

ACEs

Adverse Childhood Experiences

ACEs are potentially traumatic or stressful experiences that happen in a person's life before the age of 18.

Types of ACEs

Abuse: physical, emotional, sexual

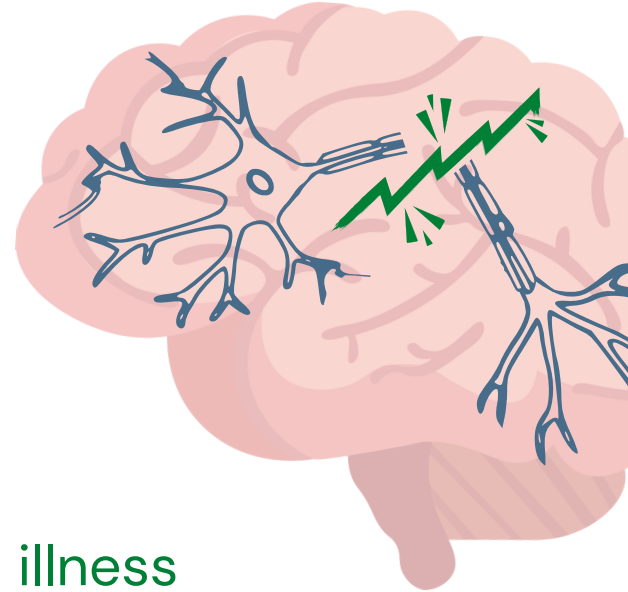
Neglect: physical and emotional

Household Dysfunction:

- Household member with a mental illness
- Mother treated violently (partner violence)
- Parental absence due to separation or divorce
- Incarcerated household member
- Substance abuse by a household member

Possible Impact of ACEs on Your Mentee

- Anxiety and depression
- Difficulty trusting adults
- Feelings of failure
- Short attention span
- Constant fight, flight, or freeze
- Chronic disease (obesity, cancer, etc)
- Mental illness

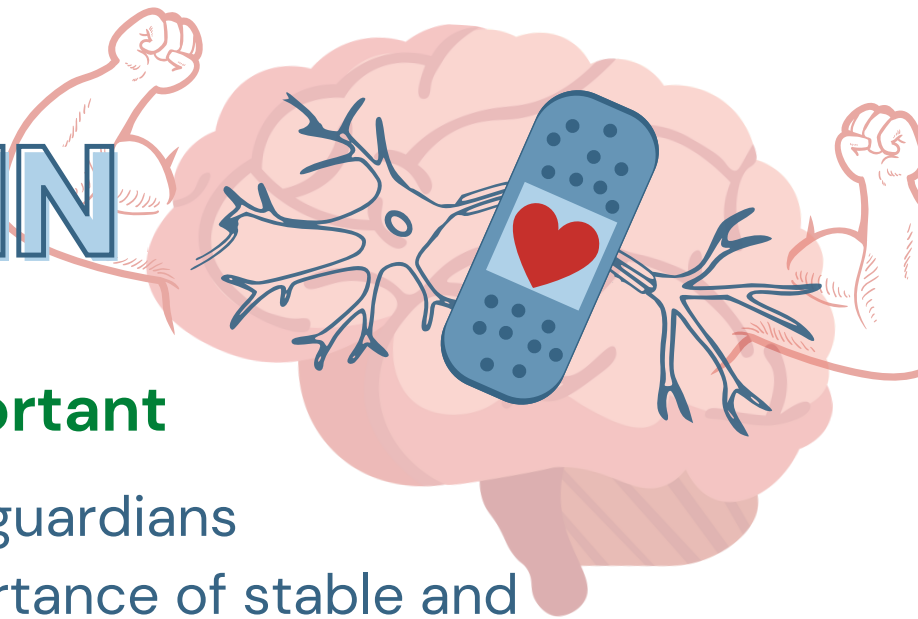


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Now that we know... what are we going to do about it?

A nurturing and supporting relationship with at least **one supportive adult** is the most important protective factor for children to develop resilience and do well despite experiencing significant adversity.

RETRAIN THE BRAIN



Why ACEs are Important

- Empathize with legal guardians
- Understand the importance of stable and supportive relationships
- Better understanding your Mentee's behavior

How to Build Resiliency in your Mentee

- Spend quality time together
- Give opportunities to try new things
- Be a relationship coach
- Empower your mentee
- Maintain high expectations