# 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 (O-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.



me feel disposable."

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

## JOSH

#### CHILDHOOD

Physical abuse, substance abuse in the home, neglect, homelessness.

**RESULT** Substance abuse, incarceration, homelessness.

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 Josh is today.

Josh's ACE Score >

#### THE ACE QUIZ

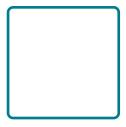
# Count **1** for each type of event listed that ocurred in your life before the age of 18.

- 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





# YOUR SCORE:



Josh Today 🕨



After completing UGM Recovery, Josh got married and was reunited with his son. Today he enjoys work in a skilled trade and is grateful for his many successes.

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

**Emergency Services:** Crisis Care and Recovery Services:

Facts and Information:

National Helpline 1.800.662.HELP UGM Women's Intake 509.535.0486, UGM Men's Intake 509.535.8510 ext. 1127 Counseling Services: Genesis Institute 509.467.7913 CDC www.cdc.gov/violenceprevention/aces