Join the Arkansas ACEs/Resilience Coalition

Transforming Lives and Communities

What are Adverse Childhood Experiences (ACEs)?

ACEs are harmful events that happen during childhood. Examples include:

- Parental separation or divorce
- An incarcerated parent
- Domestic violence
- Physical, emotional or sexual abuse
- Household members who suffer from mental illness or substance abuse

Adverse community environments are social or economic issues in a neighborhood that have a negative impact on a child's well-being, such as:

- Poverty
- Violent crime
- Racial discrimination
- Poor housing quality and affordability
- Food desert

This "pair of ACEs" combine to create toxic stress, which forces the body into a constant state of fight or flight response. Toxic stress has a detrimental effect on the developing bodies and brains of children, increasing the likelihood of behavior problems and lack of school engagement. It also leaves kids at higher risk for chronic illness, obesity, drug addiction and mental illness later in life.

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ACEs and Toxic Stress Can Affect Anyone

Exposure to ACEs cuts across all races, income and educational levels. In Arkansas, 56.5% of children have one or more ACEs. As children who experience ACEs and toxic stress grow into adulthood without the benefit of protective factors, the cycle can continue with their own children.

History is Not Destiny

The problem is not insurmountable. By working together, we can prevent and heal the damage caused by ACEs. Building resilient individuals, families and communities is the key.

Join Us!

The Arkansas ACEs/Resilience Coalition is a collaborative whose goal is to coordinate ACEs work in the state and assist communities in building resilience. We need individuals and organizations from all sectors who are interested in addressing the root causes of individual and community trauma.

For information or to join the coalition, scan the QR code below, visit **afmc.org/ACEs,** or email **ACEs@afmc.org**.

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