adverse Childhood Experiences \(ACEs\): Leveraging the Best Available Evidence](#)

Watch more here;

[\(51\) ACES Primer HD - YouTube](#)

Why should I care about ACEs?

An astounding **63.9%** of participants reported having 1 or more ACEs. **12.5%**, which translates to **1 in 8** participants, reported having **4** or more. This issue is embedded in our society, even if you score a 0, it's not a "them" issue.

This is everyone's problem. And here's why.

[What are ACEs | We Empower ACEs | Nonprofit Organization](#)

ACEs and Traumatic Events

Traumatic events in childhood can be emotionally painful or distressing and can have effects that persist for years. Factors such as the nature, frequency and seriousness of the traumatic event, prior history of trauma, and available family and community supports can shape a child's response to trauma.

[Preventing Adverse Childhood Experiences \(ACEs\): Leveraging the Best Available Evidence](#)

Childhood Trauma is Not Something that Just Disappears

According to the Centers for Disease Control & Prevention (CDC), "ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood."

The vast majority of people are unaware of what Adverse Childhood Experiences are and how they lead to toxic stress and lifelong problems with health, wellness, and learning.

Pediatrician Nadine Burke Harris— one of the first to link ACEs and toxic stress with harmful effects on health in adulthood— explains the very real, tangible effects of toxic stress in the development of the brain in this TEDTalk.

We Empower ACEs is in no way affiliated with Dr. Burke or Ted. You can watch the Talk [here](#)

[What are ACEs | We Empower ACEs | Nonprofit Organization](#)

FACTS of ACEs

34.8 million children in the US are affected by ACEs

1 Out of 8 Adults Has 4 or More ACEs

Upcoming Training Opportunities

Historical Trauma Specialist Certification program and Pan-Indigenous Neuro Healing program

LEVEL 2 August 16, 2023
LEVEL 3 September 20, 2023
LEVEL 4 October 18, 2023
LEVEL 5 November 15, 2023
LEVEL 6 December 6, 2023

*Each level will be available on-demand following the live virtual presentation if you are unable to attend live.

For more information contact:

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FREE Training In September



Registration is now open:

<https://strongfamiliesaz.com/homevisitingconference>

conference agendas scheduled for September 19 and 20

Want to Connect

Here is one of the many committees.

Arizona Trauma Informed Faith Community Network (AZTIFC)

This committee focuses on building resilient faith-based organizations that facilitate sensitive care, training, and resources.

They promote sharing, advocacy, and social movement by not compromising faith traditions but by multiplying collaboration for the greater good.

Meetings/Location:

The AZTIFC meets in-person on the second Tuesday of each month between 10:00am and 11:30am in various locations.

Committee Chair:

The Committee Chair is Rev. Sanghoon You, MSW, MDiv ASU. To learn more or contact the committee, visit the online [AZTIFC Workgroup Page](#).

More ACEs information:

- <https://www.cdc.gov/violenceprevention/acestudy/>
- [SLAITS - National Survey of Childrens Health \(cdc.gov\)](#)
- <https://www.childhealthdata.org>

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