A Primer on Adverse Childhood Experiences and Protective Factors

Advisory Social Services
Board
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What are ACEs?

- Traumatic events that occur during childhood ages 0 -17
- Potential to have lasting, negative effects on health, wellbeing and opportunity across the lifespan
- There 10 original ACEs in 3 categories in the initial CDC study in 1995 – focused on adversity in the home
- As research advances are made, more are being added to more accurately depict the lived experience of children
 - Exposure to violence, victims of bullying, discrimination

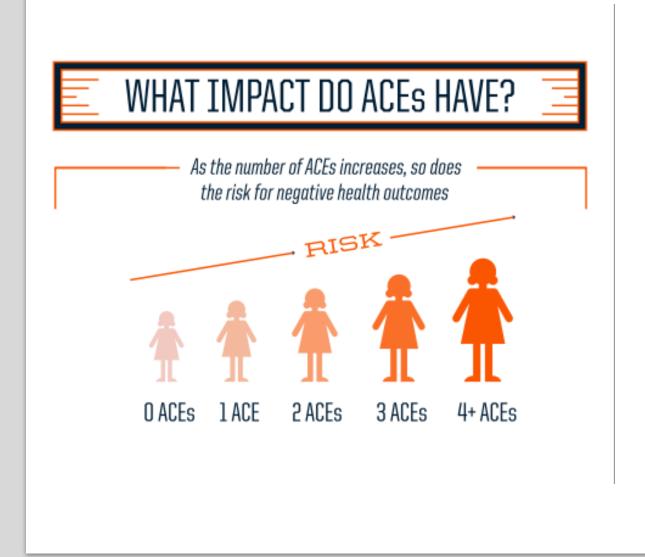
Types of Childhood Adversity



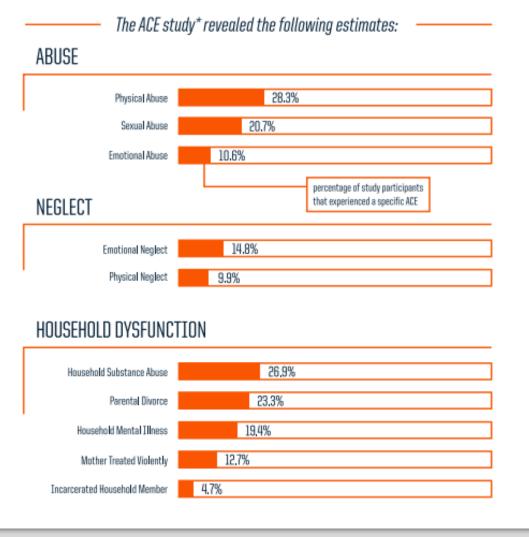
Why are ACEs Important?

- The impact of ACEs has negative physical and psychological implications in childhood and across the lifespan
- Childhood trauma does not just disappear
 - ACEs are linked to issues like substance use in adulthood, mental illness, and chronic health problems
- As the number of ACEs a person experiences increases so does the risk of negative social and health outcomes
- A person with 4 or more ACEs is:

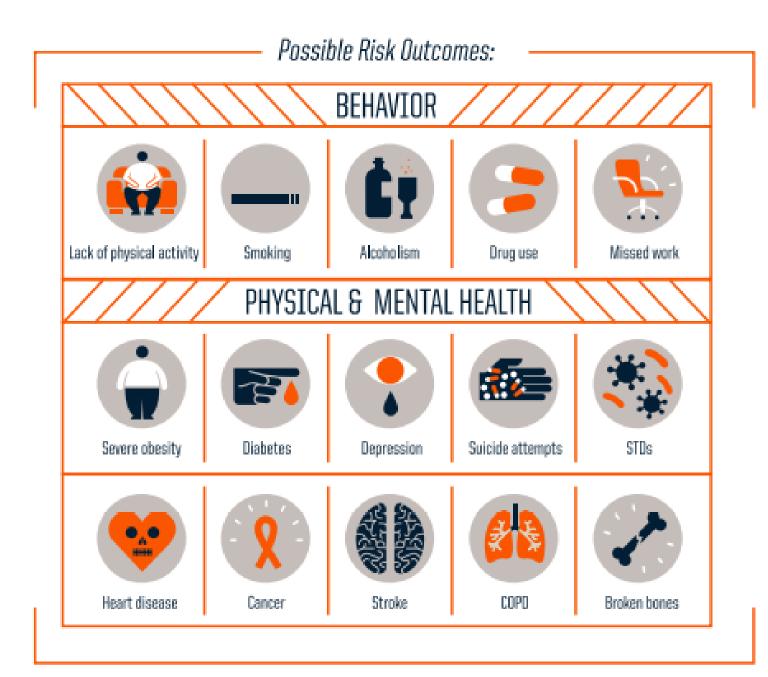
2.4 times more likely to have a stroke1.9 times more likely to have cancer12 times more likely to attempt suicide7 times more likely to be an alcoholic



