▶ Services to Address ACEs and More Information

If you or a loved one has experienced ACEs, services may be available in your community. Please visit: **ocfs.ny.gov/ACEs**.

Scan this QR code, and it will take you directly to the website to learn about additional information regarding ACEs (adverse childhood experiences) and how to find services to help.

NEW YORK STATE | Office of Children and Family Services | Office of Mental Health | Department of Health | Office of Temporary and Disability Assistance | Office of Addiction Services and Supports

Capital View Office Park
52 Washington Street, Rensselaer, NY 12144

ocfs.ny.gov

Statewide Central Register Toll Free Telephone Number
1-800-342-3720

If you are deaf or hard of hearing, call TDD/TTY at
1-800-638-5163 or

Video Relay System provider call
1-800-342-3720

NYS Project Hope
Emotional Support Helpline to talk to a crisis counselor:
1-844-863-9314

"… promoting the safety, permanency, and well-being of our children, families, and communities. …"

Pursuant to the Americans with Disabilities Act, the New York State Office of Children and Family Services will make this information available in an appropriate format upon request.

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NEW YORK STATE | Office of Children and Family Services | Office of Mental Health | Department of Health | Office of Temporary and Disability Assistance | Office of Addiction Services and Supports

ACEs

Understanding **adverse childhood experiences (ACEs)**

Visit these important websites to find out helpful information:

OCFS website - https://ocfs.ny.gov;
OMH website - https://omh.ny.gov/; DOH website - https://www.health.ny.gov/;
OTDA website - https://otda.ny.gov/; OASAS website - https://oasas.ny.gov/

▸ What Are Adverse Childhood Experiences (ACEs)

Adverse childhood experiences (also known as ACEs) are stressful or traumatic events, such as neglect and/or violence during childhood. ACEs are strongly related to brain development and a wide range of health problems throughout a person's lifetime.

ACEs may include but are not limited to: physical or sexual abuse, domestic violence, living in poverty, parental mental illness, discrimination, substance use disorder or incarceration.

▸ Why is it Important to Consider ACEs and Their Impact?

Research has shown that:

- When families experience historical and systemic racism or living in poverty for generations, the effects of ACEs can add up over time.
- ACEs are very common in **every** population group.
- ACEs can have a significant impact on a child's ability to succeed in school, causing a negative impact on their mental health and general well-being.
- Adults who have experienced ACEs may have higher rates of negative health outcomes, including depression, obesity, substance abuse, anxiety, smoking and early death.

▸ Resilience, Protective Factors

What is resilience?

Resilience is the ability to bounce back from challenges and hardship.

Parental and child resilience have been shown to reduce the negative impacts of ACEs.

▸ Protective Factors

Protective factors that may boost child or parental resilience may include:

- supportive and caring relationships and social connections
- programs that understand a person's background and culture
- a healthy lifestyle, which may include regular exercise, mindfulness, getting sufficient sleep and eating a healthy and nutritious diet
- economic support/stability for families
- quality child care and education early in life