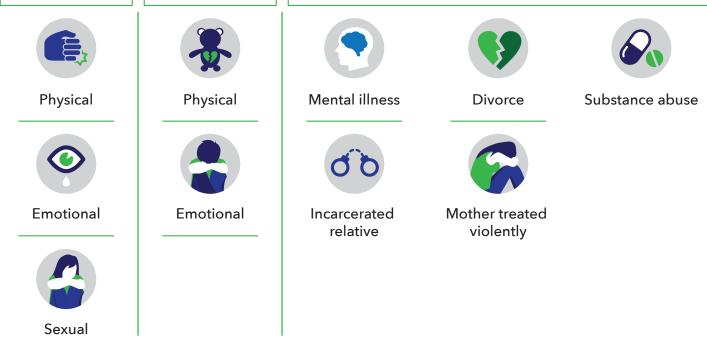
## **ADVERSE CHILDHOOD EXPERIENCES**

Adverse Childhood Experiences (ACES) are stressful or traumatic events experienced before age 18 that can affect a child's future health as an adult.

## WHAT ARE ACEs? Adverse Childhood Experiences are divided into three categories. NEGLECT HOUSEHOLD DYSFUNCTION

ABUSE



## WHAT IMPACT DOES ACEs HAVE AT SCHOOL?

When in trauma, the brain does not work well. Stressed brains can't learn.

HOW IT HURTS	WHAT YOU SEE		OTHER ISSUES
Symptoms of trauma on thinking:	In the classroom, when thinking is compromised:		Additionally, these cognitive deficits often result in:
Difficulty concentrating 2 Problem solving is a challenge 3 Can't find the words to describe what they know	Difficulty p verbal inf		<ul> <li>Low self esteem</li> <li>Poor problem solving</li> <li>Increased truancy</li> <li>Behavior issues</li> <li>Hopelessness</li> <li>Increased peer conflict</li> <li>Increased dropout rates</li> </ul>

## HOW TO COPE WITH ACEs Research indicates that the risks posed by ACEs can be reduced. **PHYSICAL** Regular Good More exercise sleep nutrition **EMOTIONAL Mindfulness** Positive Supportive Build outlook practice relationships resiliency HOW DOES THE SCREENING PROCESS WORK? Schools can play an important role as a trusted family adviser. **SCREEN FURTHER** INTERVENTIONS **CONSIDERATIONS** Administer ACEs • Staff training screener • RESA support Possible referral to a • Resilience focused **Student Support Team** <u>OR</u> behavior support plan Classroom mgmt tools **RESA will contact** • Time-in approaches district administration Self-regulation interventions • Adult and peer connection



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