

## Creating Safe and Supportive Schools for ALL Students Presentation

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### Slide #9 Video - Impact of ACEs Video by KPJR Films Transcript

0:08 what does your parents divorce have to  
0:12 do with your risk for heart disease if  
0:15 your mother had a drinking problem when  
0:17 you were growing up are you more likely  
0:19 to suffer from depression as an adult  
0:22 here's what you should know about aces  
0:26 aces stand for adverse childhood  
0:29 experiences extremely stressful events  
0:33 that can happen to a child growing up  
0:36 some experiences are so stressful that  
0:39 they can alter brain development as well  
0:42 as the immune system increasing the risk  
0:45 of lifelong health and social problems  
0:47 in adulthood the term comes from the  
0:50 adverse childhood experiences study  
0:53 landmark research that shed new light on  
0:56 the root cause of everything from stroke  
0:59 and liver disease to substance abuse and  
1:01 mental illness  
1:05 in the late 1990s an epidemiologist from  
1:09 the Centers for Disease Control and a  
1:11 preventive medicine doctor at Kaiser  
1:13 Permanente set out to understand the  
1:16 association between childhood experience  
1:18 and lifelong health they asked over  
1:23 17,000 people in the Kaiser health plan  
1:25 in San Diego about their health history

1:28 as well as difficult questions about  
1:31 their experiences growing up  
2:00 anda and phylidia tallied up ten  
2:03 different kinds of adversity in this  
2:05 largely middle-class and  
2:06 college-educated population they were  
2:09 stunned to see how common aces were  
2:13 twenty-one percent of all respondents  
2:16 were sexually abused as children  
2:19 19 percent grew up with someone who  
2:21 suffered mental illness twenty-eight  
2:24 percent had been physically abused and  
2:28 two out of three respondents had  
2:31 experienced at least one ace the  
2:37 researchers next looked at how someone's  
2:40 ace score or the number of adversities  
2:43 they experienced related to a wide array  
2:45 of serious health and social problems  
2:49 they saw that the more aces someone had  
2:52 the greater their risk for poor outcomes  
2:54 compared with someone with no aces  
2:58 someone with an ace score of four had  
3:01 twice the risk of heart disease and  
3:03 cancer someone with an ace score of five  
3:07 had an eight times greater chance of  
3:10 being an alcoholic and those with an ace  
3:14 score of six or more on average died 20  
3:18 years earlier with every major problem  
3:22 they looked at in the ACE study the risk  
3:24 went up for each additional adverse

3:26 experience in childhood  
3:34 as dr. Robert anda says what's  
3:38 predictable is preventable it's  
3:41 important to remember that aces are not  
3:43 destiny aces are a tool for  
3:46 understanding the health of a population  
3:48 as a whole for individuals an ace score  
3:52 can be a tool for understanding their  
3:55 own risk for health and social problems  
3:57 and empower them to make changes for  
4:00 themselves and their children  
4:02 aces tend to get passed down from  
4:04 generation to generation and are common  
4:07 across all income levels races and  
4:10 cultures but increasingly people of all  
4:14 different professions and backgrounds  
4:16 are coming together to discuss how aces  
4:19 affect their communities they're finding  
4:21 new ways to treat and prevent aces many  
4:26 doctors are starting to screen their  
4:27 patients for aces as part of their  
4:30 medical history more schools are  
4:33 becoming trauma-informed considering the  
4:36 source of problem behavior when  
4:37 disciplining their students instead of  
4:40 immediately suspending or expelling them  
4:43 to learn more about interrupting the  
4:45 cycle of adversity and improving health  
4:48 and well-being for the next generation  
4:50 please visit KPJ our films company