What is ACES?

- 1998 study asked middle class Americans about traumas experienced as a child
- Traumas include physical abuse, sexual abuse, domestic violence, having a parent in jail
- Developed as ACE score based on answers
- Score can be 0-10
What is your ACES Score?

- Group exercise to take the test and produce your own score
- Can be found online at http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean
ACES Studies in Alaska

2 Key Findings

- Childhood trauma is far more common than previously realized
- The impact of this trauma affects individuals over a lifetime and societies over generations
ACES Scores in Alaska

<table>
<thead>
<tr>
<th>ACES Score</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>33%</td>
</tr>
<tr>
<td>1</td>
<td>26%</td>
</tr>
<tr>
<td>2</td>
<td>16%</td>
</tr>
<tr>
<td>3</td>
<td>10%</td>
</tr>
<tr>
<td>4+</td>
<td>16%</td>
</tr>
</tbody>
</table>
Select Negative Health Outcomes

- Medicaid
  - 40.6%
- Current Smoker
  - 32%
- Heavy Drinking
  - 20.5%
- Poor Physical Health
  - 33.2%
Costs Associated with ACES

- Reduce smoking cost of $576 million by 32% = $186 million in savings

- Reduce substance abuse by 20% = $350 million in savings

- Reduce Medicaid costs by 40.6% = $350 million in savings

Total = $886 million in annual savings by preventing ACES
Opportunities for Prevention

- Trauma-informed health care
- Trauma informed curriculum
- Raise awareness by distributing information related to ACES to state and local entities
- Increase community’s ability to respond to, prevent, and address ACES
- Pilot programs to conduct Alaska based research
Building a Statewide Movement

- 27 letters of support from organizations across the state
  - Alaska Children’s Trust
  - Sealaska Heritage
  - Juneau Suicide Prevention Council
  - Alaska Mental Health Board & Advisory Board on Alcoholism and Drug Abuse
  - Best Beginnings
  - Alaska Infant and Early Childhood Mental Health
  - Sunshine Community Mental Health Center
ACES is About Connecting the Dots

- Understanding ACES brings together the professionals in the areas of early learning, mental health, substance abuse, pediatrics, behavioral health, domestic violence, and education.

- Understanding ACES impact on early life and the age at which young Alaskans accumulate ACES (Young Alaskans have acquired half of ACES by age 3).

- Building awareness is part of the effort and can be accomplished without funding a new program.
  - Sharing information this month for Child Abuse Prevention Month & Sexual Assault Awareness Month.
  - Offering training opportunities for educators and practitioners or support groups for skill building at organizations.
  - Create policy alternatives that can work for Alaska.