

# Maternal, Child and Adolescent Health Life Course Perspective to Address Trauma

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# MCAH: About Being Human



## The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



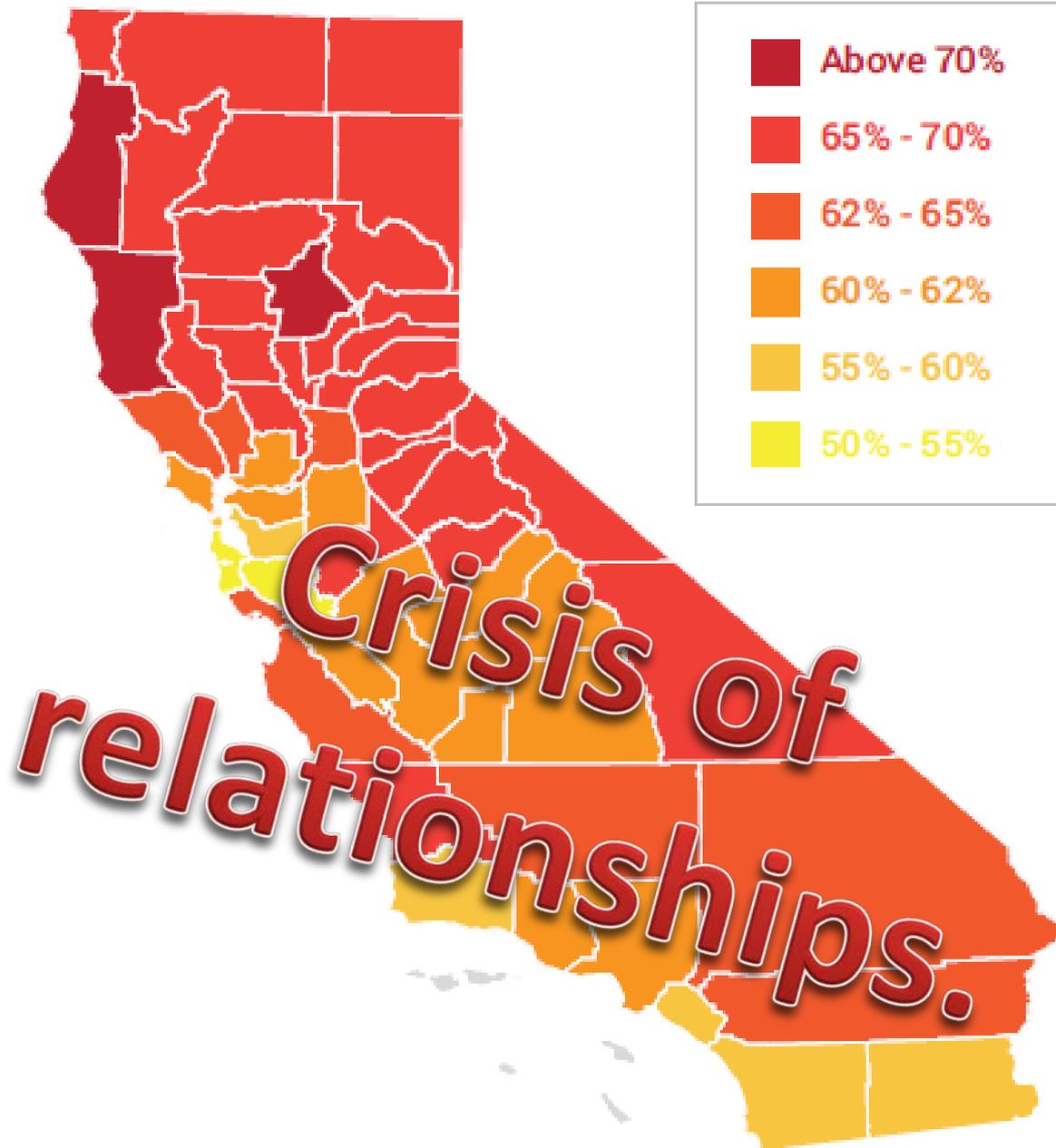
