

# Adverse Childhood Experiences (ACEs) and Being Trauma-Informed

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# Presentation Agenda

- ACE Overview
- ACE Data
- Resilience
- Being Trauma-Informed



# Adverse Childhood Experiences (ACEs)

ACEs:

- are common.
- can have long-term, damaging consequences
- can happen in any family.
- have a cumulative effect—the higher the score, the higher the likelihood of health risk behaviors and poor health outcomes.
- may be a significant driver of health care spending.





ACEs are intergenerationally passed  
Collectively, we must interrupt the cycle.



# ACEs Overview

## Types of Stress Responses

### POSITIVE



A normal and essential part  
of healthy development

#### EXAMPLES

*getting a vaccine,  
first day of school*

# Brain Development



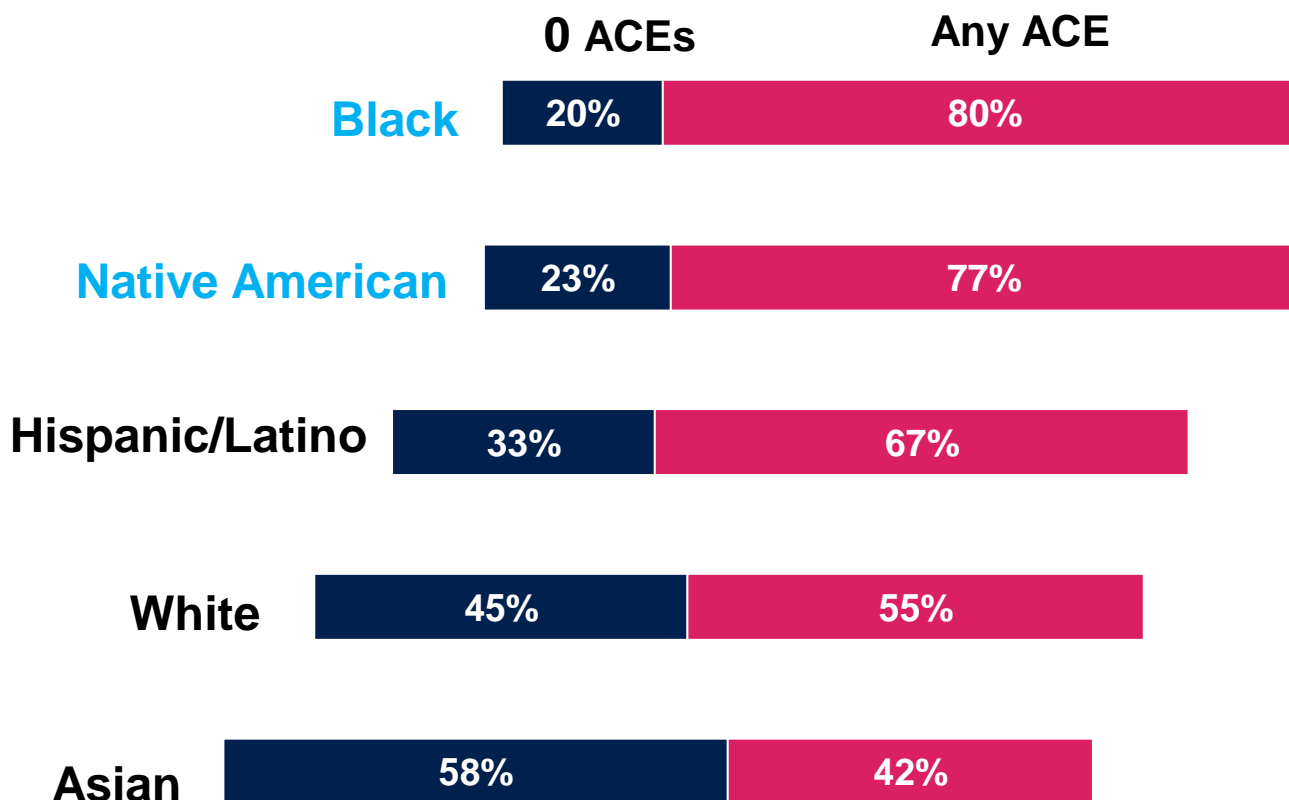


57%  
of Wisconsin  
Residents have  
at least 1 ACE

Findings from the 2011-2015  
Behavioral Risk Factor Survey

# ACE Distribution by Race

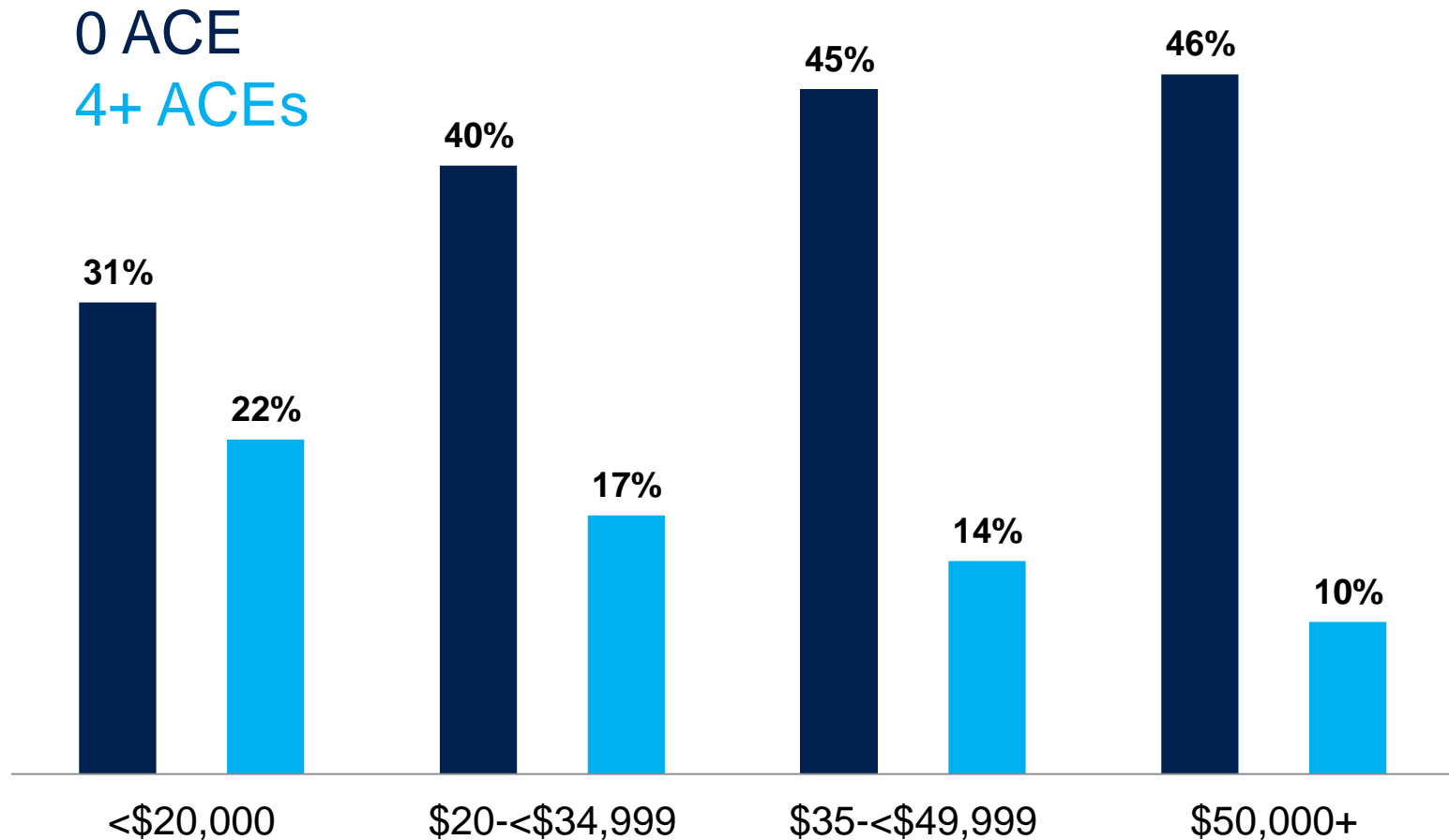
**Blacks and Native Americans have higher rates** of ACEs than Whites, Hispanics/Latinos, and Asians



