

# A Hope and a Future

# Objectives

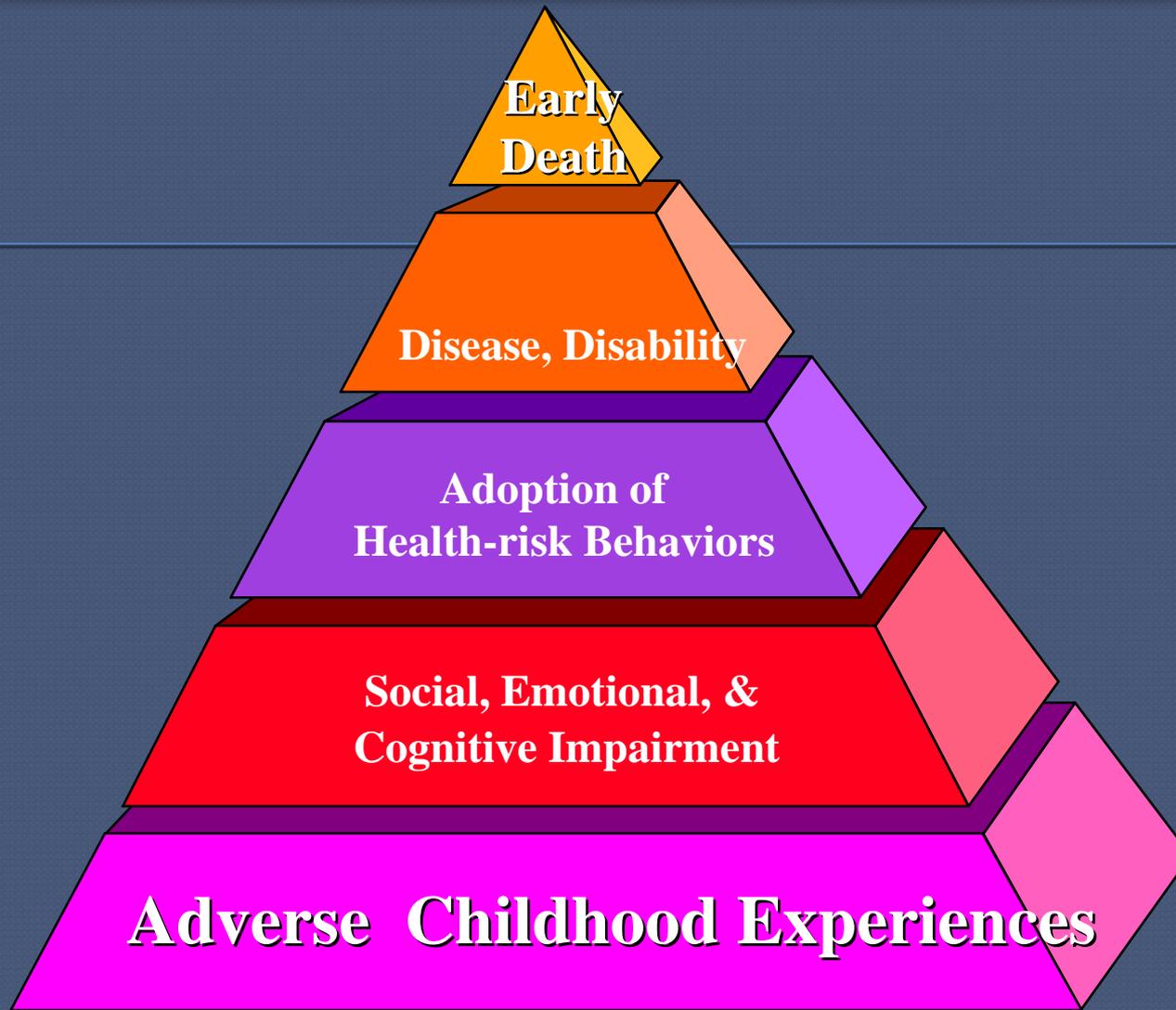
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- Discuss the Adverse Childhood Experience Study and its conclusions
- Discuss the role of epigenetics in health outcomes
- Discover ways to interrupt the effects of childhood trauma

