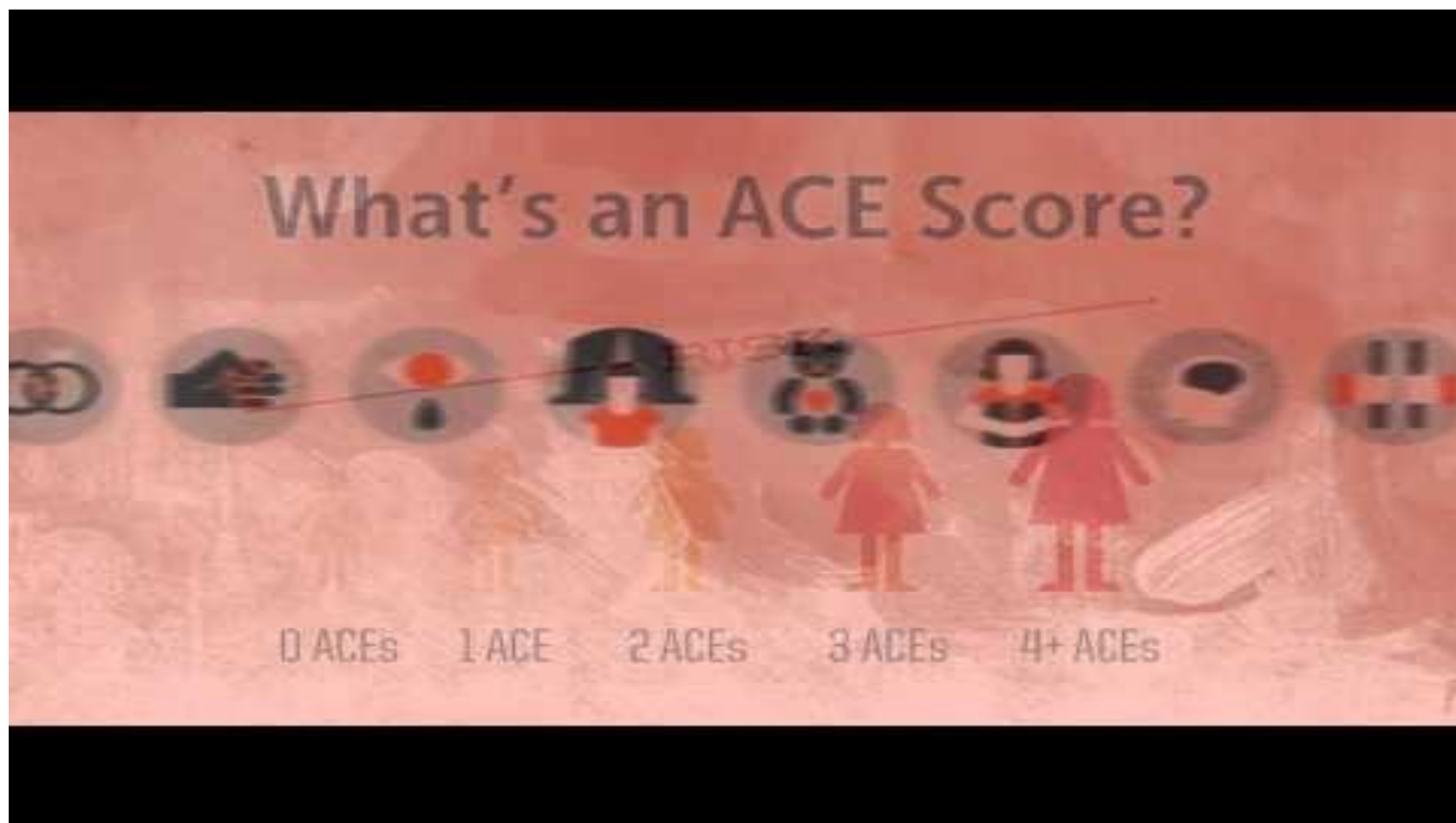


*ACES in the Redwoods: A brief overview of how early childhood trauma impacts adult outcomes*



