

Adverse Childhood Experiences in Chester County, Continued....

There are ten identified ACEs

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

While some life stress is normal, stress that accompanies ACEs can become toxic. The more ACEs experienced by a young person, the greater the increase of toxic stress and negative outcomes in that person's life. But there is hope. Chester County's ACEs Coalition is working to increase awareness and understanding about ACEs. Building resiliency and fostering hope can offset the cycle of trauma and contribute to long-term health benefits.

Find out more about [ACEs](#) and [Chester County's Coalition](#), use the links provided.