Adverse Childhood Experiences

10 ACEs
- Parental Divorce or Separation
- Caregiver in Jail or Prison
- Caregiver Depression, Mental Illness or Suicide Attempt
- Domestic Violence or Threats
- Emotional Abuse or Neglect
- Sexual Abuse or Exposure
- Food, Clothing or Housing Insecurity
- Physical Abuse, Hitting or Slapping
- Caregiver Problem with Drugs or Alcohol
- Felt Unsupported, Unloved and Unwanted

ACEs Being Studied
- Placement in Foster Care
- Bullying or Harassment at School
- Parent or Guardian Died
- Separated from Caregiver through Deportation or Immigration
- Medical Procedure(s) or Life Threatening Illness
- Frequent School or Neighborhood Violence
- Treated Badly Because of Race, Sexual Orientation, Place of Birth, Disability or Religion

Adverse Community Environments

- Poor Housing Quality and Affordability
- Discrimination
- Deterioration of Physical Environment
- Lack of Access to Educational Opportunities
- Low Sense of Collective Political and Social Efficacy

Intergenerational Poverty
- Lack of Opportunity and Economic Mobility
- Poor Transportation Services or System
- Community Disruption
- Damaged Social Networks and Trust
- Unhealthy Products
- Long-Term Unemployment

Adapted From: Ellis W. Dietz BCR Framework Academic Peds (2017)
Resiliency Building Experiences

Feels Loved by Parent(s) or Primary Caregiver
Supportive Family Relationships
Supportive Community Relationships
Parent(s) or Primary Caregiver Enjoy Playing with Child
Relatives Provide Support When Sad or Worried
Caring Neighbors or Family Friends
Support from Teacher, Coach, Youth Leader, or Minister

Positive Community Environments

Available, Affordable Quality Housing
Lack of Discrimination
Clean and Safe Physical Environment
Access to Educational Opportunities
High Sense of Collective Political and Social Efficacy

Buffering Relationships

Family Cares about Child's School Work and Performance
Family, Neighbors, and Friends Talk About Making Lives Better
Rules, Structure, and Expectations in Household
Someone Trusted to Talk to When Feeling Bad
Adults Who Notice Child's Strengths and Accomplishments
Sense of Independence
Positive Outlook on Life

Physical Environment
Economic Environment
Social-Cultural Environment

Hope and Resilience

Lots of Opportunity and Economic Mobility
Quality Transportation Services or System
Cohesive Social Networks and Trust
Access to Healthy Products and Foods
Employment Opportunities

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