



CONNECTING THE DOTS

EXPLORING THE LINK BETWEEN ACES AND SUBSTANCE USE DISORDERS

ACEs Questionnaire

- Physical abuse
- Emotional abuse
- Sexual abuse
- An alcohol and/or drug abuser in the household
- An incarcerated household member
- Someone who is chronically depressed, mentally ill, institutionalized or suicidal
- Mother is treated violently
- One or no parents
- Emotional or physical neglect

Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household 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 If yes enter 1 _____

2. Did a parent or other adult in the household often ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____

3. Did an adult or person at least 5 years older than you ever ...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____

4. Did you often feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____

5. Did you often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and 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 it?
Yes No If yes enter 1 _____

6. Were your parents ever separated or divorced?
Yes No If yes enter 1 _____

7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit or over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____

10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

Understanding ACEs

Adverse Childhood Experiences (ACE) Study



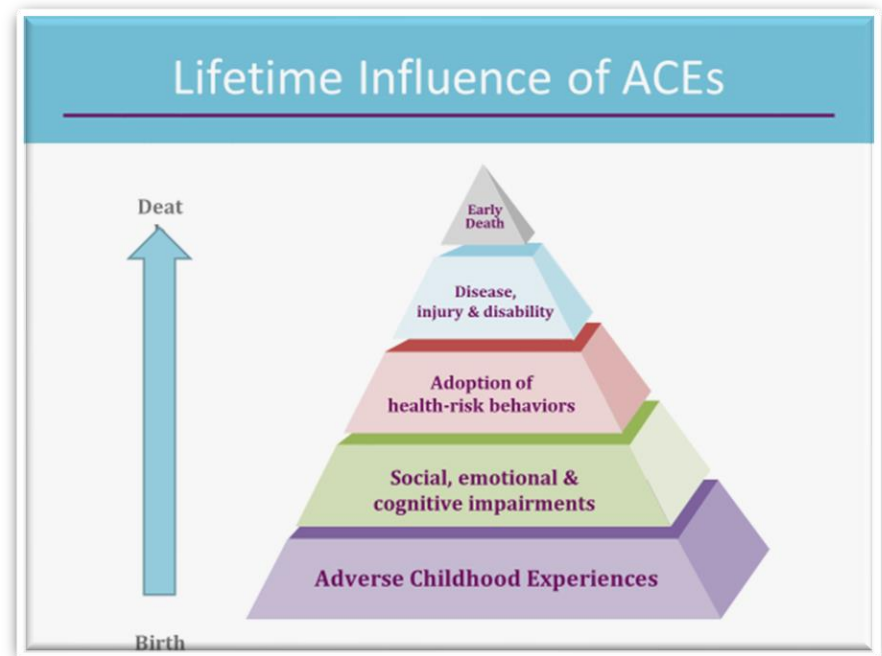
[acestudy.org](https://www.acestudy.org)



