

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 Ashlyn ▶](#)



I wanted to know my mom.

I wanted to live with her.”

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

ASHLYN

CHILDHOOD



Parental abandonment, sexual abuse, substance abuse in the home, incarceration of family member.

RESULT

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

AT UGM



Participation:
LIFE Recovery program.

TODAY

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

Ashlyn'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

**ASHLYN'S
SCORE:**

7

**YOUR
SCORE:**

TODAY

Ashlyn is nearing completion of her Recovery program. She has a job, a car, full custody of her child, and is excited for her future.



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

- 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