

# RESOURCES

## SUICIDE PREVENTION:

209.644.5377

NATIONAL HOTLINE  
1.800.273.TALK (8255)

## TAY (TRANSITIONAL AGE YOUTH):

209.851.3473

## COUNSELING SERVICES:

209.644.5352

## COMMUNITY RESOURCES:

DIAL 211

## CONTACT US:

CHILD ABUSE PREVENTION COUNCIL  
OF SAN JOAQUIN COUNTY  
540 N. CALIFORNIA ST.  
STOCKTON, CA 95202  
209.464.4524

## WEBSITE:

[www.NoChildAbuse.org](http://www.NoChildAbuse.org)



@childabusepreventioncouncil



@nochildabusesjc



# ACE STUDY



Child Abuse Prevention Council  
OF SAN JOAQUIN COUNTY

# WHAT IS THE ACE STUDY?



ACE stands for **Adverse Childhood Experiences**. This term is given to describe all types of abuse, neglect, and other traumatic childhood experiences.

The **ACE Study** is used to examine and identify the relationships between trauma experiences during childhood in correlation with reduced health and well-being later in life.

## QUESTIONNAIRE

The Adverse Childhood Experience (ACE) questionnaire is a 10 item survey that individuals fill out. Every item that applies to the individual is translated into **ONE** point.

At the end of the survey, the points are calculated and the ACE score is given.

## ACE SCORE

The ACE Score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the ACE Study, the rougher your childhood was, the **higher** your score is likely to be which correlates with a higher risk for later health problems and mental illness.

## POSSIBLE RISK OUTCOMES

Remember this, too:  
ACE scores don't tally the positive experiences in early life that can help build resilience and protect a child from the effects of trauma.



Depression



Lack of physical activity



Cancer



Severe Obesity

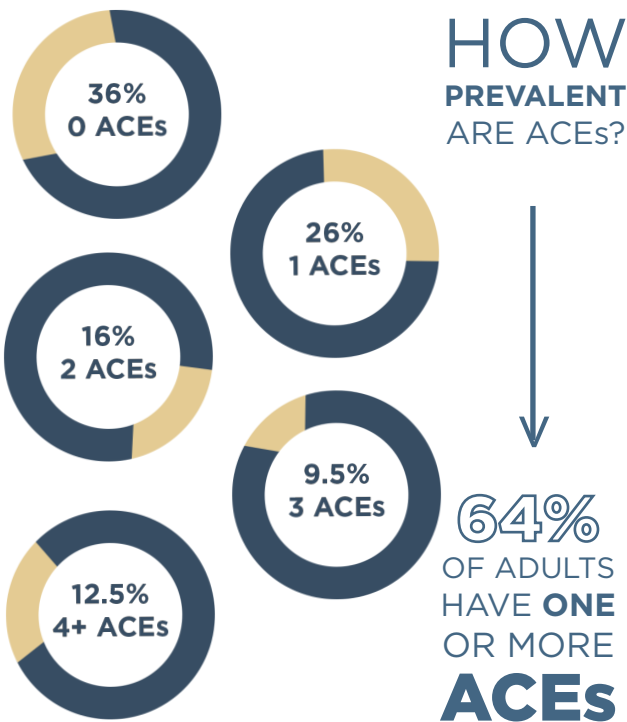


Diabetes



Alcoholism

The most important thing to remember is that the ACE score is meant as a **guideline**: If you experienced other types of toxic stress over months or years, then those experiences would likely increase your risk of health consequences.



DEATH

NEGATIVE EFFECTS

CONCEPTION

Early Death

Disease, Disability, & Social Problems

Adoption of Health-Risk Behaviors

Social, Emotional, and Cognitive Impairment

Adverse Childhood Experiences