Substance Abuse



Divorce

Types of Adverse Childhood Experiences

Image courtesy of the Robert Wood Johnson Foundation



Percent of residents with at least one ACE across California counties

# Positive Stress



## Tolerable Stress

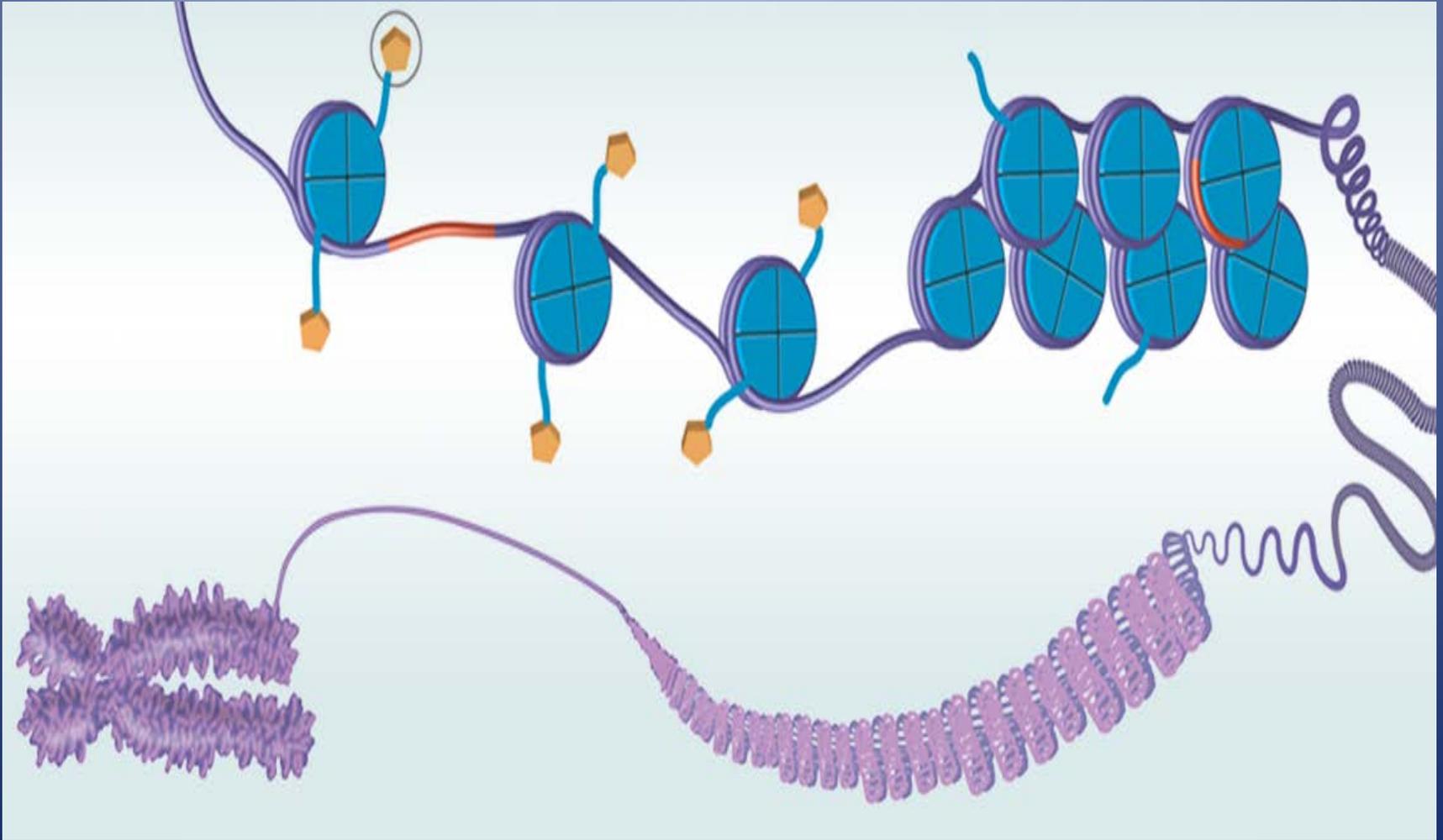