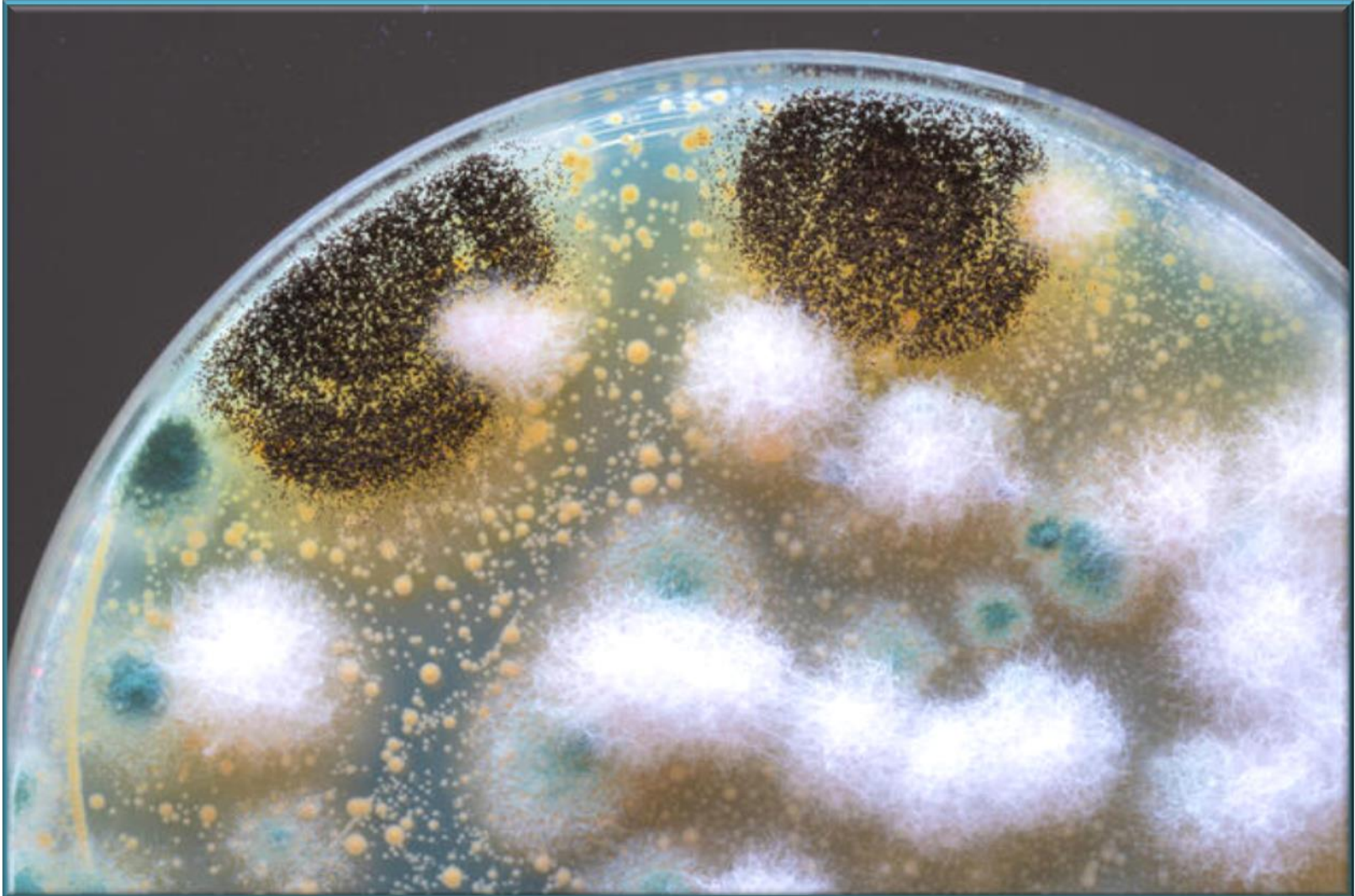
- Collective effort of Kaiser Permanente and Centers for Disease Control and Prevention (CDC) Study

The Impact of ACEs, continued

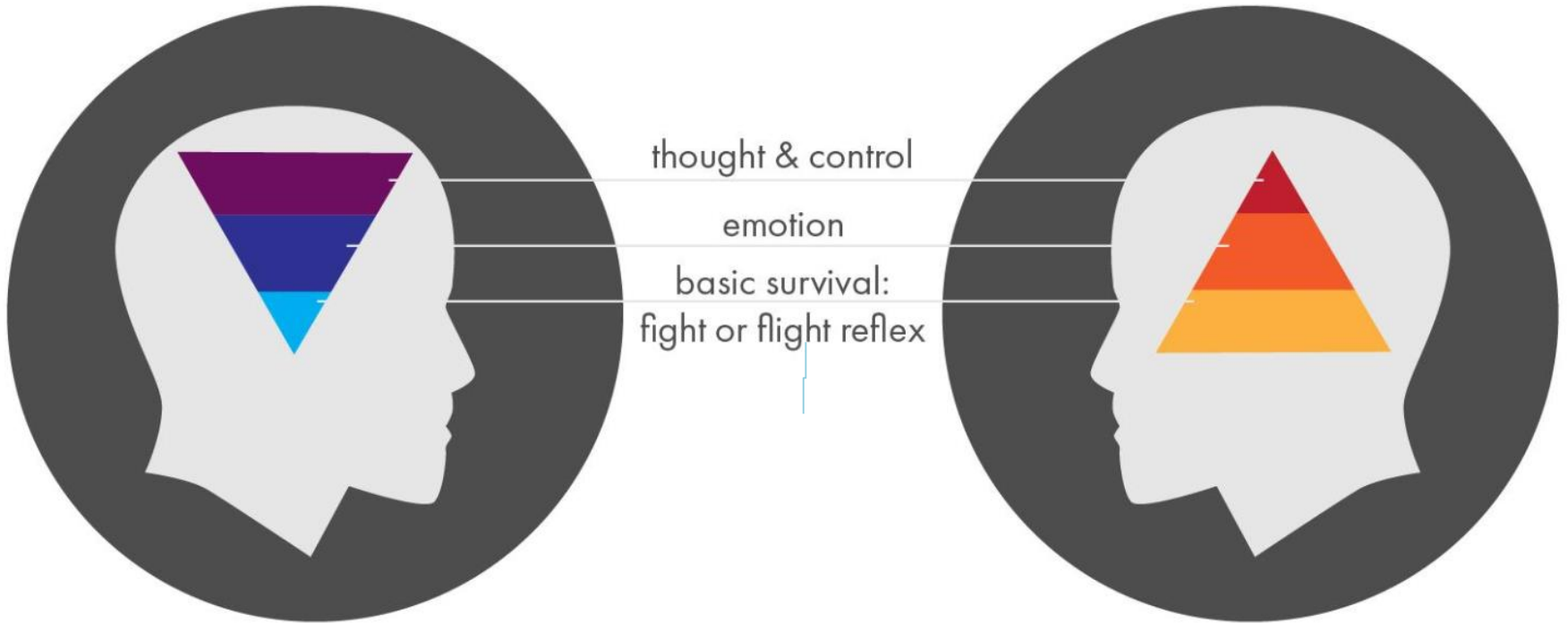
As the number of ACEs increase, so do the risk for negative health outcomes.