Findings from the 2011-2015 Behavioral Risk Factor Survey



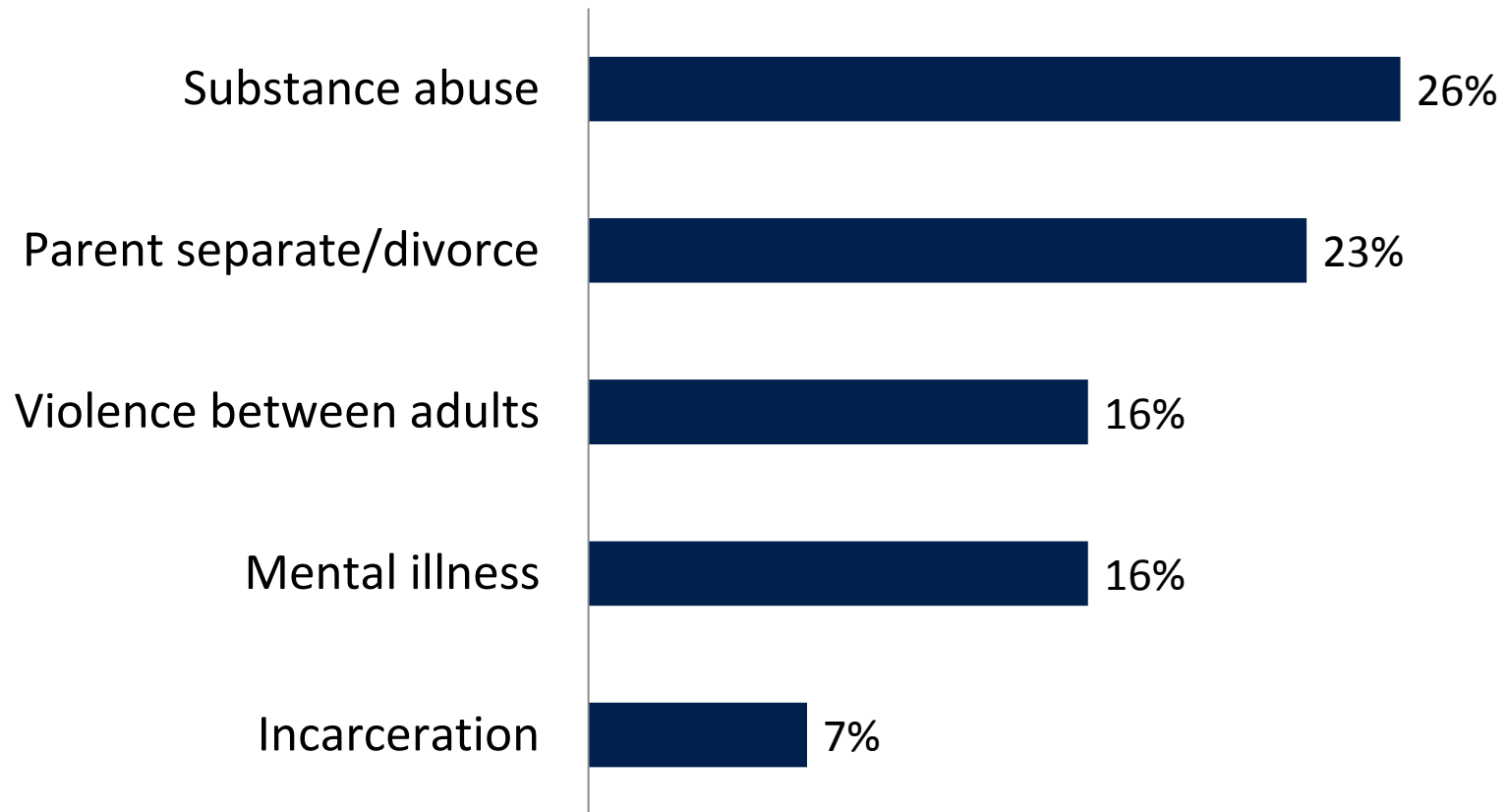
# ACEs and Household Income



Findings from the 2011-2015 Behavioral Risk Factor Survey

