



# **Introduction to Adverse Childhood Experiences (ACEs)**

***Issaquah School District***

***Jennifer Rogers, PhD  
PBSES Coordinator***

# Adverse Childhood Experiences

- ACEs are experiences in childhood that are unhappy, unpleasant, hurtful.
- Sometimes referred to as toxic stress or childhood trauma.

CPS reports of child maltreatment may underestimate the true occurrence. A non-CPS study estimated that 1 in 4 U.S. children experience some form of child maltreatment in their lifetimes.

# Adverse Childhood Experiences

The 1998 Adverse Childhood Experiences study, which sent standardized questionnaires to 17,421 adult members of a large HMO, found that 44 percent of respondents reported suffering sexual, physical, or psychological abuse as children, and 12.5 percent reported having a mother who had been treated violently.

(Fellitti et al., 1998)



# Three types of ACEs

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

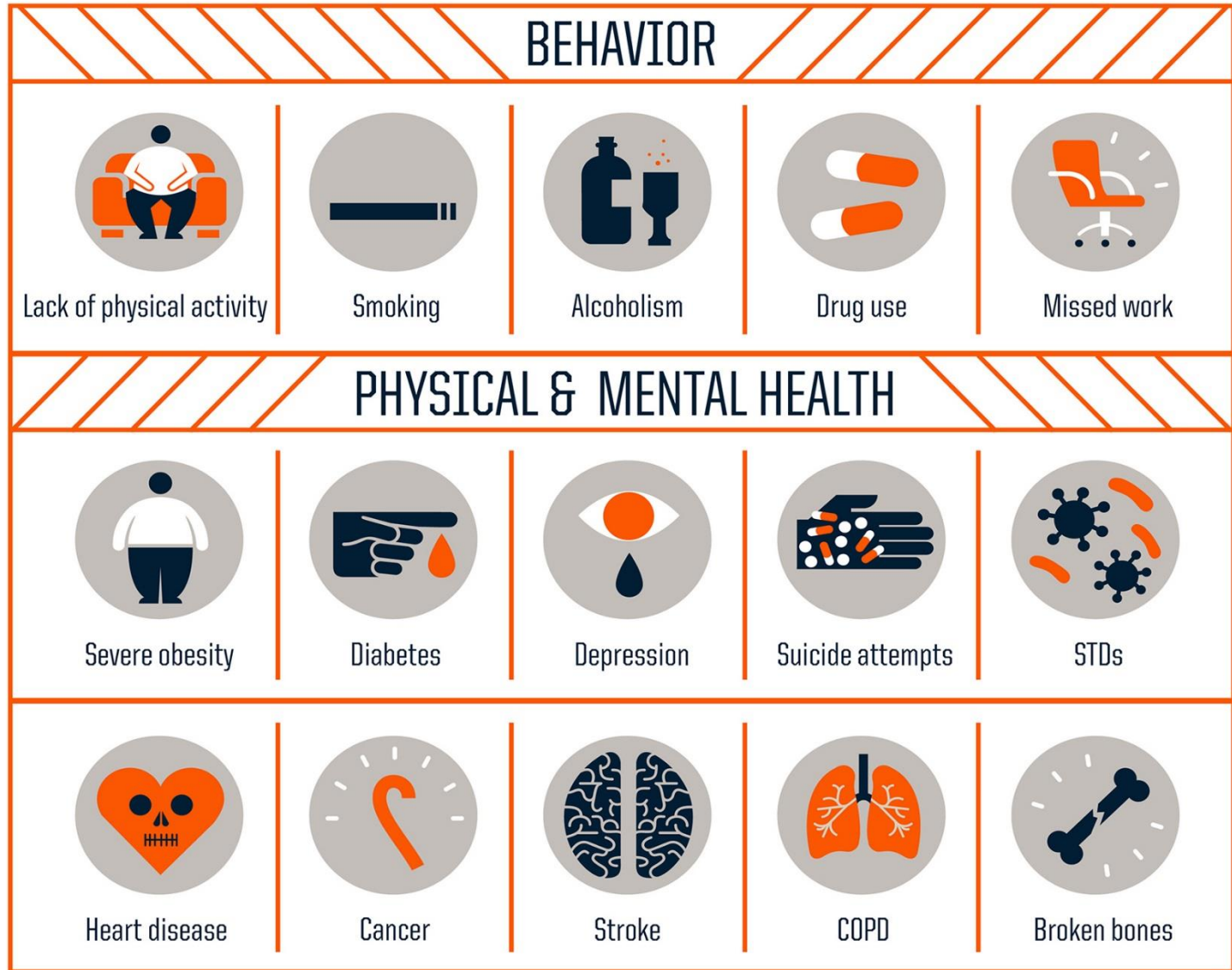
Source: Centers for Disease Control and Prevention  
Credit: Robert Wood Johnson Foundation