What is a toxic culture



Healthy Development...DERAILED

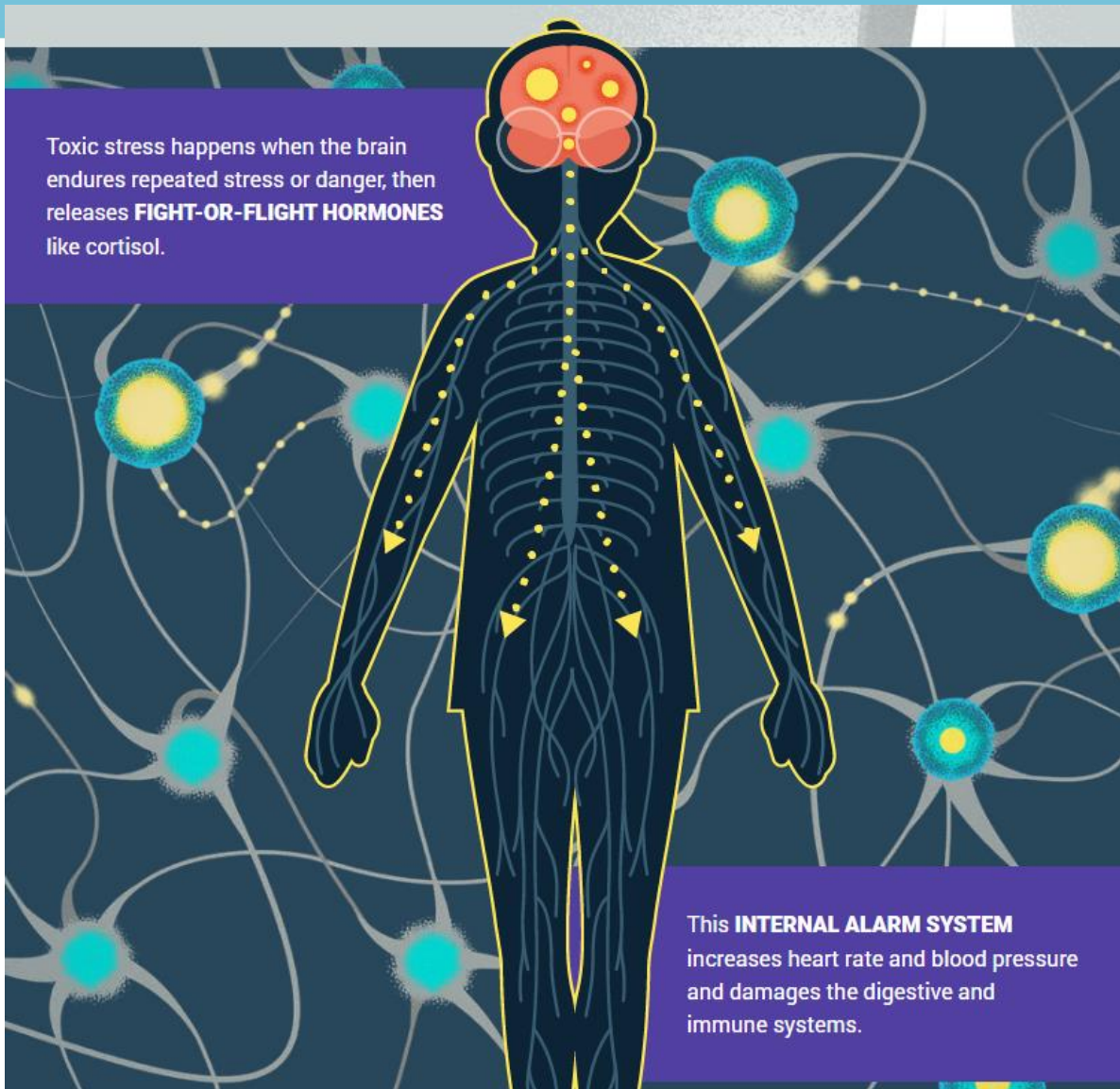


HEALTHY BRAIN

TRAUMATIZED BRAIN

Toxic Stress

Toxic Stress



Toxic stress happens when the brain endures repeated stress or danger, then releases **FIGHT-OR-FLIGHT HORMONES** like cortisol.

The diagram illustrates a human silhouette with a glowing brain and a network of glowing blue and yellow nodes connected by lines, representing the internal alarm system. The brain is highlighted in red and yellow, and the nodes are scattered throughout the body, with some glowing yellow and others blue. The background is dark blue with a pattern of these glowing nodes and lines.

This **INTERNAL ALARM SYSTEM** increases heart rate and blood pressure and damages the digestive and immune systems.

Toxic Stress

Toxic stress can disrupt **ORGAN, TISSUE, AND BRAIN DEVELOPMENT**. Over time this can limit a person's ability to process information, make decisions, interact with others, and regulate emotions. These consequences may follow a person into adulthood.





ACEs Can Echo Across Generations

The consequences of ACEs can be passed down from one generation to the next if children don't have protective buffers like positive childhood experiences or a caring adult in their lives.



NATIONAL vs. UTAH ACE DATA

How do those scores compare to the national average?

According to the CDC - the National ACE score average for the United States is a 1.59.

- The national average is significantly lower than the ACE score of rural Utah which is 4.79.
- Rural Utah adolescents are more likely to experience multiple ACEs than the national average.

- 21.3% of rural Utah adolescents reported 0 ACEs
- 6.0% of rural Utah adolescents reported 1 ACE
- 4.6% of rural Utah adolescents reported 2 ACEs
- 5.8% of rural Utah adolescents reported 3 ACEs
- 5.8% of rural Utah adolescents reported 4 ACEs