Meg Walkley, MSW, IF-ECMHS

# ACEs Intro....



## Most common ACEs among California Adults

**34.9%**

Emotional (or verbal) abuse

**26.7%**

Parental separation or divorce

**26.1%**

Substance abuse by household member

**19.9%**

Physical abuse

**17.5%**

Witness to domestic violence

**15.0%**

Household member with mental illness

**11.4%**

Sexual abuse

**9.3%**

Neglect

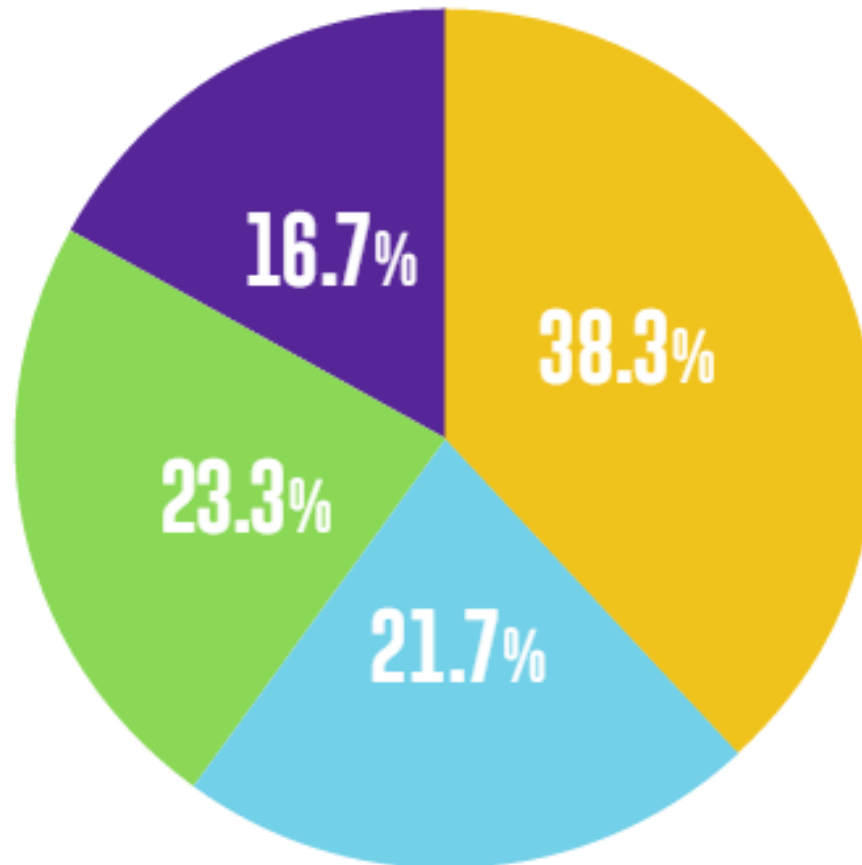
**6.6%**

Incarcerated household member

Most common ACEs among California adults

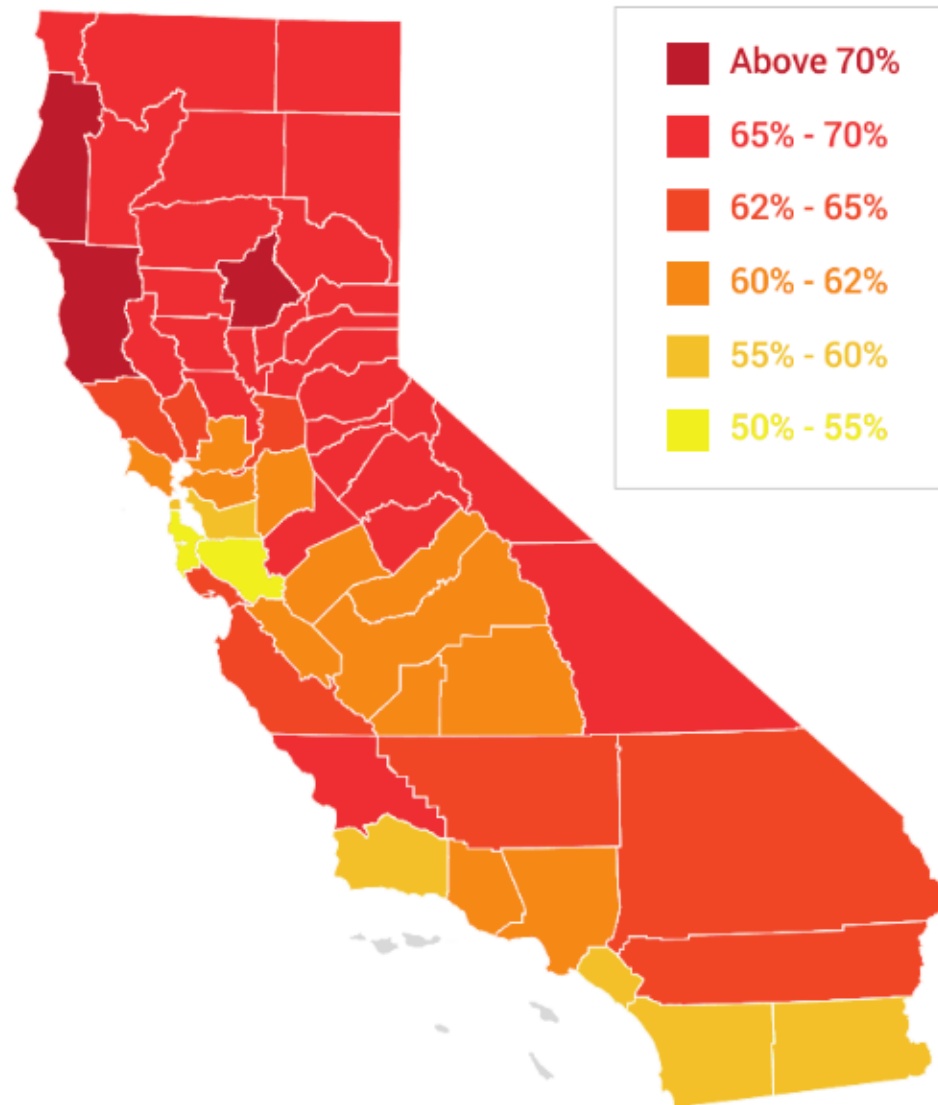
