



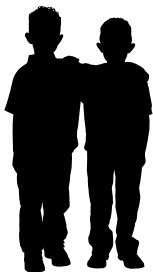
ROADBLOCKS

TO WELLNESS

ACEs: Adverse Childhood Experiences

WHY DO ACEs MATTER?

Adverse Childhood Experiences are linked to **MENTAL HEALTH** and **SUBSTANCE ABUSE PROBLEMS** in both children and adults.



Adverse Childhood Experiences can lead to a long list of **BEHAVIORAL AND PHYSICAL HEALTH PROBLEMS**, including heart disease, diabetes, addiction, depression and even early death.

Higher ACEs SCORE =
Higher healthcare costs and diminished quality of life

WHAT ARE ACEs?



Physical abuse



Incarceration of a family member



Violence in home



Sexual abuse



Mental illness in home



Emotional neglect



Substance abuse in home



Physical neglect



Emotional abuse



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Michigan Chapter



67%
of adults have at least **1 ACE**



25%
of adults have **3+ ACEs**



65%
of youth aging out of foster care have **5+ ACEs**

The more **Adverse Childhood Experiences** people experience, the more likely they are to be in **poor health**.