

# ACEs and Resilience

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“ACEs” are Adverse Childhood Experiences.

Traumatic childhood events such as abuse, neglect, and witnessing experiences like crime, parental conflict, mental illness, and substance abuse can result in long-term negative effects on learning, behavior and health. Often referred to as adverse childhood experiences (ACEs), these types of events create dangerous levels of stress that can derail healthy brain development, and increase risk for smoking, alcoholism, depression, heart disease, and dozens of other illnesses and unhealthy behaviors throughout life. It is estimated that 12% of the US population has experienced 4+ of the 10 ACEs markers (abuse, neglect, household dysfunction).

**ACEs**  
**ARE LINKED TO**  
CHRONIC HEALTH PROBLEMS,  
MENTAL ILLNESS, AND  
SUBSTANCE ABUSE PROBLEMS  
In **ADULTHOOD**.



**The good news—resilience brings hope!**

Resilience is the ability to return to being healthy and hopeful after bad things happen. If parents provide a safe environment for their children & teach them how to be resilient, the negative effects of ACEs are reduced.

**What does resilience look like?**

1. Having resilient parents who solve problems and build healthy relationships with adults and their children.
2. Building attachment and nurturing, supportive relationships.
3. Attending to a child's physical and emotional needs.
4. Building social and community connections.
5. Building social and emotional skills.
6. Meeting basic needs with safe housing, nutritious food, appropriate clothing and access to good education and health care.

