



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

ACEs and Prevention

What can be done to prevent ACEs?

ACEs and their associated harms are preventable. Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full health and life potential. CDC has produced a suite of technical packages to help states and communities take advantage of the best available evidence to prevent violence, including the many types of violence and social, economic, and other exposures in the home and community that adversely affect children.

Finding the “technical package”!

A “technical package” is a select group of strategies to achieve and sustain substantial reductions in a specific risk factor or outcome.³⁰ Technical packages help communities and states prioritize prevention activities with the greatest potential for impact. A technical package has three parts. The first component is the strategy or the preventive direction or actions to achieve the goal of preventing ACEs. The second component is the approach. The approach includes the specific ways to advance the strategy. This can be accomplished through programs, practices, and policies. The third component is the evidence for each of the approaches in preventing.

Prevention Strategies and Tips

The evidence tells us that ACEs can be prevented by:

- Strengthening economic supports for families
- Promoting social norms that protect against violence and adversity
- Ensuring a strong start for children and paving the way for them to reach their full potential
- Teaching skills to help parents and youth handle stress, manage emotions, and tackle everyday challenges
- Connecting youth to caring adults and activities
- Intervening to lessen immediate and long-term harms



Preventing ACEs	
Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none"> • Public education campaigns • Legislative approaches to reduce corporal punishment • Bystander approaches • Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none"> • Early childhood home visitation • High-quality child care • Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none"> • Social-emotional learning • Safe dating and healthy relationship skill programs • Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none"> • Mentoring programs • After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> • 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

These strategies focus on changing norms, environments, and behaviors in ways that can prevent ACEs from happening in the first place. The last strategy focuses on mitigating the immediate and long-term physical, mental, and behavioral consequences of ACEs. By addressing the conditions that give rise to ACEs and simultaneously addressing the needs of children and parents, these strategies take a multi-generation approach to prevent ACEs and ensure safe, stable, nurturing relationships and environments. Together, these strategies are intended to work in combination and reinforce each other to prevent ACEs and achieve synergistic impact.

Prevention Through Advocacy

The ACEs Aware initiative is a first-in-the nation effort to screen patients for Adverse Childhood Experiences (ACEs) to help improve and save lives.

ACEs Aware strives to create a better world for our children, families, and communities by working together across sectors to prevent and address the impact of ACEs and toxic stress.

[Home | ACEs Aware – Take action. Save lives.](#)

New Topic Alert:
**Trauma-Informed Approaches
to Food and Nutrition**

Resources for:

- *Eating Disorders*
- *Body Image*
- *Childhood Feeding*

National Association of Anorexia Nervosa and Associated Disorders (ANAD) [ANAD | Free Eating Disorder Support Groups & Services](#)

National Eating Disorders Association (NEDA) [National Eating Disorders Association](#)

Kids Help Line [What is body image? | Developing a positive body image | Kids Helpline](#)

The Dove Project [The Dove Self-Esteem Project | Dove](#)

Self Esteem Project [Beyond Images – a body image and self-esteem curriculum](#)

Nourished and Thriving Children: Feeding Course <https://workspace.oregonstate.edu/course/nourished-children>

Upcoming ACES SUMMIT

Dec 4-7

Registration opens October 2nd

Click here <https://azaces.org/summit2023>

Birth to Five Helpline Awareness Week is Oct 9-15th

ABOUT THE BIRTH TO FIVE HELPLINE

The **Birth to Five Helpline** is a *free* service open to all Arizona families with young children. Early childhood professionals may also take advantage of this service. Call the Helpline at **877-705-KIDS (5437)** to speak with one of our bilingual (English/Spanish) early childhood specialists, on duty Monday through Friday from 8:00 a.m. to 8:00 p.m.

Topics addressed include, but are not limited to: sleep, health and nutrition, safety, challenging behaviors, feeding and eating, general child development, potty training, fussiness/colic, and parenting.

If you would like any additional materials or resources, please reach out to us by emailing community@swhd.org

ACES infographics:

- [Adverse Childhood Experiences \(ACEs\), Service Use, and Service Helpfulness Among People Experiencing Homelessness | The Homeless Hub](#)
- [What are Adverse Childhood Experiences \(ACEs\)? – Behavioral Health Solutions of South Texas \(bhsst.org\)https://www.cdc.gov/violenceprevention/aces/prevention.html](#)
- [Trauma Informed Teaching Part 3 of 4: Adverse Childhood Experiences - Social Emotional Learning Curriculum | SEL Lesson Plans \(empoweringeducation.org\)](#)

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