



CONTACTS & RESOURCES

ACEs Coalition of WV
www.acescoalitionofwv.com

**Addiction and Mental Health
Hotline**
1-844-HELP4WV (1-844-435-7498)

**National Suicide Prevention
Lifeline**
1-800-273-8255
suicidepreventionlifeline.org

Find the Help You Need
CALL 211
WV211.org

Child Abuse Hotline
1-800-352-6513

Help & Hope WV
www.helpandhopewv.org

Inspiring Dreams Network
www.inspiringdreamsnetwork.org



The Adverse Childhood Experiences (ACEs) Coalition of WV is a 501-c3 nonprofit organization working to improve the health and well-being of all West Virginians through understanding, overcoming and preventing ACEs, as well as raising awareness about Positive Childhood Experiences (PCEs) that can offset negative experiences and fuel resiliency.

Attend virtual bi-monthly Coalition meetings and get involved in one or more of the following Task Teams: Awareness, Legislative, Programs and Services, Research, and Training. Contact us at any of the info below.



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**ACES AWARE.
WHY YOU SHOULD CARE.**

**HELPING PREVENT
ADVERSE CHILDHOOD
EXPERIENCES**

GROUNDBREAKING STUDY

The Center for Disease Control (CDC) and Kaiser Permanente conducted a groundbreaking research study published in 1998 that demonstrated a connection between early hardship or Adverse Childhood Experiences (ACEs) and having health and social problems as an adult.

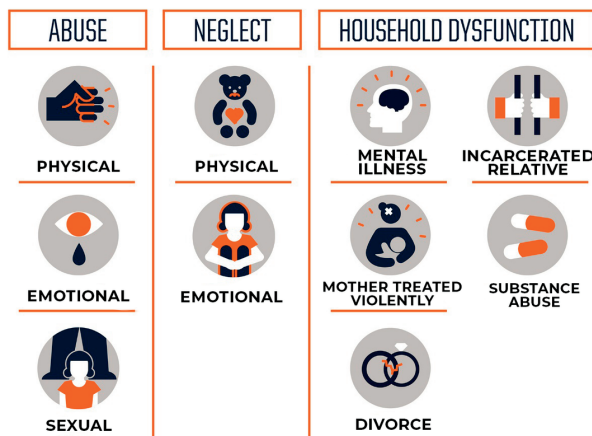


It is important to understand that ACEs do not only affect children, but when they accumulate and remain unaddressed, they can lead to lifelong health consequences.

WHAT ARE ACEs?

(ACEs) are any type of abuse, neglect or other traumatic experience that can occur to individuals under the age of 18.

There are 10 types of experiences that can give researchers, mental health professionals, parents, caregivers and anyone who works with children a sense of the kinds of events which cause toxic and ongoing stress for a child. These experiences can be classified into three categories: **abuse, neglect and household dysfunction.**



AS THE NUMBER OF ACEs INCREASES, SO DOES THE RISK FOR NEGATIVE HEALTH OUTCOMES



A score of 4 or more can make someone:

- 2 times as likely to be a smoker
- 12 times as likely to attempt suicide
- 7 times as likely to be an alcoholic
- 10 times as likely to use injected street drugs

WHAT ARE PCEs?

In 2019, JAMA Pediatrics published a study showing that Positive Childhood Experiences (PCEs) have a similar correlation with long-term health outcomes.

There are 7 PCEs that can increase resilience and protect against risk for mental and physical illness. Adults who had many PCEs in their childhood have fewer problems related to health and wellbeing even if they had a history of ACEs.

The 7 PCEs determined to promote good mental health, resiliency, and success as adults include:

1. Ability to talk with family about feelings
2. Felt experience that family is supportive in difficult times
3. Enjoyment in participation in community traditions
4. Feeling of belonging in high school
5. Feeling of being supported by friends
6. Having at least two non-parent adults who genuinely care
7. Feeling safe and protected by an adult at home

The great news is that when parents and caregivers intentionally introduce PCEs, children are empowered with the necessary tools they will need for long-term success, happiness, and resilience.