

Adverse childhood events increase risk of mental illness

(cdc.gov/violence-prevention/pdf/preventingACES.pdf)



Adverse Childhood Events

- Violence
- Abuse
- Neglect
- Witnessing violence at home
- Suicide by family member

About 61% of people have experienced at least one Adverse Childhood Event


- One in six adults have experienced at least 4 adverse childhood events!



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**Depression could
likely be reduced by
about 44% if
Adverse Childhood
Events could be
prevented**





Females and persons of color have increased risk of having experienced multiple Adverse Childhood Events.

**Adverse
Childhood
Events
create
prolonged
stress in
the body
that affect
health and
functioning**

Impulsivity

Learning

Emotional reactivity

Attention

Increased involvement in crime

Violence

Substance abuse

High risk sexual behaviors

Unstable relationships

Education level

employment

Violence in childhood is associated with negative mental and physical health outcomes across the lifespan.