# Household Dysfunction

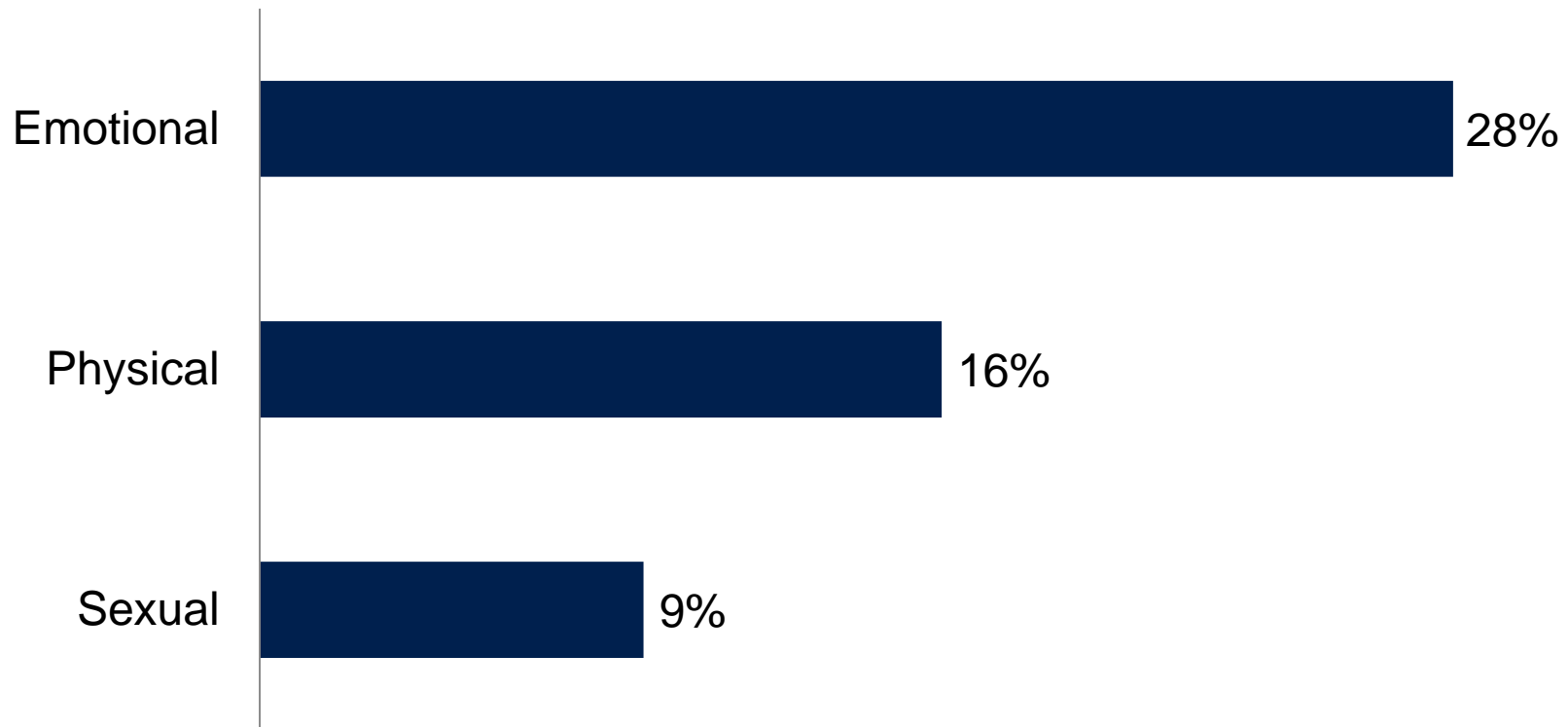
26% of Wisconsin residents grew up with someone who struggled with substance abuse



