Adverse Childhood Experiences (ACEs) –
Traumas leading to toxic stress which can harm a child’s brain and affect overall health

ACEs include:
- Neglect
- Abuse
- Violence
- Mental illness
- Substance abuse
- Loss of family/friends

Exposure to ACEs increase risk of:
- High-risk sexual behavior
- Depression/Self harm/Suicide
- Substance abuse
- Physical disease/Early death
- Mental illness

ACEs in Monroe County
70% of youth surveyed report one or more ACES
16% report 4 or more instances of trauma, making them 3½ times more likely to carry a weapon and 20 times more likely to have attempted suicide.
Resilience — the ability to return to being healthy and hopeful after bad things happen.

Things you can do:
• Build and encourage positive social connections
• Develop and nurture positive self view
• Set goals
• Maintain daily routines
• Keep hopeful attitude
• Accept that change is part of living

Resources:
• Trauma-Informed Care Network of Rochester
• Your physician
• Center for Disease Control and Prevention (CDC) www.cdc.gov/violenceprevention/acestudy/
• Resilience Trumps ACEs - www.resiliencetrumpsACEs.org
• Family Counseling Service of the Finger Lakes

Brighton (585) 242-5200 xt. 7535
Fairport-Perinton (585) 697-1817
Henrietta (585) 359-7055
Honeoye Falls-Lima (585) 351-6002
Penfield (585) 249-6740
Pittsford (585) 267-3677
Webster (585) 216-0026

DePaul’s NCADD-RA (585) 719-3482
Monroe County STOP DWI (585) 753-3011