



Kitsap Strong

**Addressing the Root Causes of
Community Challenges**

ACEs (Adverse Childhood Experiences)

ACEs are a set of traumatic experiences that can be “toxic” to our brains and bodies – leading to increased social, emotional, mental, physical, & behavioral health challenges, relationship disruption, difficulty with work, and can make parenting much more difficult.

The 10 ACEs are: physical, sexual, or verbal abuse, physical and emotional neglect, witnessing domestic violence, losing a parent to separation or divorce, or having a family member who is experiencing mental health issues, struggling with substance abuse, or in prison.

The more ACEs a person has experienced, the greater the risk of social and health challenges across the life-span.

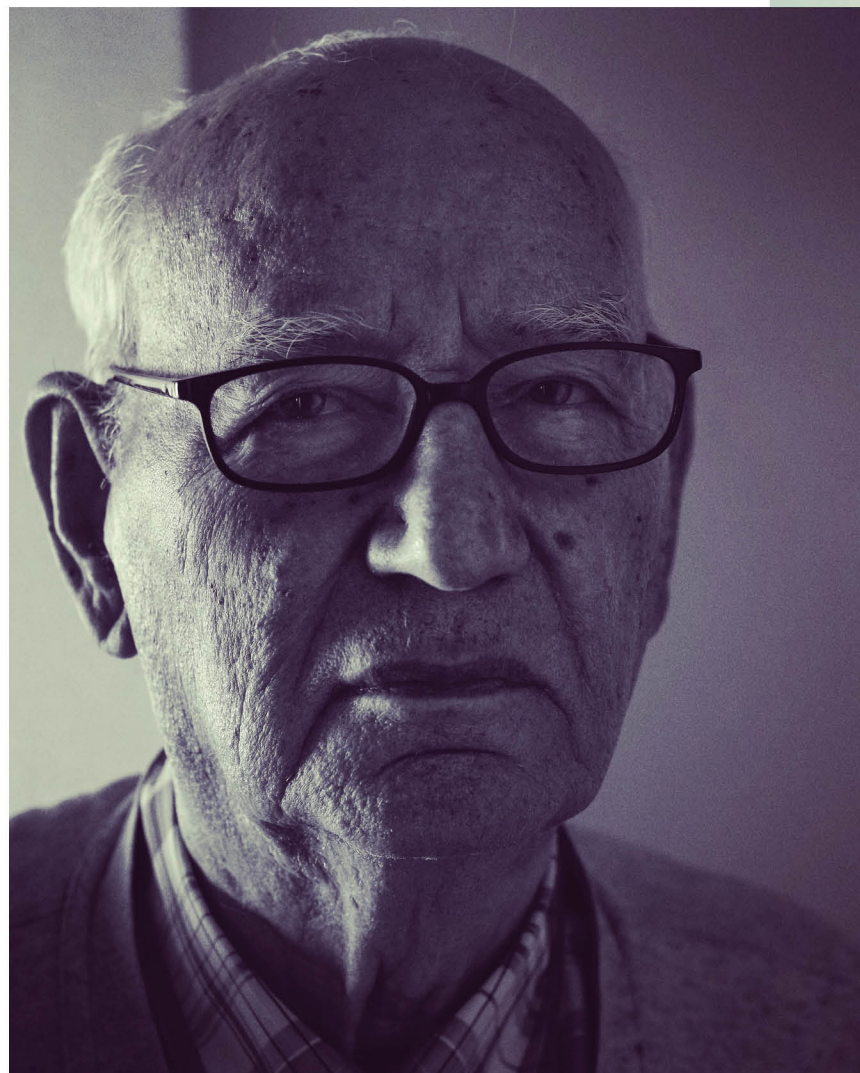
According to the CDC, ACEs are the leading cause of health and social problems in our nation.



37 percent

**of Kitsap residents
report having**

3 or more ACEs



“There is a direct link between childhood trauma and adult onset of chronic disease, as well as depression, suicide, being violent and a victim of violence.”

CDC-Kaiser Permanente Adverse Childhood Experiences Study, 1995-1997

**People with ≥ 6
ACEs die nearly
20 years earlier**

WITH AN ACE SCORE OF ≥ 4 ,
THE LIKELIHOOD OF DEVELOPING:

