Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.

1. HOUSEHOLD
   - incarceration
   - family member
   - divorce
   - homelessness
   - parental mental illness
   - alcoholism and drug abuse
   - emotional and sexual abuse
   - bullying
   - domestic violence
   - maternal depression
   - physical and emotional neglect

2. COMMUNITY
   - discrimination
   - historical trauma
   - substandard schools
   - structural racism
   - lack of jobs
   - substandard wages
   - poverty
   - food scarcity
   - poor housing quality and affordability
   - violence
   - lack of social capital and mobility
   - poor water and air quality
   - parental mental illness
   - substandard schools
   - structural racism
   - lack of jobs
   - substandard wages
   - poverty
   - food scarcity
   - poor housing quality and affordability

3. ENVIRONMENT
   - climate crisis
     - record heat & droughts
     - wildfires & smoke
     - record storms, flooding & mudslides
     - sea level rise
   - natural disasters
     - tornadoes & hurricanes
     - volcano eruptions & tsunamis
     - earthquakes
     - pandemic

Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit ACEsConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.