

Adverse Childhood Experience* Categories	Impact of Trauma and Health Risk Behaviors to Ease the Pain	Long-Term Consequences of Unaddressed Trauma (ACEs)
<p>Abuse of Child</p> <ul style="list-style-type: none"> ■ Recurrent Severe Emotional abuse ■ Recurrent Physical abuse ■ Contact Sexual abuse <p>Trauma in Child's Household Environment</p> <ul style="list-style-type: none"> ■ Substance abuse ■ Parental separation or divorce - ■ Chronically depressed, emotionally disturbed or suicidal household member ■ Mother treated violently ■ Imprisoned household member ■ Loss of parent – (by death, by suicide, - or by abandonment) <p>Neglect of Child</p> <ul style="list-style-type: none"> ■ Abandonment ■ Child's basic physical and/or emotional needs unmet 	<p>Neurobiologic Effects of Trauma</p> <ul style="list-style-type: none"> ■ Disrupted neuro-development ■ Difficulty controlling anger-rage ■ Hallucinations ■ Depression ■ Panic reactions ■ Anxiety ■ Multiple (6+) somatic problems ■ Sleep problems ■ Impaired memory ■ Flashbacks ■ Dissociation <p>Health Risk Behaviors</p> <ul style="list-style-type: none"> ■ Smoking ■ Severe obesity ■ Physical inactivity ■ Suicide attempts ■ Alcoholism ■ Drug abuse ■ 50+ sex partners ■ Repetition of original trauma ■ Self Injury ■ Eating disorders ■ Perpetrate interpersonal violence 	<p>Disease and Disability</p> <ul style="list-style-type: none"> ■ Ischemic heart disease ■ Cancer ■ Chronic lung disease ■ Chronic emphysema ■ Asthma ■ Liver disease ■ Skeletal fractures ■ Poor self rated health ■ Sexually transmitted disease ■ HIV/AIDS <p>Serious Social Problems</p> <ul style="list-style-type: none"> ■ Homelessness ■ Prostitution ■ Delinquency, violence, criminal behavior ■ Inability to sustain employment ■ Re-victimization: rape, DV ■ compromised ability to parent ■ Intergenerational transmission of abuse ■ Long-term use of health, behavioral health, correctional, and social services

* Above types of ACEs are the “heavy end” of abuse.