# CALIFORNIA ACES

4 or more ACEs    2 to 3 ACEs    1 ACE    0 ACEs



Prevalence of number of ACEs among California adults

# ACES in the Redwoods



Percent of residents with at least one ACE across California counties

# Humboldt County Stats

ACE score

Percentage

0

24.9%

2

21%

3

23.3%

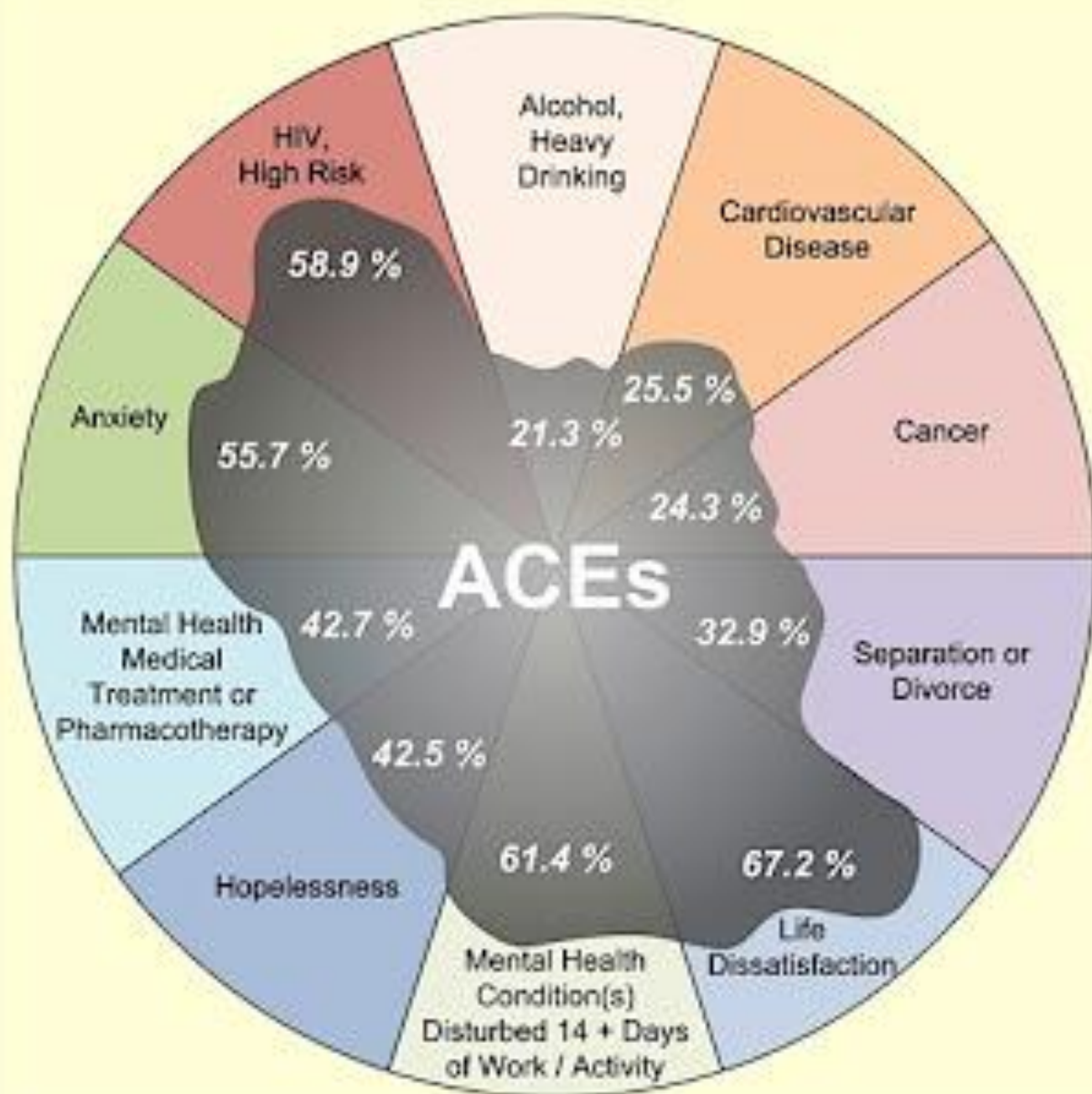
4 or more

\*30.8% (almost 2x  
CA)

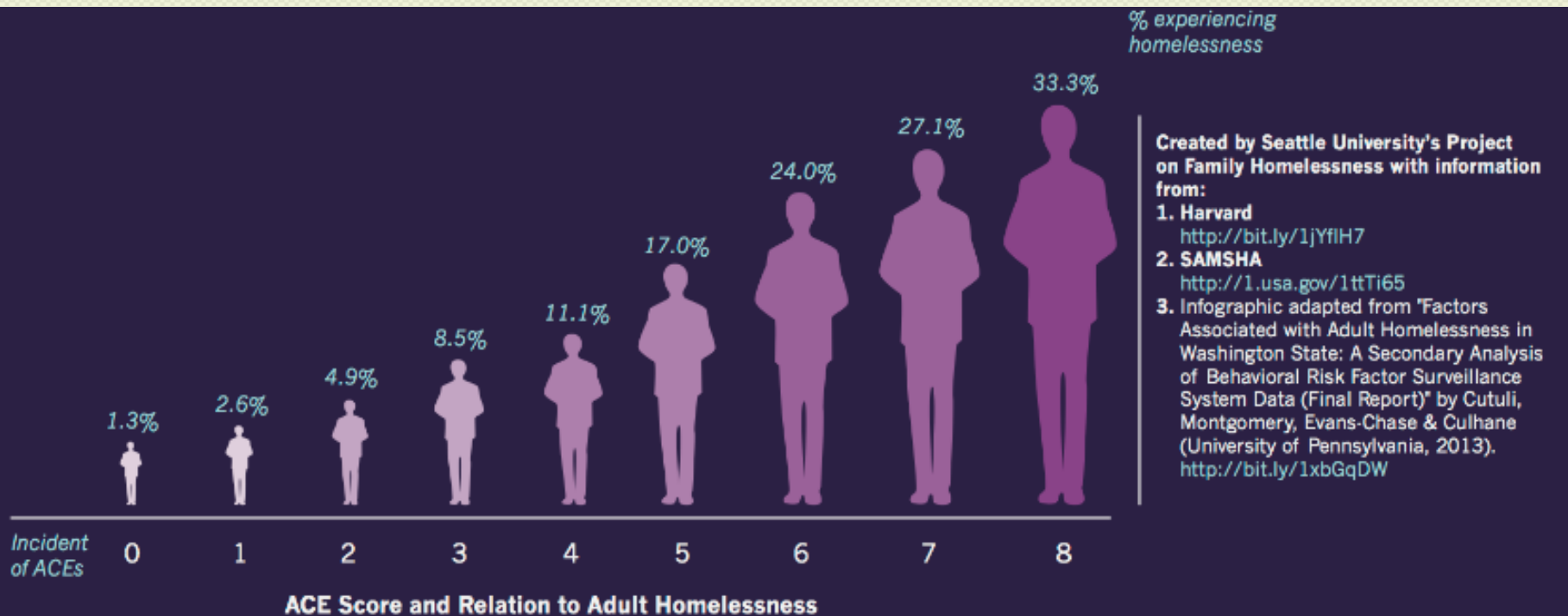




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*Proportion of Washington residents experiencing adult homelessness (among participants in Washington's Behavioral Risk Factor Surveillance System).<sup>3</sup>*

# From ACES to Resilience...



# Resilience in the Redwoods

- Prevention and early intervention programs i.e. NFP, playgroups, Head Start
- FRC's, libraries and other community based efforts that provide safety and respond to basic needs and building connections
- Accessible opportunities to build rhythmicity and regulation- dance, music, martial arts, yoga, nature
- Outdoor experiences that allow for connections with nature and animals