Adverse Childhood Experiences: The Who, What, and Why It Matters

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Disclosure

Kristen Plastino, MD has no relationships with commercial companies to disclose.

Learning Objectives

At the end of this presentation the participant will be able to:
1. Describe the ACE Study findings.
2. Relate the impact of toxic stress to brain development.
3. Compare percentage of various health and social problems that epidemiologists estimate are caused by ACEs.
**SYNAPTIC DENSITY**

At Birth | Elementary Age | Adulthood

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**THE LIMBIC SYSTEM**

**FIGHT OR FLIGHT**

LIMBIC SYSTEM

**THE HIPPOCAMPUS AND AMYGDALA**

**VITAL FOR RELATIONSHIPS**

Amygdala | Hippocampus

Panic & Fear | Attention | Memory | Social Cues

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**POSITIVE FEELINGS**

Attention

**ADDICTION**

Cerebellar Vermis

Attention Problems | Mental Illness

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What kind of situations might be a good match for a person who tends to be edgy, hypervigilant, emotionally detached, or quick to act?
ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY collides WITH SOCIAL EXPECTATIONS we run into TROUBLE

EXPERIENCE & ADAPTATION sensitive periods Cause-Effect

STRESS Interpretations can differ set points in place by EARLY ADULTHOOD

We have a collective CHOICE

The ACE Study

FINDING MORE CONNECTIONS how multiple forms of childhood adversity can affect many important PUBLIC HEALTH PROBLEMS
The ACE Score is Not!  
- A diagnostic tool  
- A screening tool  
- A predictor at the individual level  
- Or  
- A fun quiz

“The ACE Score is....

A History tool

A communication tool to comfortably talk about life experiences

Becoming part of a common language

A gateway to empathy, compassion, and healing

Does the Risk for Chronic Health Problems Originate in Childhood?
ACES are Common, Interrelated, Powerful

High ACE Scores in Population
Increased Risk of Multiple Health and Social Problems
Intergenerational Transmission of ACES

ACES

Knocking Down ACE Scores will prevent

3 homelessness, unemployment, incarceration
2 disability, learning problems
1 poverty

Results Oriented Decision Making: Data

Not Safe at Home
Not Welcome at School

Core Protective Systems

“Nurturing the healthy development of these protective systems affects the most important preparation or ‘insulation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009
Attachment & Belonging

RELATIONSHIPS
with caring and competent
people are VITAL
contributors to resilience & recovery

Community, Faith & Cultural Processes

Community Capacity Development

Leadership Expansion
Coming Together
Shared Learning
Results-Oriented Decisions

lifting all beings

CHANGE is up to US

It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.

Building Self-Healing Communities
Thank YOU!

www.aceinterface.com