

ACE^s

ADVERSE CHILDHOOD EXPERIENCES

*An
Introduction*

This is **one of six ACE Booklets** with different featured stories. To read the others, go to:
www.uniongospelmission.org/aces



WHAT IS AN ACE?

Adverse childhood experiences, or ACEs, are **traumatic events** that occur in childhood (0-17 years) including divorce, substance abuse in the home, violence, death or incarceration of a parent, and neglect. The higher an individual's ACE score, the more likely he or she is to experience chronic health problems, mental illness and substance abuse in adulthood. High ACE scores have also been linked to repeated job loss, incomplete education and homelessness.

On the following pages, you will have the chance to get to know a current or former UGM resident who experienced severe childhood trauma. As you keep reading, **we welcome you to pray** for your featured individual and for the countless men and women battling the effects of childhood trauma today.

[Meet Savannah ▶](#)

“My mom was drunk all the time.

When I came home from school, she didn't help me with my homework. She was in her bedroom, drunk on peppermint schnapps.”

This is a real person, but we've used a different name to protect her privacy.

SAVANNAH

CHILDHOOD



Neglect, substance abuse in the home, violence, abandonment.

RESULT

Substance abuse, loss of child custody, homelessness, incarceration.

AT UGM



Successful completion:
LIFE Recovery program

TODAY



Recovery is a hard road. Not everyone maintains sobriety or a job after completing Program.
Continue this workbook to see where Savannah is today.

Savannah's **ACE** Score ▶

THE ACE QUIZ

Count **1** for each type of event listed that occurred in your life before the age of 18.

- Physical or verbal intimidation from a parent
- Physical abuse
- Sexual abuse
- Lack of love and support in the home
- Chronic or recurring hunger
- Loss of parent through divorce or abandonment
- Physical abuse witnessed
- Substance abuse in the home
- Depression, suicidality or mental illness in a family member
- Incarceration of parent or close family member

**SAVANNAH'S
SCORE:**

8

**YOUR
SCORE:**

TODAY

After completing UGM Recovery, Savannah relapsed and found herself repeating the painful cycle of neglect begun in her own childhood. Her journey continues, though, and UGM remains a safe and loving community where she and all our alumni know they can return for spiritual, emotional and practical support.



If you or someone you know is struggling with the effects of trauma or abuse, please see the resources below.

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| Emergency Services: | National Helpline 1.800.662.HELP |
| Crisis Care and Recovery Services: | UGM Women's Intake 509.535.0486,
UGM Men's Intake 509.535.8510 ext. 1127 |
| Counseling Services: | Genesis Institute 509.467.7913 |
| Facts and Information: | CDC www.cdc.gov/violenceprevention/aces |