**chronic pulmonary lung
disease \uparrow by 390%**

hepatitis \uparrow by 240%

depression \uparrow by 460%

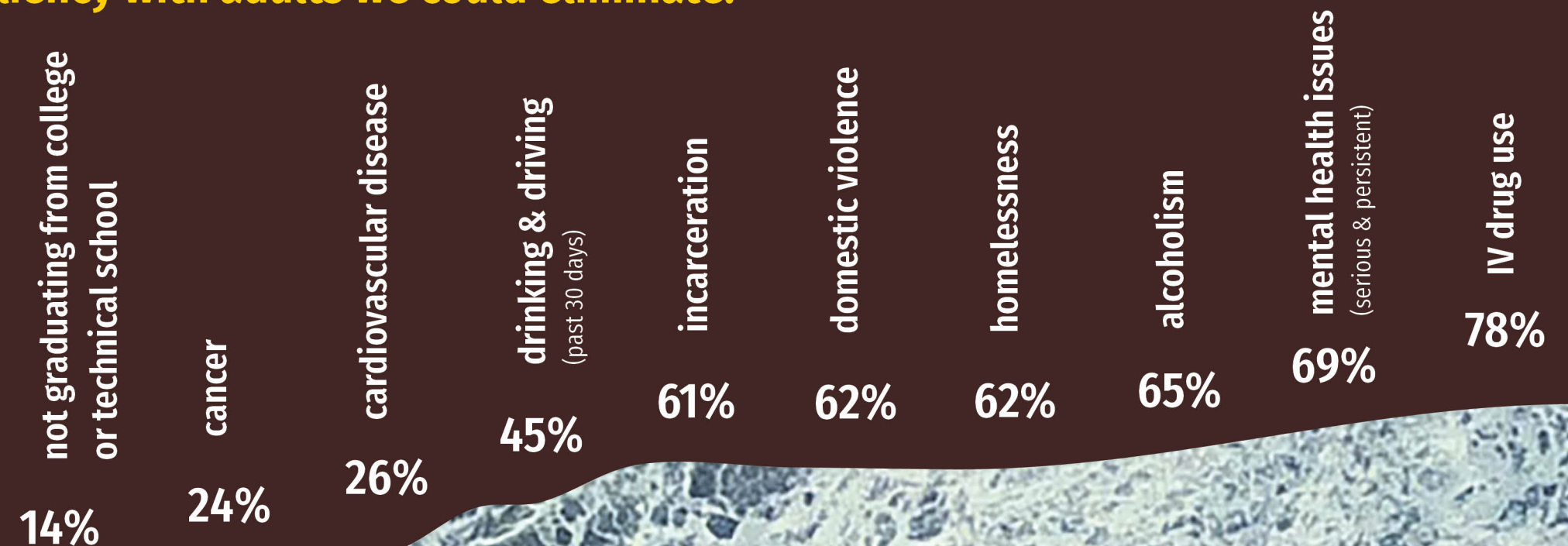
attempted suicide \uparrow by 1,220%

National Institute of Health

Affects of Childhood Trauma

“Unless you fix the trauma, you’re working on the wrong thing.”
– Oprah Winfrey

Through prevention of ACEs in children & building resiliency with adults we could eliminate:



Resilience is built through:

Supportive relationships with caring adults

Active skill-building

Regular physical exercise

Stress-reduction practices

Activities that build executive function
and self-regulation

Resilience needs to be nurtured
throughout the lifetime.

Adults who strengthen these
skills in themselves can
model positive behaviors
for their children, thereby
improving the resilience
of the next generation.

Center on the Developing Child at Harvard University (2015). *Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper No. 13* and *The Science of Resilience (InBrief)*. Retrieved from www.developingchild.harvard.edu.



The answer? RESILIENCE

A person's ability to adapt successfully to acute stress, trauma, or more chronic forms of adversity

Feder, A., Nestler, E.J., & Charney, D.S. (2009). *Psychobiology and molecular genetics of resilience*. *Nature Reviews Neuroscience*, 10(6), 446-457.



What is resilience? It's about

building hope

Adults with 1-3 ACEs report **poor mental health 30% of the time.**
But when they feel **hopeful and supported** that percentage drops **6%.**

In adults with 4-8 ACEs, that number drops from 47% to 10%.

Comprehensive Health Education Foundation, NEAR Booklet

Organizations that focus on building resilience and hope report:

- **50%+ drop in teen pregnancies**
- **98% drop in youth suicide attempts**
- **90% drop in school suspensions**
- **elimination of school expulsions**
- **No violent incidents in a juvenile facility**
- **30% drop in emergency room visits**

Wisconsin Trauma Project

Among parents who have ACEs, increasing their feelings of hope, connectedness, and support makes them more likely to create an ACEs-free home environment for their children, ending the cycle of childhood trauma.

Kitsap Strong

5 approaches to this complex challenge

School success (K-12 and beyond): **Graduate Strong**

Cultural shifts: **Innovation/Trauma-Informed Care Network**

Nutrition and Physical Health: **HEAL Network**

Neighborhood Empowerment: **Thriving Neighborhoods**

Sharing the knowledge: **NEAR Education**

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THE SUQUAMISH TRIBE



United Way of Kitsap County



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Many thanks
to our funders

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GATES *foundation*



KITSAP PUBLIC
HEALTH DISTRICT