# Adult reflections on ACEs

- [https://www.youtube.com/watch?feature=player\\_detailpage&v=jUJHvbPrL0I](https://www.youtube.com/watch?feature=player_detailpage&v=jUJHvbPrL0I)



# ACEs Increase Health Risk



Source: Centers for Disease Control and Prevention

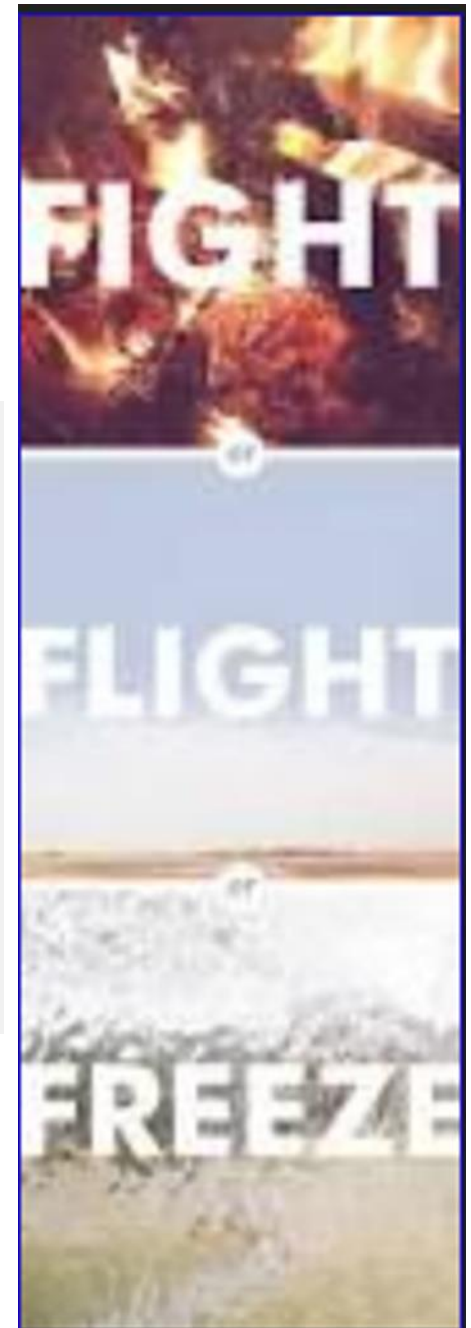
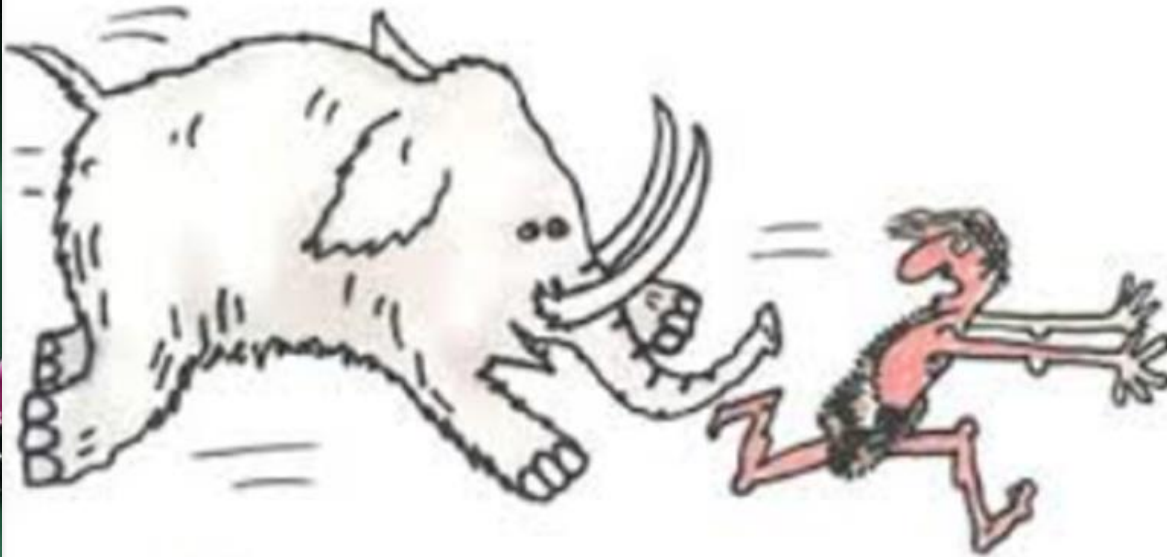
Credit: Robert Wood Johnson Foundation

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# Susceptibility Factors

- High level of responsibility at home
- Poor health/injury of either the student or family member
- Death of a significant person or loss of a relationship
- Foster care
- Poverty /Homelessness / Unstable Housing / Food Insecurity
- Pregnancy
- Incarceration
- Cultural transition/language barriers
- Military Deployment
- Substance Abuse
- Criminal involvement
- Bullying and harassment in school or community

