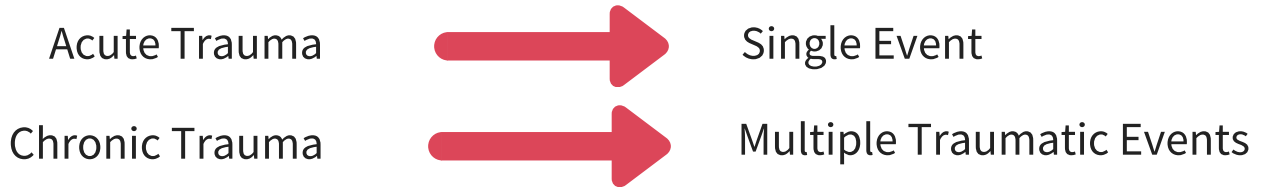


TRAUMA INFORMED SCHOOLS

Presented by Cabarrus County Schools School Social Work Department

What is Trauma?

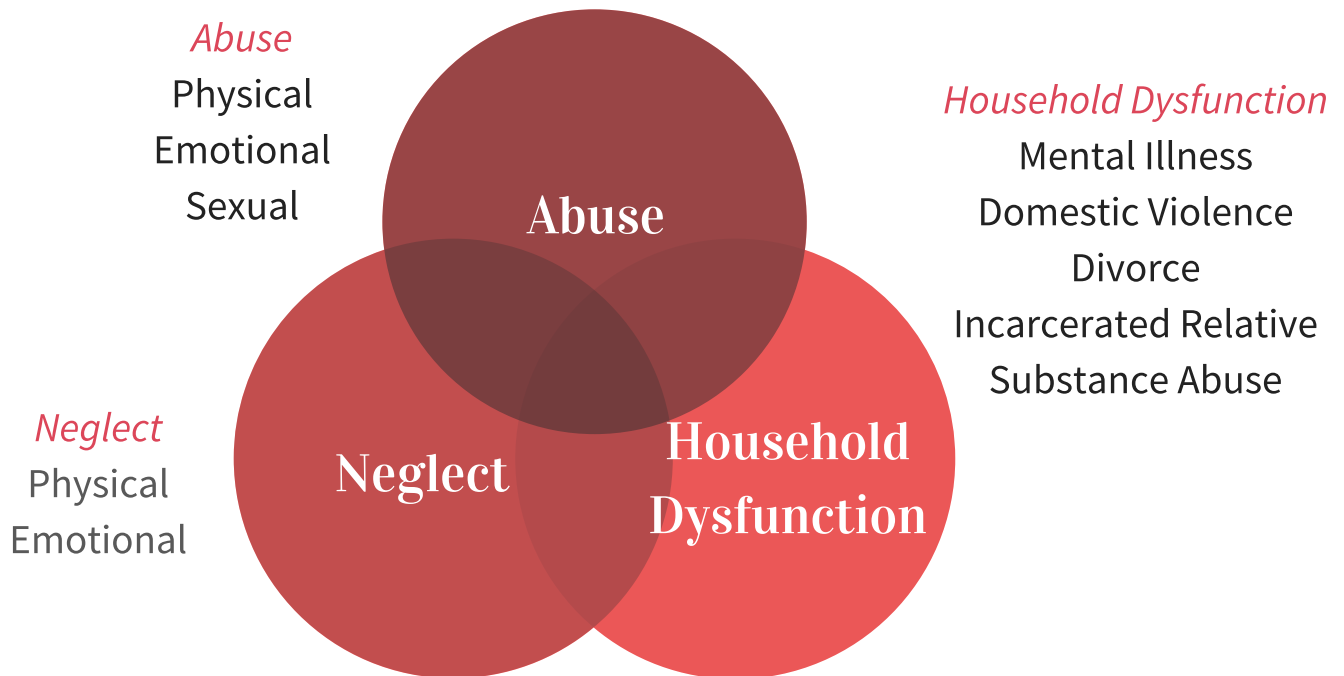
Witnessing or experiencing an event that poses a real or perceived threat



ACEs: What Are They?

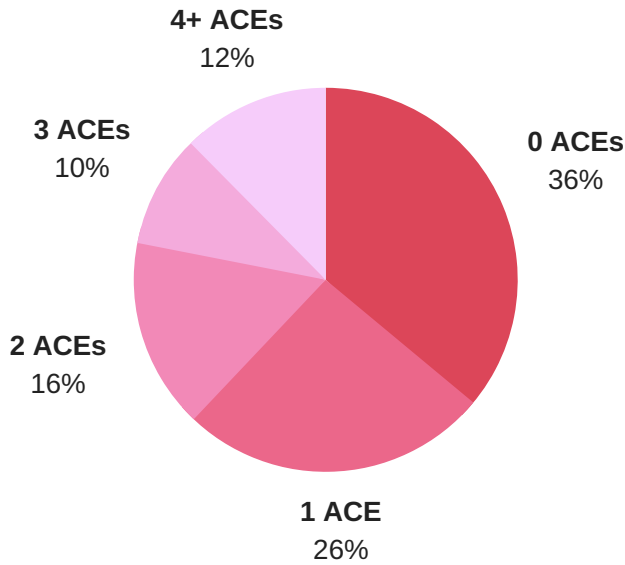
Adverse Childhood Experiences

The 3 types of ACEs include



ACEs: How Prevalent Are They?

Of 17,000 ACE study participants:



- ACEs don't occur alone: if you have one, there's an 87% chance that you have two or more
- The more ACEs you have, the greater risk for chronic disease, mental illness, violence and being a victim of violence
- Individuals with 6+ ACEs are at risk of their lifespan being shortened by 20 years
- Children who have experienced trauma display behaviors that are nearly identical to those with developmental delays, ADHD and other mental health conditions

What Impact Do ACEs Have?

As the number of ACEs increase, so does the risk for negative health outcomes

Behavior



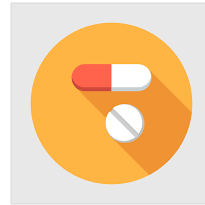
Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

Physical and Mental Health



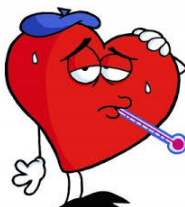
Cancer



Depression



Suicide



Heart disease



Severe obesity



Stroke