Findings from the 2011-2015 Behavioral Risk Factor Survey

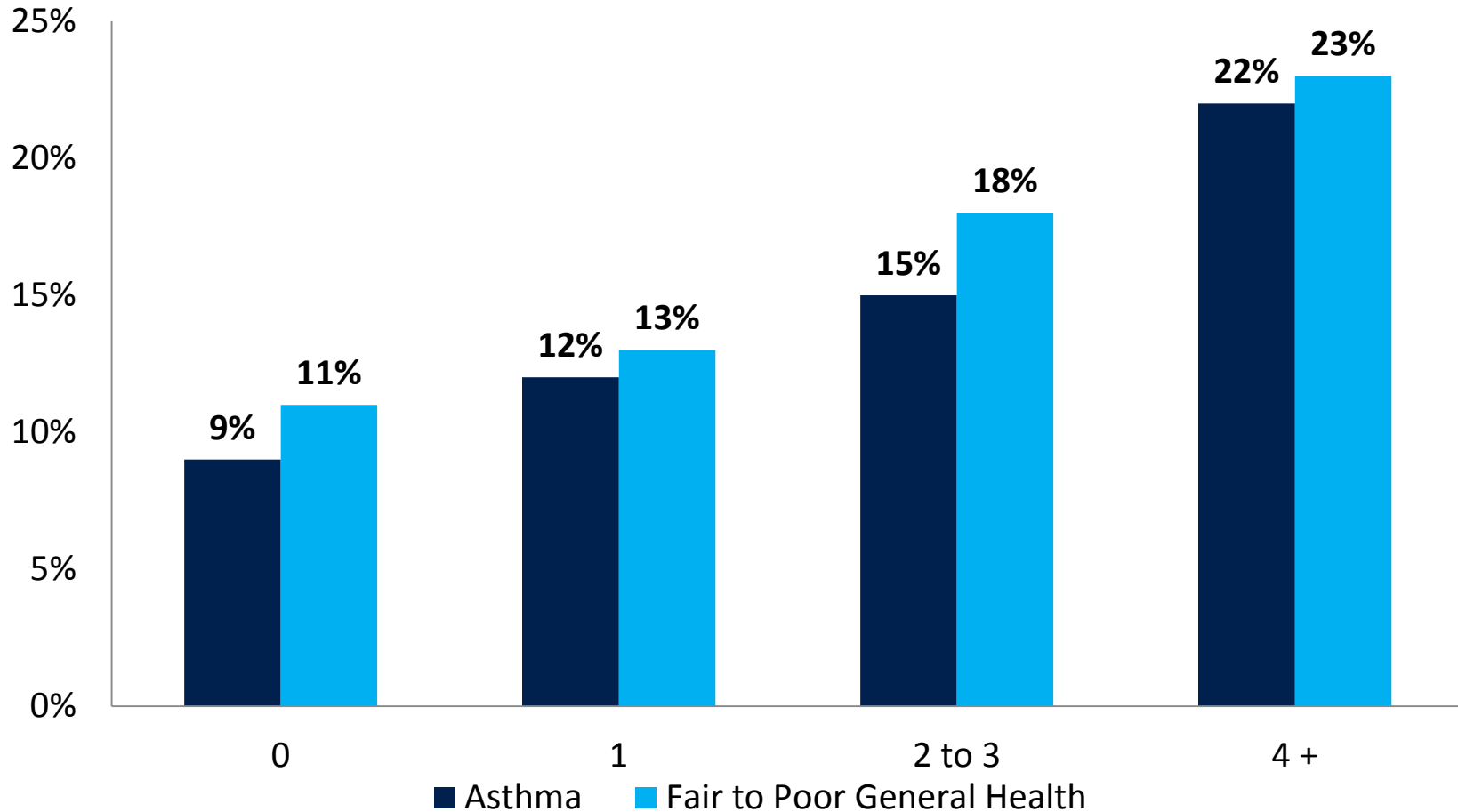
# Abuse

28% of Wisconsin residents grew up experiencing emotional abuse