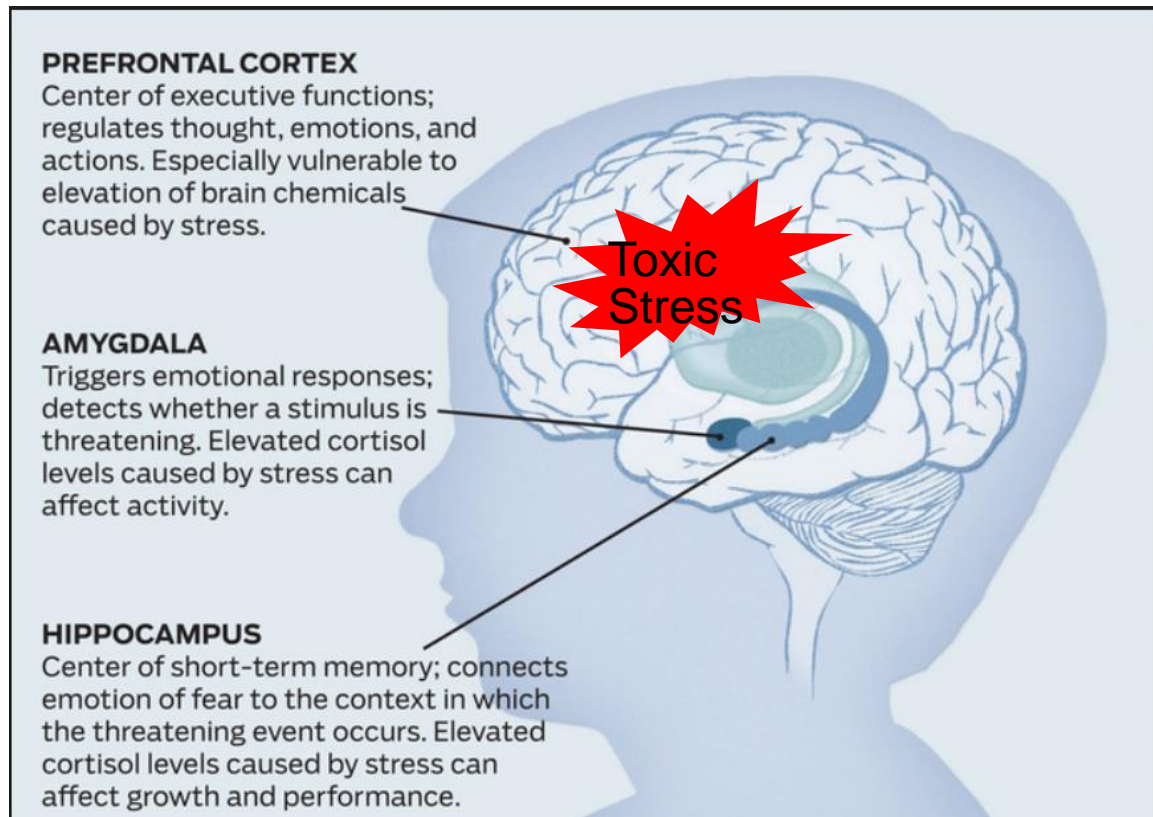
# Toxic Stress = Fight – Flight - Freeze