# Toxic Stress



Intense, prolonged, repeated untreated

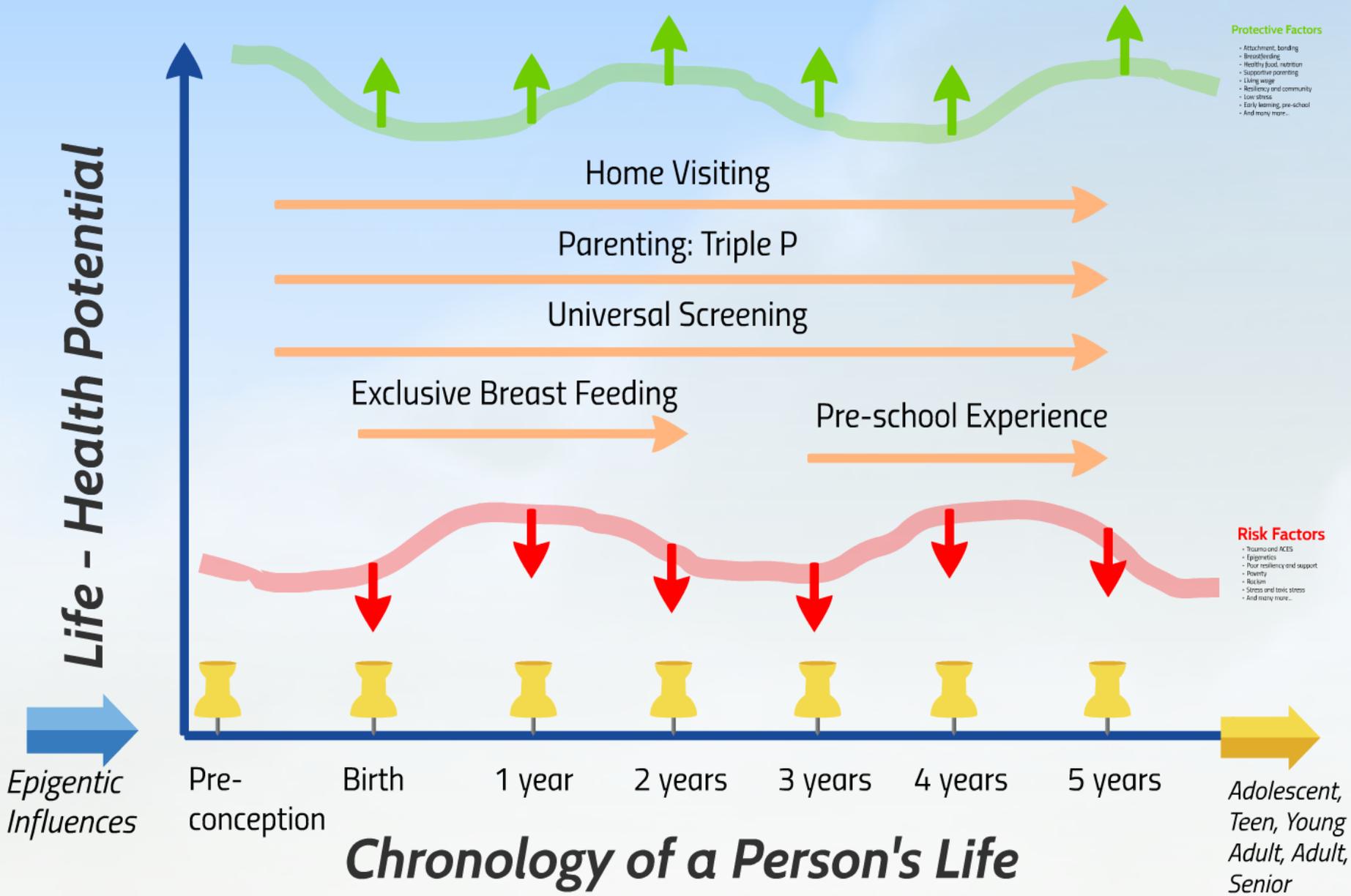
Social emotional buffering

# ACEs: devastating health and communities



# Prevent & Mitigate ACE's?





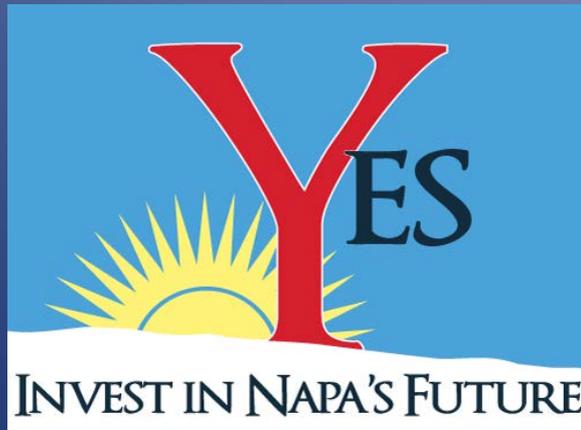