Findings from the 2011-2015 Behavioral Risk Factor Survey

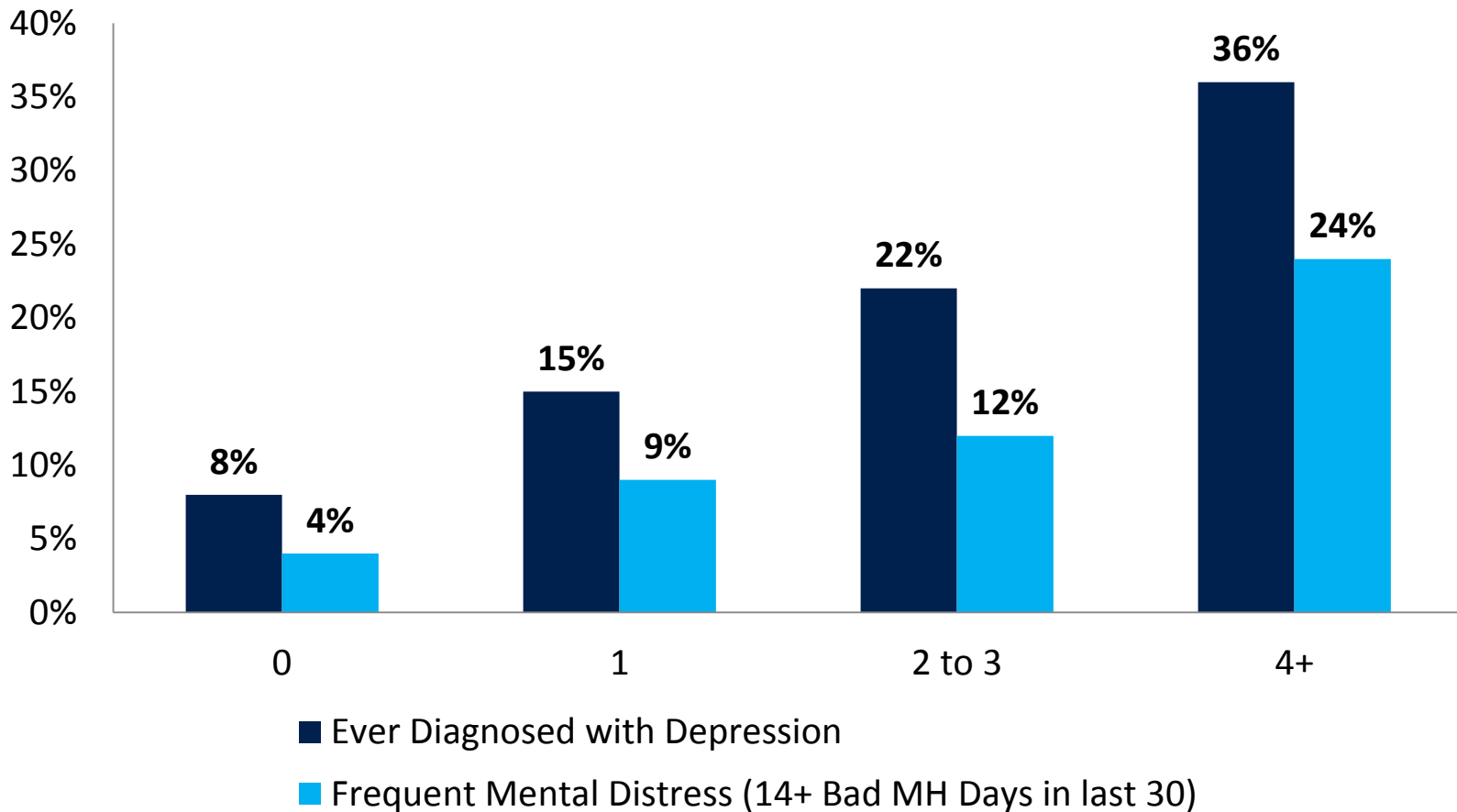
# ACEs Are Correlated with Negative Health Outcomes



