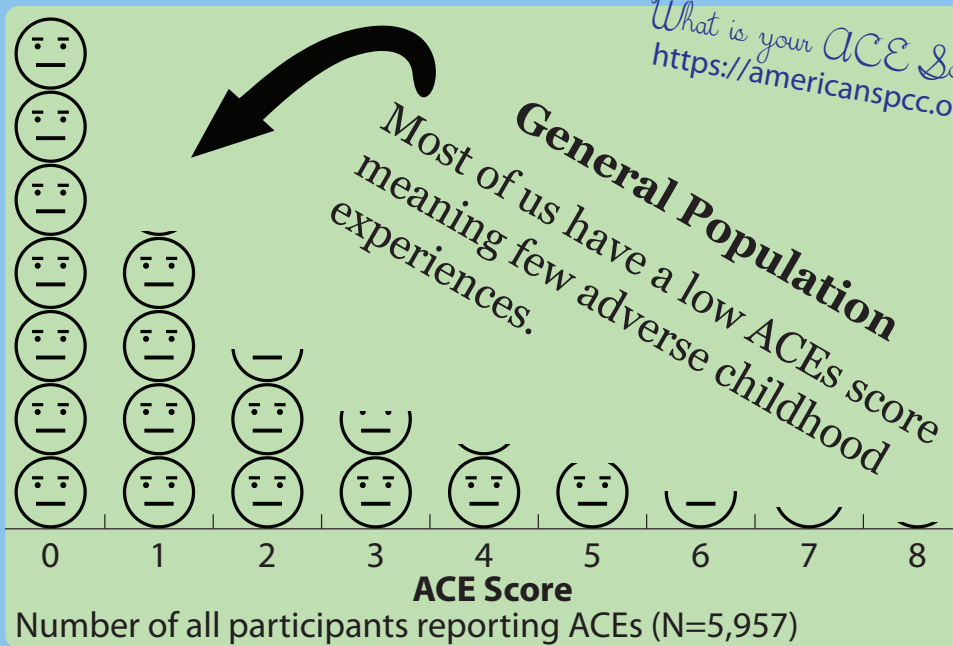


Adverse Childhood Experiences (ACEs) and the Relationship to Homelessness

What is your ACE Score? See for yourself at:
<https://americanspcc.org/take-the-aces-quiz/>



What is an ACE? Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood. For example: experiencing violence or abuse; witnessing violence in the home or community; or having a family member attempt or die by suicide. Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with: substance misuse; mental health problems; or instability due to parental separation or household members being in jail or prison.

— Center for Disease Control
<https://www.cdc.gov/violenceprevention/aces/>

What is an ACE Score? The ACE score is the total sum of the different categories of ACEs reported by participants.

What is the impact of a high ACE Score? ACEs can have lasting, negative effects on health, well-being, and opportunity. Toxic stress from ACEs can change brain development and affect such things as attention, decision-making, learning, and response to stress. Children growing up with toxic stress may have difficulty forming healthy and stable relationships. They may also have unstable work histories as adults and struggle with finances, jobs, and depression throughout life.

— Center for Disease Control

People may not realize the damage that they are doing by placing the blame on the victim ~ but that doesn't lessen the damage that they cause by doing it.
 — Darlene Duimet

