

Adverse Childhood Experience (ACE)

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's 223.4 million people!

What is an ACE Score & Why Does it Matter?

The Adverse Childhood Experience questionnaire is based off an original study by the CDC and Kaiser Permanente with 17,000 subjects published in 1998. After two decade of continued research this assessment is still the primary tool in understanding the impact of early childhood trauma.

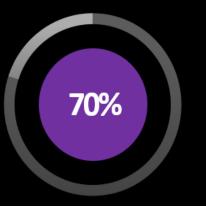
The Staggering Effects of Unhealed TRAUMA

Men with six or more ACEs were 46 times more likely to have injected drugs than men with no history of adverse childhood experiences

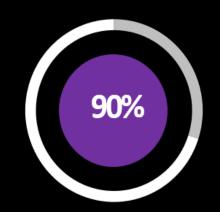


Approximately 5 million children are exposed to domestic violence every year. Children exposed are more likely to attempt suicide, abuse drugs and alcohol, run away from home, engage in teenage prostitution, and commit sexual assault crimes.





An estimated 70 percent of adults in the United States have experienced a traumatic event at least once in their lives and up to 20 percent of these people go on to develop posttraumatic stress disorder, or PTSD.



90 percent of clients in public behavioral health care settings have experienced trauma.

Questionnaire Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or o	other adult in the household often	
Swear at you	ı, insult you, put you down, or humiliate you?	
Act in a way	or that made you afraid that you might be physicall _y	y hurt?
	Yes No	If yes enter 1
2. Did a parent or o	other adult in the household	
	n, grab, slap, or throw something at you? or so hard that you had marks or were injured?	
	Yes No	If yes enter 1
3. Did an adult or բ	person at least 5 years older than you ever	
Touch or fond	dle you or have you touch their body in a sexual	way?
Try to or actu	or ually have oral, anal, or vaginal sex with you?	
	Yes No	If yes enter 1
4. Did you often fe	el that	
No one in you	ur family loved you or thought you were importar	nt or special?
Your family dother?	or lidn't look out for each other, feel close to each o	other, or support each
	Yes No	If yes enter 1
i. Did you often fee	el that	
You didn't ha you?	eve enough to eat, had to wear dirty clothes, and	had no one to protect
Your parents needed it?	or were too drunk or high to take care of you or take	ke you to the doctor if you
	Yes No	If yes enter 1

Ye	es	No	If yes enter 1	
7. Did your mother or	ste	epmother:		
or Sometimes or o or	oft	en kicked, bitten, hit with	slapped, or had something thrown at her? a fist, or hit with something hard? utes or threatened with a gun or knife?	
Ye	es	No	If yes enter 1	
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?				
Ye	es	No	If yes enter 1	
9. Was a household member depressed or mentally ill or did a household member attempt suicide?				
	es	No	If yes enter 1	
10. Did a household member go to prison?				
Ye	es	No	If yes enter 1	
Now add up yo		· "Vos" answers	This is your ACE Score	

6. Were your parents ever separated or divorced?