Findings from the 2011-2015 Behavioral Risk Factor Survey

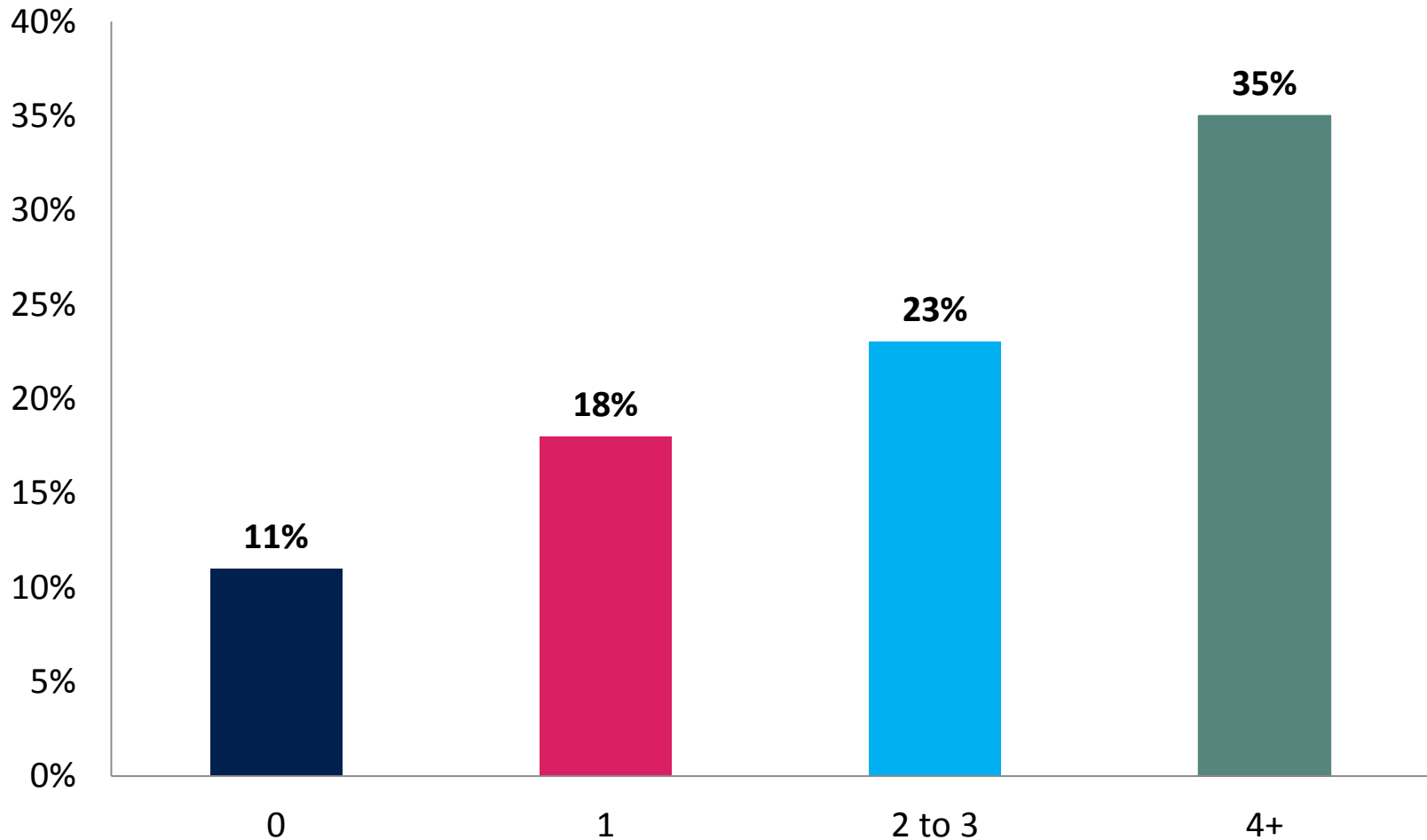


# ACEs Are Correlated with Poor Mental Health Outcomes



Findings from the 2011-2015 Behavioral Risk Factor Survey

# ACE Count and Current Smoking



Findings from the 2011-2015 Behavioral Risk Factor Survey

# Whoa.



Findings from the 2011-2015 Behavioral Risk Factor Survey

**What Now??**



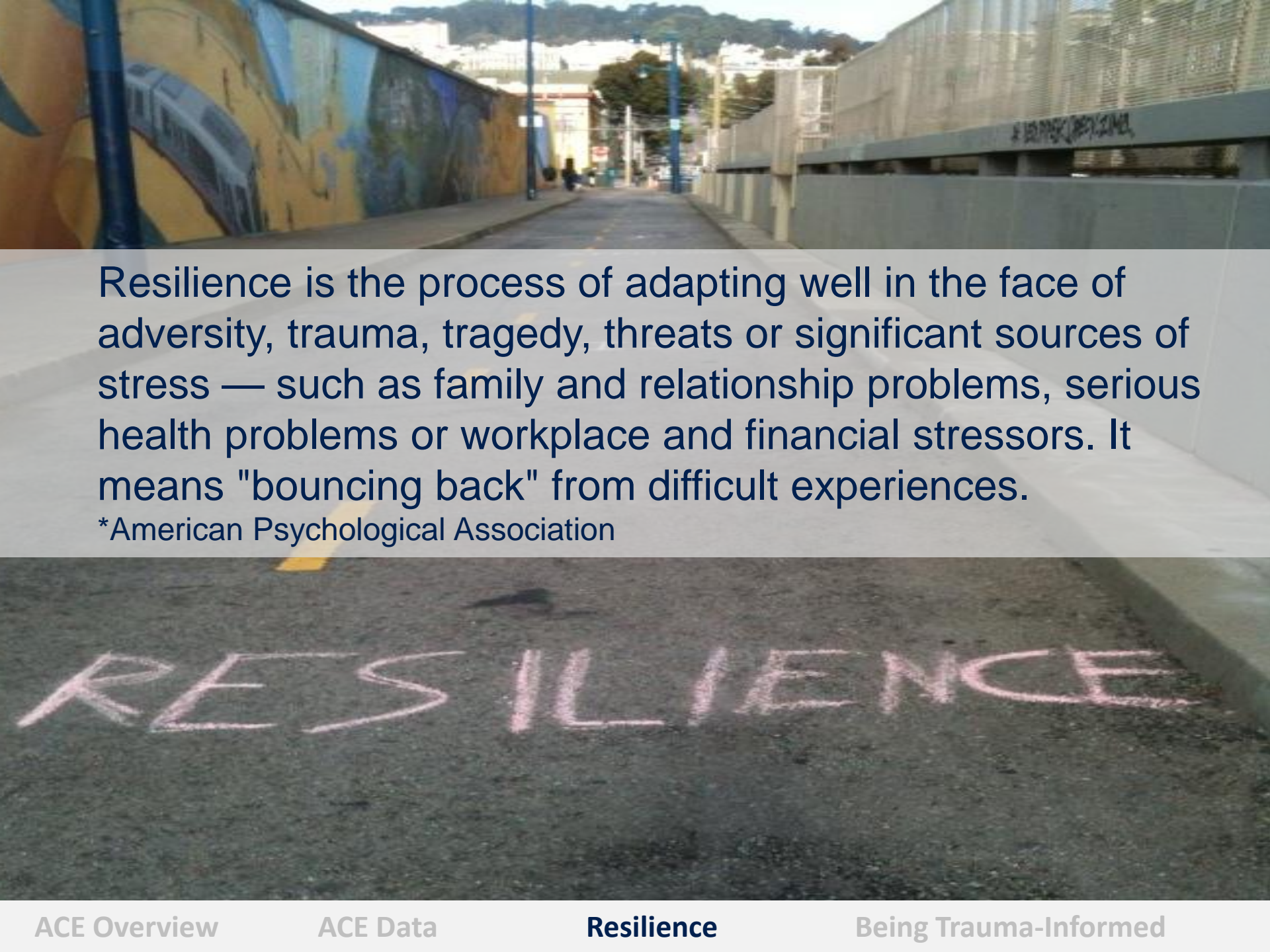
**ACE Overview**

**ACE Data**

**Resilience**

**Being Trauma-Informed**





Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

\*American Psychological Association

# Protective Factors

- Caring relationships with parents, teachers, counselors, or other adults actively involved in child's life
