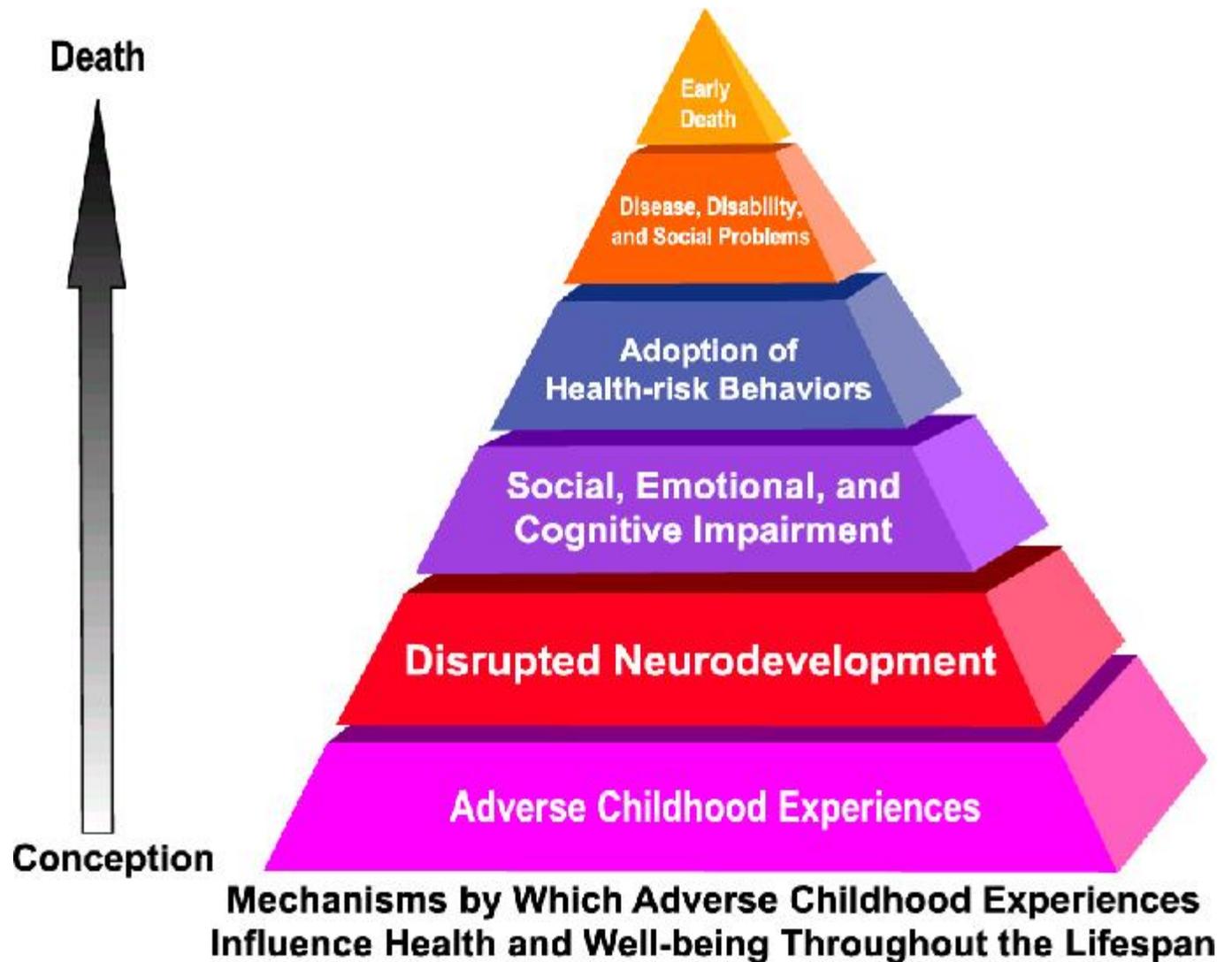
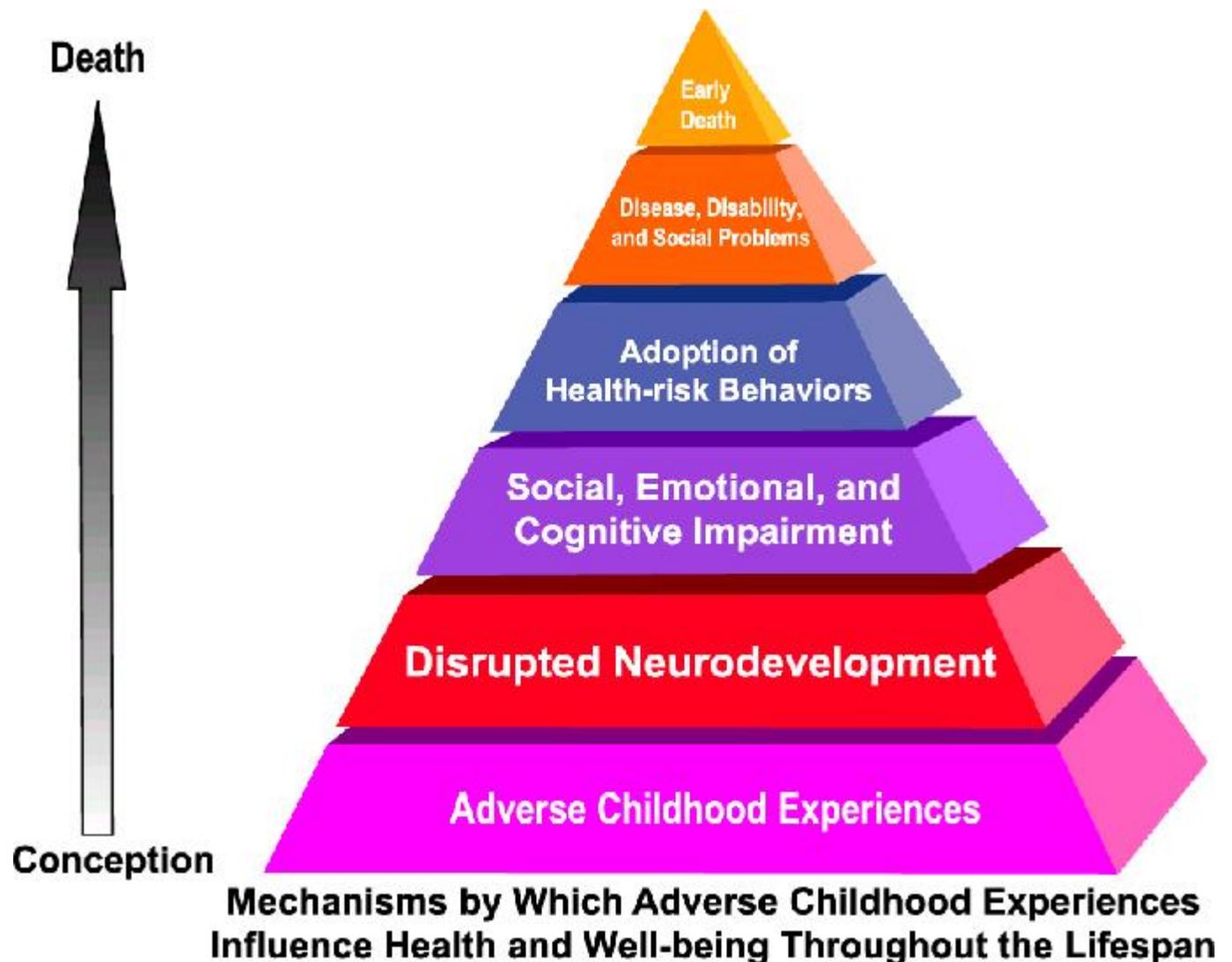


