

What are ACEs?

ACEs, stands for Adverse Childhood Experiences. Mental health professionals state ACEs affect one's lifelong mental health.

How can I find an ACE score?

Two websites that offer quizzes to find an ACE score:

- [ACES Too High](#)
- [National Public Radio](#)

*Children who have high ACE scores, are more likely to have learning issues, behavioral and/or emotional issues, and may take more risks.

*It is important for educators to acknowledge students who have had experienced trauma in order to help them and to provide them with resources.

Examples of ACEs include trauma related to:

- Physical abuse or neglect
- Emotional abuse or neglect
- Sexual abuse
- Witnessing of substance abuse
- Witnessing abuse or violence in the home
- Mental illness in the home
- Separation or divorce
- Situational Trauma: weather (hurricanes, floods, etc.), events (shootings, violence), illnesses (cancer, etc.)
- And, more...

References

- Substance Abuse and Mental Health Services ([SAMHSA](#))
- Minnesota Association for Children's Mental Health ([MACMH](#))

Resources:

- [National Suicide Hotline](#) (1-800-273-8255)
- [Substance Abuse and Mental Health Services Administration \(SAMSA\)](#)
- [Centers for Disease Control and Prevention](#)
- [American Psychological Association](#)
- [Pacer Center](#)
- [National Association for the Education of Young Children \(NAEYC\)](#)
- [National Institute of Mental Health](#)
- [National Alliance on Mental Illness](#)