What are ACEs?
ACEs are adverse childhood experiences that can be serious, severe and harmful. ACEs can prevent a child from developing in healthy ways. They can interfere with physical, mental and social development.

ACEs are major determinants of public health spending. They are:
- Common,
- Happen in any family and
- Have long-term and cumulative effects.

The ACE Study
This study is one of the largest, ongoing investigations ever conducted to examine the connection between childhood adverse experiences and later-life health and well-being. The study had more than 17,000 participants and was a collaboration between the Centers for Disease Control and Kaiser Permanente San Diego.

ACEs in Oregon
64% of Oregonians have experienced at least one ACE.

Science
The early years are the most active period for brain development. Extreme childhood adversity can deny a growing brain and body the energy and environment needed for health and well-being. This is because ACEs:
- Activate the stress response system, making it difficult to take in and respond to new information;
- Reduce the brain’s ability to develop positive strategies for recognizing, learning about and responding to challenges;
- Increase the difficulty in building and sustaining positive and safe relationships.
Science tells us that relationships shape our brains and build our resilience. They help us learn better, work better and parent better. With each connection, we develop a healthier, stronger community.

**Resilience**
Resilience is the capacity to thrive in both good times and difficult ones. It can be developed and nourished at any age, in every person.

**Community Strategies**
Resilience grows through supportive environments, caring connections and positive experiences.

Strategies for Promoting Resilience:
- Facilitate friendships and mutual support among parents
- Strengthen parenting skills, resources and education
- Support all parents with culturally competent practices
- Promote children’s social and emotional development
- Provide resources for family crisis
- Identify and respond to early warning signs of child abuse

**Community Workshop**
Lane County Health & Human Services is offering a community workshop that provides an overview of the ACEs initiative in Lane County. To schedule a presentation, call (541) 682-8786 or email aces@co.lane.or.us.

Workshops review CDC and state-level research findings and their association with long-term physical, mental and social outcomes. Developments in neuroscience are discussed as a means for understanding the ACE study findings. The importance of promoting resilience through building and incorporating protective factors is raised as a critical strategy for addressing and reducing the impact of ACEs in the lives of children and families.

For more information:
(541) 682-8786
aces@co.lane.or.us
lanecounty.org/aces

Adverse Childhood Experiences Project
Lane County Health & Human Services