THE ACE STUDY

Short few minute video ACE PREVIEW - https://youtu.be/v3A_HexLxDY





HISTORY

- started in 1980 in an obesity clinic run by Dr Vincent Felitti, then chief of Kaiser Permanente's revolutionary Department of Preventive Medicine - San Diego
- obesity clinic was extremely successful people were losing 100s of pounds yet the clinic had a 50% drop out rate
- Felitti perplexed at the drop out rate started interviewing those who dropped out and charting weight through their lives
- inadvertently asked one woman how much she weighed when she had her first sexual experience - she burst into tears and said 40lbs and that she had been sexually abused as a child.
- Felitti had stumbled upon something - child trauma later called adverse childhood experiences.
- people felt subconsciously that if they were obese that would protect them from attack & pain

ADVERSE CHILDHOOD EXPERIENCES DEFINED

examples -

- children of parent or parents who use drugs
- children of parent or parents with mental illness
- children of parents where one parent abuses the other
- children of psychological, physical, and or sexual abuse
- children of emotional and or physical neglect
- children of a parent who commits suicide
- CHILDREN OF PARENTS THAT SEPARATE OR DIVORCE (and Parental Alienation we can now add)
- et al

FINDINGS / OUTCOMES

- the understanding of how and why millions of people use biochemicals / behavior to cope with childhood trauma - including alcohol, marijuana, food, tobacco, sex, violence, etc to escape fear, anxiety, anger, depression.
- addictions (contextual to ACEs) are SYMPTOMS of childhood trauma
- children with an ACE or ACES are 2x more likely to smoke, 12x more likely to commit suicide, 7x more likely to be alcoholic, 10x more likely to inject illegal drugs, and in general more likely to be violent, to marry / divorce multiple times, more broken bones (from more extreme at risk behavior), more RX drugs, more depression, more auto immune diseases, more work absences.
- more likely to end up in prison
- more COPD - chronic obstructive pulmonary disease
- more high blood pressure
- more diabetes
- more STDs
- more cancer
- EARLIER DEATH

WHY - ACES change the brain "landscape"

- fight / flight / freeze hormones (adrenalin, cortisol, for eg) work really well to help us run faster if being chased by a vicious dog, or fight when cornered, or freeze to escape detection of a predator - BUT - those same hormones / neurochemicals become toxic, esp to a child's developing brain, when turned on too often and/or too long
- the more ACEs a child experiences the more the "landscape" of the brain becomes more vulnerable and permissive for future trauma - this explains how 2 adults for eg go through the exact same event (eg [9/11](#)) and one is traumatized and the other isn't.....because one has a resilient landscape the other a vulnerable landscape due to prior trauma(s).

SOCIAL COST

- per the CDC just ONE YEAR Of confirmed cases of child maltreatment costs \$124 BILLION over the lifetime of the traumatized children.....
- breakdown per child on society -

- \$32,648 in childhood healthcare costs
- \$10,530 in adult medical costs
- \$144,360 in productivity losses
- \$7728 in child welfare costs
- \$6747 in criminal justice costs
- \$7999 in special Ed costs

These emotional, mental, social/economic costs affect each generation hence the INTERGENERATIONAL TRANSMISSION OF ADVERSITY.....where a healthy NO ACEs child will in adulthood become THE VICTIM OF FELLOW ADULTS WHO HAD ACEs.