# Chronically Heightened Stress Response System =

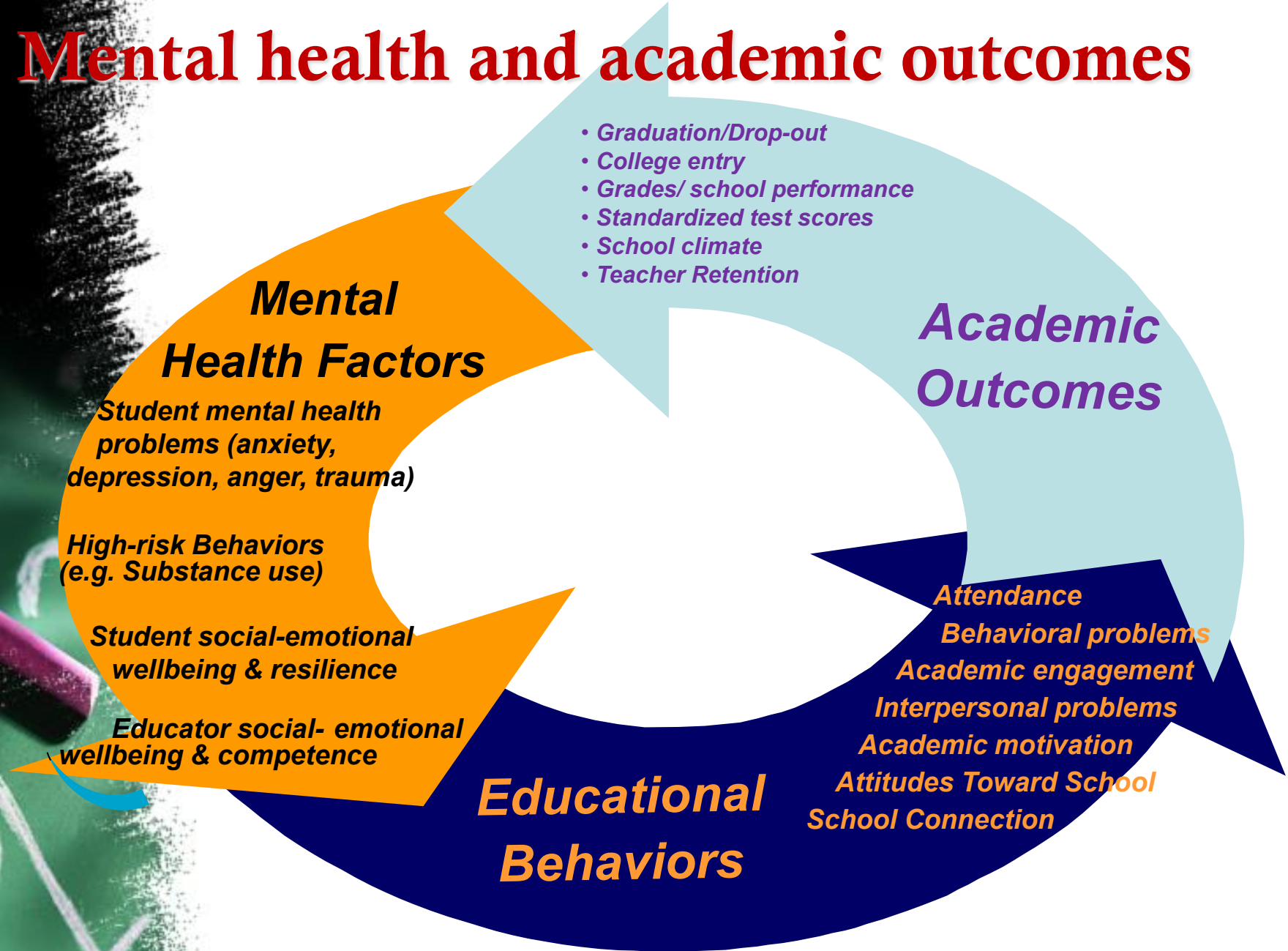
## Overactive Amygdala not allow prefrontal cortex or hippocampus to function appropriately



# Externalized or Internalized



# Mental health and academic outcomes





## ACEs and High School Sophomores and Seniors

### Washington School Classroom (30 Students)

#### Adverse Childhood Experiences (ACEs)

6 students with no ACE

5 students with 1 ACE

6 students with 2 ACEs

3 students with 3 ACEs

7 students with 4 or 5 ACEs

3 students with 6 or more ACEs

58% (17) students with no exposure to physical abuse or adult to adult violence


29% (9) of students exposed to physical abuse or adult to adult violence

13% (4) of students exposed to physical abuse and adult to adult violence



Population  
Average



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**How can we  
address ACES in  
our school?**

**A Multi-Tiered  
System of  
Supports**

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# **This means YOU too!!**

VOICE Mentors are an important  
part of the multi-tiered system of  
support

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# Multi-Tiered Systems of Support


MTSS is the practice  
of:

➤ *Serving ALL  
students through  
continuum of care*

# **Group Activity:** **What ingredients do you contribute promoting student social-emotional well-being?**





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# Ingredients to Promoting Student Social, Emotional, and Academic Success

- Create a **positive, structured, predictable and safe environment** for all students
- Establish and maintaining **positive relationships** so all students feel connected to school



# Building Student Resilience

- [https://www.youtube.com/watch?v=cqO7YoMscU&feature=player\\_detailpage](https://www.youtube.com/watch?v=cqO7YoMscU&feature=player_detailpage)
- [https://www.youtube.com/watch?v=xSf7pRpOgu8&feature=player\\_embedded](https://www.youtube.com/watch?v=xSf7pRpOgu8&feature=player_embedded)



# Resilience

*Resilience is also not something that you're either born with or not. Resilience also comes from supportive relationships with parents, peers and others, as well as cultural beliefs and traditions that help people cope with the inevitable bumps in life. Resilience is found in a variety of behaviors, thoughts, and actions that can be learned and developed across the life span.*

**Turn and talk: Have you seen resilience demonstrated by the children that you serve? What did that look like?**

**Supportive relationships build  
resiliency and provide  
opportunities for skill building**







# Questions?

**THANK YOU!!**



**PBSES**

Positive Behavior and Social Emotional Support