

A NEW POSSIBILITY OF HEALING



Once we understand how the past can spill into the present, and how a tough childhood can become a challenging adulthood, we have a new possibility of healing.

Once you understand that adverse childhood experiences can affect your body and brain, you can at last take the necessary, science-based steps to remove the fingerprints that early adversity left on your neurobiology. You can begin a journey to healing; to reduce your predisposition for depression, addiction, physical pain, and disease.

Customer Service 1.800.317.0708 or
989.772.5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989.539.2141

Isabella County The George Rouman Center

301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989.426.9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231.796.5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989.631.2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231.832.2247

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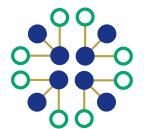
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ADVERSE CHILDHOOD EXPERIENCES (ACEs)

Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's life.

ACEs can be significant risk factors for substance use disorders and can impact prevention efforts.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

ACEs include:

- Physical abuse
- Sexual abuse
- Verbal abuse
- Physical neglect
- Emotional neglect
- A parent who's an alcoholic
- Parent of care-giver treated violently
- Family member diagnosed with a mental illness
- Parental separation or divorce
- Incarcerated household member

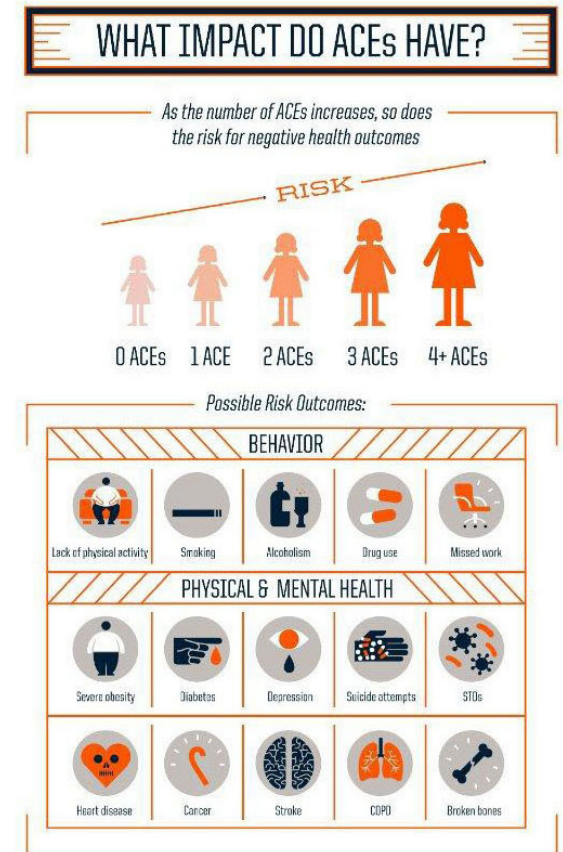
GOT YOUR ACE SCORE?

There are 10 types of childhood trauma measured in the ACE Study. Five are personal – physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who's an alcoholic, a parent who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment. Each type of trauma counts as one. So a person who's been physically abused, with one alcoholic parent, and a mother who was beaten up has an ACE score of three.

There are, of course, many other types of childhood trauma – racism, bullying, watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, involvement with the foster care system, involvement with the juvenile justice system, etc.

There are people with high ACE scores who do remarkably well. Resilience builds throughout life, and close relationships are key. Research also suggests that “trauma-informed” therapy, which may include mindfulness, can help.

THE TRUTH ABOUT ACEs



ACEs may become toxic when there is strong, frequent, or prolonged exposure to the body's stress response systems.

The biological response to this toxic stress can be incredibly destructive and last a lifetime. Researchers have found many of the most common adult life-threatening health conditions, including obesity, heart disease, alcoholism, and drug use, are directly related to childhood adversity.

ACEs are
**ADVERSE
CHILDHOOD
EXPERIENCES**