- 4.1% of rural Utah adolescents reported 5 ACEs
- 3.2% of rural Utah adolescents reported 6 ACEs
- 4.0% of rural Utah adolescents reported ≥ 7 ACEs



Adverse Childhood Experiences

Utah data compared to National Study



36.9%

Emotional Abuse



23.0%

Household
Substance Abuse



22.3%

Household
Mental Illness



22.2%

Parents
Separation/Divorce



19.0%

Physical Abuse



15.2%

Witnessed
Domestic Violence



13.1%

Sexual Abuse



7.7%

Incarcerated
Household Member

Positive Childhood Experiences

How much or how often during your childhood did you:

1. feel able to talk to your family about feelings;
2. feel your family stood by you during difficult times;
3. enjoy participating in community traditions;
4. feel a sense of belonging in high school;
5. feel supported by friends;
6. have at least two non-parent adults who took genuine interest in you; and
7. feel safe and protected by an adult in your home.

What are protective factors?



A disclaimer



Supportive care-Balancing the scale.



More resilient - GRIT



Less Resilient



Relative to addiction

SMOKING



PEOPLE WITH AN ACES SCORE OF 6 OR MORE ARE **250%**

MORE LIKELY TO BE SMOKERS THAN PEOPLE WITH A ZERO ACES SCORE

ALCOHOL



PEOPLE WITH AN ACES SCORE OF 4 OR MORE ARE **500%**

MORE LIKELY TO BE ABUSE ALCOHOL THAN PEOPLE WITH A ZERO ACES SCORE

DRUGS



PEOPLE WITH AN ACES SCORE OF 6 OR MORE ARE **4600%**

MORE LIKELY TO INJECT DRUGS THAN PEOPLE WITH A ZERO ACES SCORE³

https://fb.watch/kjz_zkkrRo/

https://www.facebook.com/reel/622416579714036?mib_extid=0NULKw&fs=e&s=TleQ9V



THANK YOU!

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A photograph of four diverse children of various ethnicities holding hands and walking in a grassy field. The image is overlaid with a semi-transparent blue filter. The children are smiling and looking towards the camera. The background shows trees and a bright sky.

The end of presentation