HOW PREVALENT ARE ACEs?



Possible Risk Outcomes



Protective Factors

- The impact of ACEs is mitigated by the presence and strength of protective factors
- The Protective Factors framework is a research-based, familycentered approach that builds supports the development of protective factors in families
- The research indicates these factors provide the best support to ensure that children thrive.

Social and Emotional Competence

Children's early experiences of being nurtured and developing a *positive relationship* with caring adult *affects all aspects* of behavior and development.

Knowledge of Parenting & Child Development

Children thrive when parents provide not only affection, but also respectful communication and listening, consistent

> rules and expectations, and safe opportunities that promote independence.

Resilience

Parents who can cope with the stresses of everyday life, as well an occasional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.

Social Connections

Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

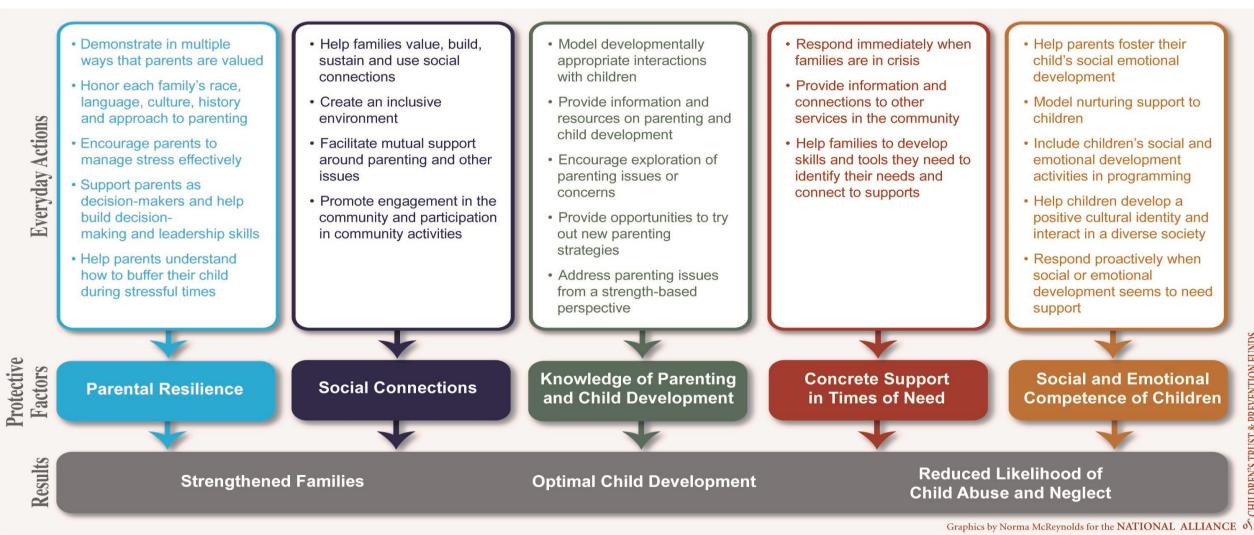
Concrete Support

Protective

Factors

Families who can meet their own basic needs for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are better able to ensure the safety and well-being of their children.

What we can do to support building resilience and protective factors in families



CHILDREN'S TRUST & PREVENTION FUNDS

CENTER FOR THE STUDY OF SOCIAL POLICY'S

strengthening families