- Good peer relationships
- Hobbies and interests
- Positive coping style
- Good social skills
- Positive self-esteem

# BRFSS Resilience Questions

- How often did you feel that you belonged at your high school?
- How often did you feel supported by your friends?
- How often were there at least two adults other than your parents who took a genuine interest in you?
- How often did you feel that you were able to talk to your family about your feelings?
- How often did you enjoy participating in your community's traditions?
- How often did you feel your family stood by you during difficult times?

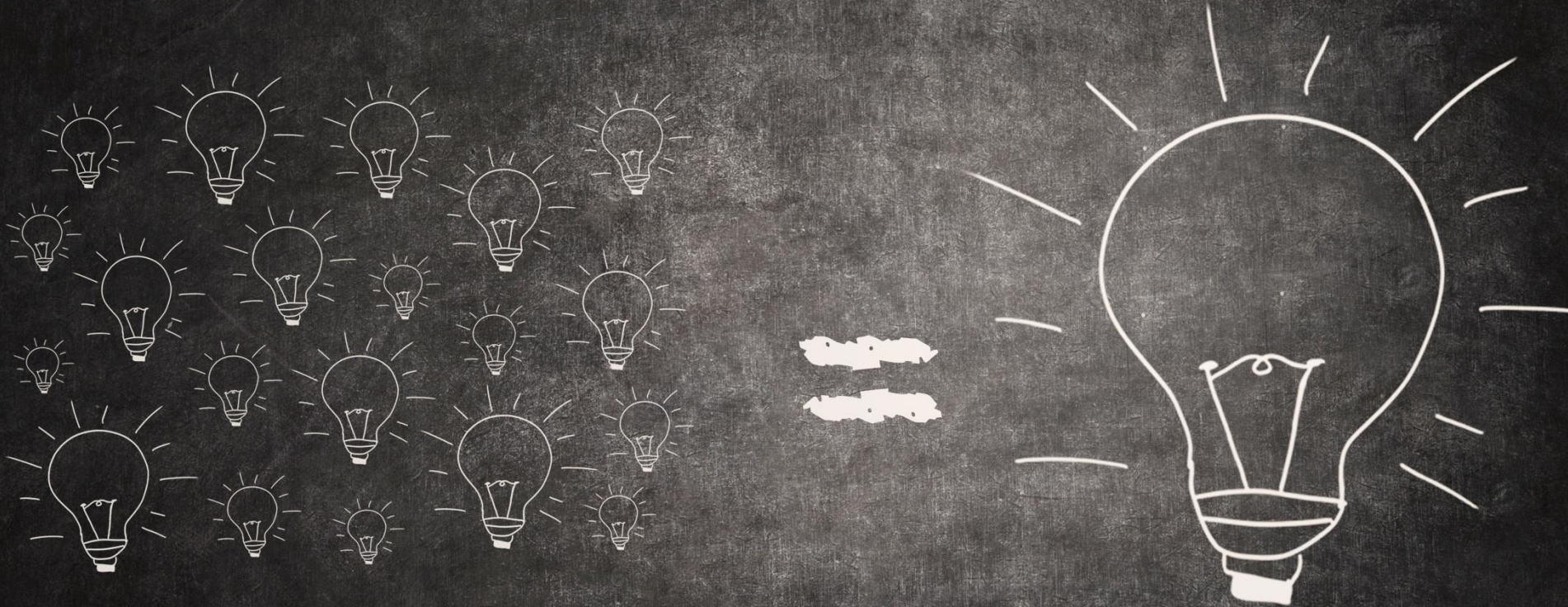


# Being Trauma-Informed





# Being Trauma-Informed



# Thank You!

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