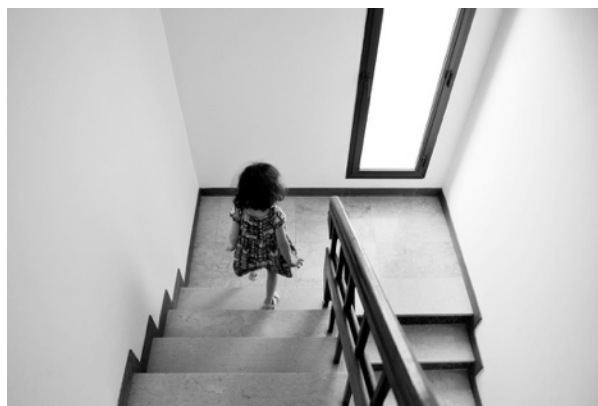


ACEs and Trauma: Our Kid's Stories

These are stories about adverse childhood experiences (ACEs). Most of these adverse experiences fly under the radar of child protective services and the schools. These are fictional cases informed by our experiences working with families, students, child welfare, health care providers and community agencies.



I'm Nathan. I live in a home where my parents fought loudly for a long time and now they are divorced. We don't always have enough food to eat at the end of the month. **My ACEs score is 2.**



I'm Kirsty. I live in a home where a parent is a problem drinker, a parent is very sad and depressed and I sometimes feel afraid of my parents when they drink. **My ACEs score is 3.**



I'm Pauline. I live in a home where my mother was grabbed and bruised by my dad. When I got really sick I never saw a doctor. Sometimes my grandma who lives with us scares me when she screams out when her moods change. I feel that nobody in my family looks out for me. **My ACEs score is 4.**



I'm Ed. I live in a household where my mom was so sad she talked about ending her life. My parents abuse alcohol and prescription drugs. My dad insults me when he's drunk. I sometimes don't get food to eat at home. I was hit by my dad and it left marks. I have no one to protect me. Now my dad moved out. **My ACEs score is 7.**



I'm Sandy. My family is very loving. My best friend and neighbor **Amy** lives in a house where she feels that no one in her family cares about her. One night her mom's boyfriend touched her in a sexual way and scared her. She lives with a problem drinker. An adult household member is depressed. **My ACEs score is 0. Amy's score is 4.**

ACEs and Trauma: Our kid's stories

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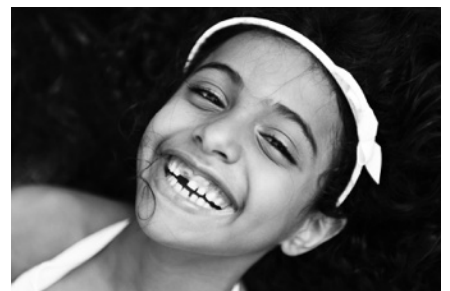
I'm Nathan. I live in a household where: 1: A parent often pushes me and once hit me so hard that there were marks. 2: A parent is a problem drinker. 3: My parents are separated. **My Adverse Childhood Experience (ACEs) score is 3.**



I'm Kirsty. I live in a household where: 1: An adult fondled me in a sexual way. 2: A parent is a problem drinker. **My ACEs score is 2:**



I'm Pauline. I live in a household where: 1: A parent acts in a way that makes me afraid. 2: A parent is an alcoholic 3: My mother was grabbed and bruised by my dad. 4: A household member is depressed. 5: I feel that no one in my family loves me. **My ACEs score is 5.**



I'm Jen. My best friend and neighbor **Amy** lives in a household where: 1: She very often feels that no one in her family looks out for each other. 2: Has no one to protect her. 3: She lives with a problem drinker. 4: A household member is depressed. **My ACEs score is 0. But my friend's score is 4.**



I'm Camila. I live in a household where: 1: A household member attempted suicide. 2: Parents are misusing prescription drugs and using street drugs. 3: A household member went to prison. **My ACEs score is 3.**



We are Sammy and Sarah. We live in an household where: 1: We feel that the family doesn't look out for each other. 2: A parent is depressed. 3: We often don't have enough to eat. **Our ACEs score is 3.**



Eddy. I live in household where: 1: A member is mentally ill. 2: Parents are separated. **My ACEs score is 2.**

ACEs Survey

ADVERSE CHILDHOOD EXPERIENCE SURVEY

ONE: Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured?

Yes No

TWO: Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?

Yes No

THREE: Did an adult or person at least five years older than you ever touch or fondle you or have you touch their body in a sexual way? Or attempt, or actually have, oral, anal, or vaginal intercourse with you?

Yes No

FOUR: Did you often or very often feel that no one in your family loved you or thought you were important or special, or that your family didn't look out for each other, feel close to each other, or support each other?

Yes No

FIVE: Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed to go?

Yes No

SIX: Did you live with anyone who was a problem drinker or alcoholic? Or who used street drugs?

Yes No

SEVEN: Was your parent or stepparent often or very often pushed, grabbed, slapped, or hit by a thrown object? Or sometimes, often, or very often, kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

Yes No

EIGHT: Was a household member depressed or mentally ill? Or did a household member attempt suicide?

Yes No

NINE: Were your parents separated or divorced?

Yes No

TEN: Did a household member go to prison?

Yes No

10 Vital Services to Survive and Thrive

We make New Mexico the safest place to raise a child by ensuring that families have access to family-friendly services. This survey helps us know how accessible services are and can be conducted in every community.

RESILIENT COMMUNITY EXPERIENCE SURVEY

How do you rate the following services in your community? The term “accessible” means affordable and/or not a burden to get to, and not subject to long waiting lists.

1. Mental health care services to provide counselors to speak with about emotional problems, treat depression and untreated mental health challenges, and address adverse childhood experiences and trauma

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

2. Medical and dental care to increase health, resiliency and longevity

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

3. Housing programs to prevent homelessness and provide a safe place if a home is unsafe

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

4. Food pantries and programs to reduce hunger

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

5. Public transport that ensures residents get to vital social services, work or school

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

6. Job training to provide access to jobs with livable wages

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

7. Early childhood programs that strengthen early learning

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

8. Family-centered community schools.

(Schools that offer support with academics, tutoring, family support, and health and social services, and do so before, during and after school, on weekends, and over summer break. They also offer counseling services and can screen students and family members for emotional trauma and mental health challenges, or refer them to local behavioral health care agencies.)

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

9. Parent supports, including home visitation and respite and education programs, to strengthen families and reduce the chance of childhood injury, trauma or maltreatment

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

10. Youth mentors to provide strong role models and support for every boy and girl

Very accessible / Accessible /
Not very accessible / Not Accessible /
Don't know