# Individuals and Families



Population



Policy

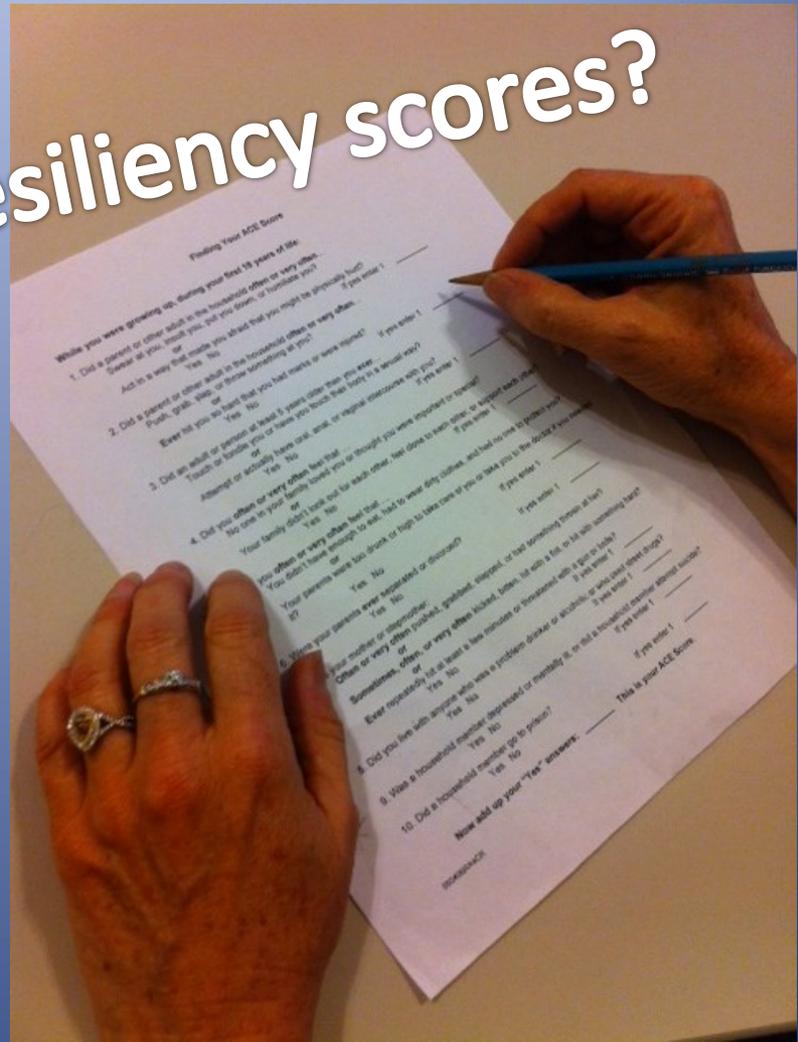




**KEEP  
CALM  
AND  
TAKE CARE  
OF YOURSELF**



# Got your ACE & Resiliency scores?



<https://acestoohigh.com/got-your-ace-score/>

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