**“It is easier to build strong  
children than to repair broken  
men”**

**Frederick Douglass**

**Death**



**Birth**

The Influence of Adverse Childhood Experiences Throughout Life

# ACE's

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- Parental substance abuse
- Divorce
- Parental mental illness
- Domestic violence against mother
- Criminal behavior/imprisonment
- Repeated physical abuse
- Psychological abuse
- Sexual abuse
- Emotional neglect
- Physical neglect

## ○ Household Dysfunction

- Substance abuse – 27%
- Divorce – 23%
- Mental illness – 17%
- Domestic violence – 13%
- Criminal behavior – 6%

# ACE's

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## ○ Abuse

- Physical – 28%
- Psychological – 11%
- Sexual – 21%

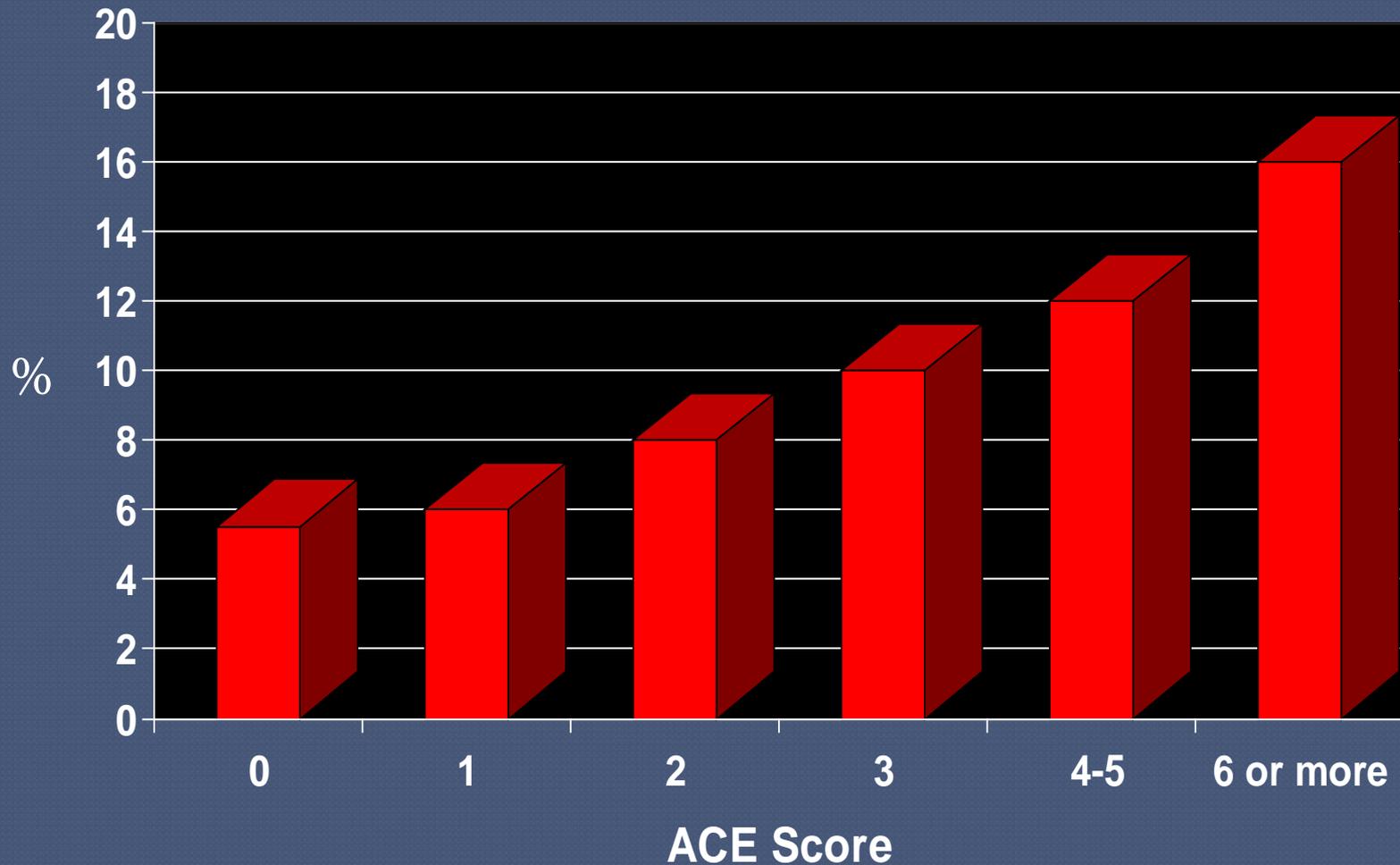
## ○ Neglect

- Emotional – 15%
- Physical – 10%

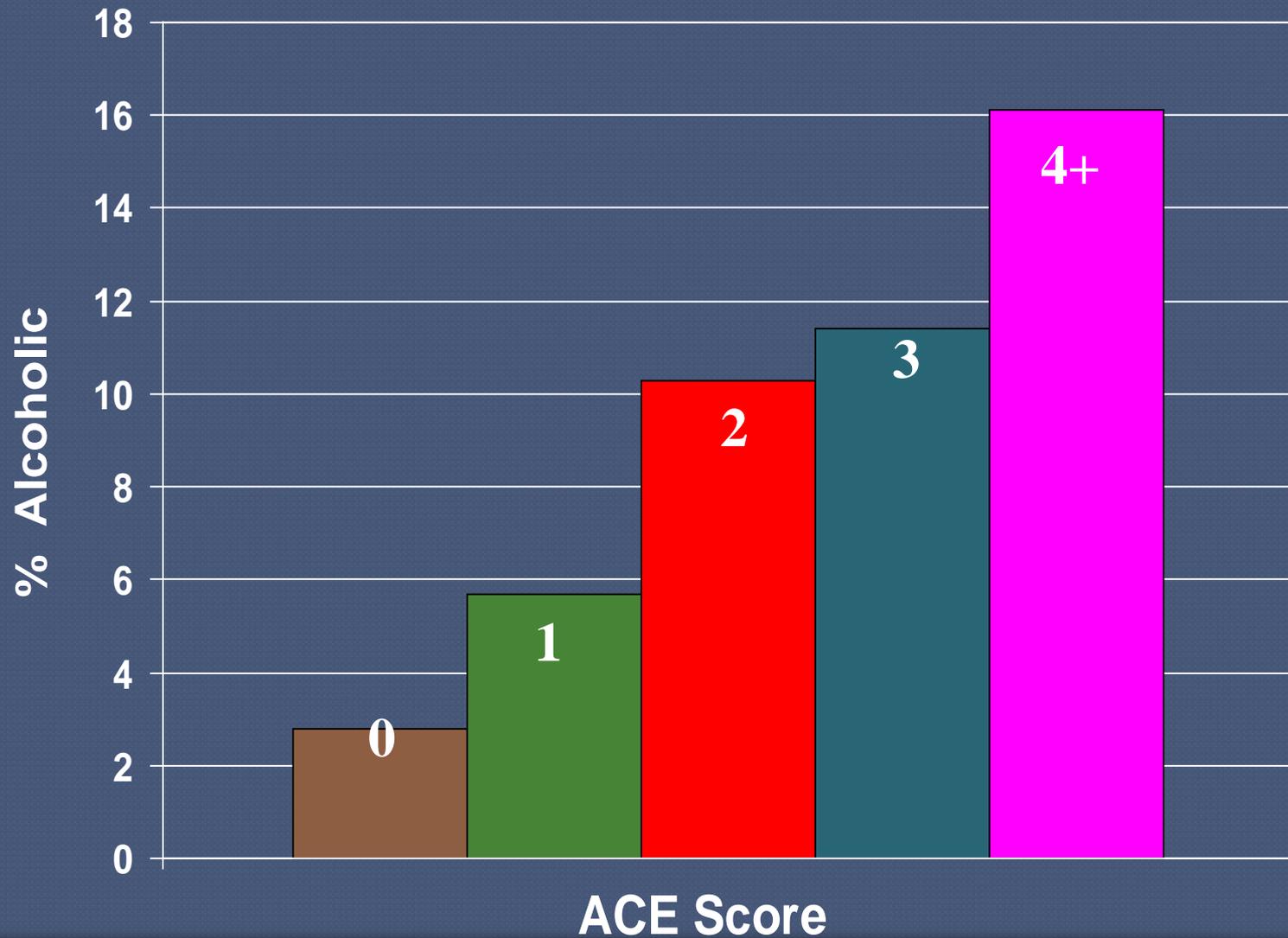


**Sick Adults**

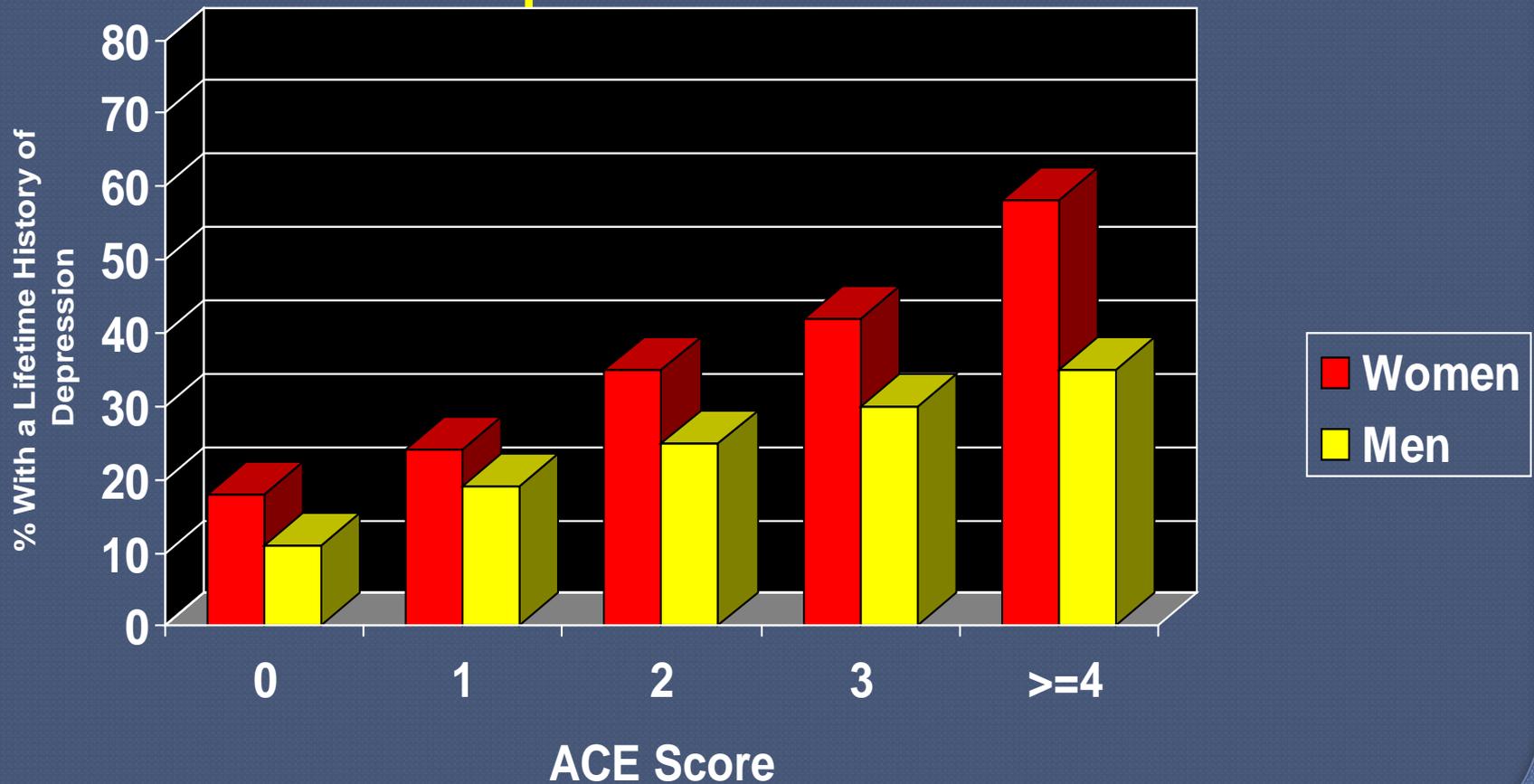
# Adverse Childhood Experiences vs. Current Smoking



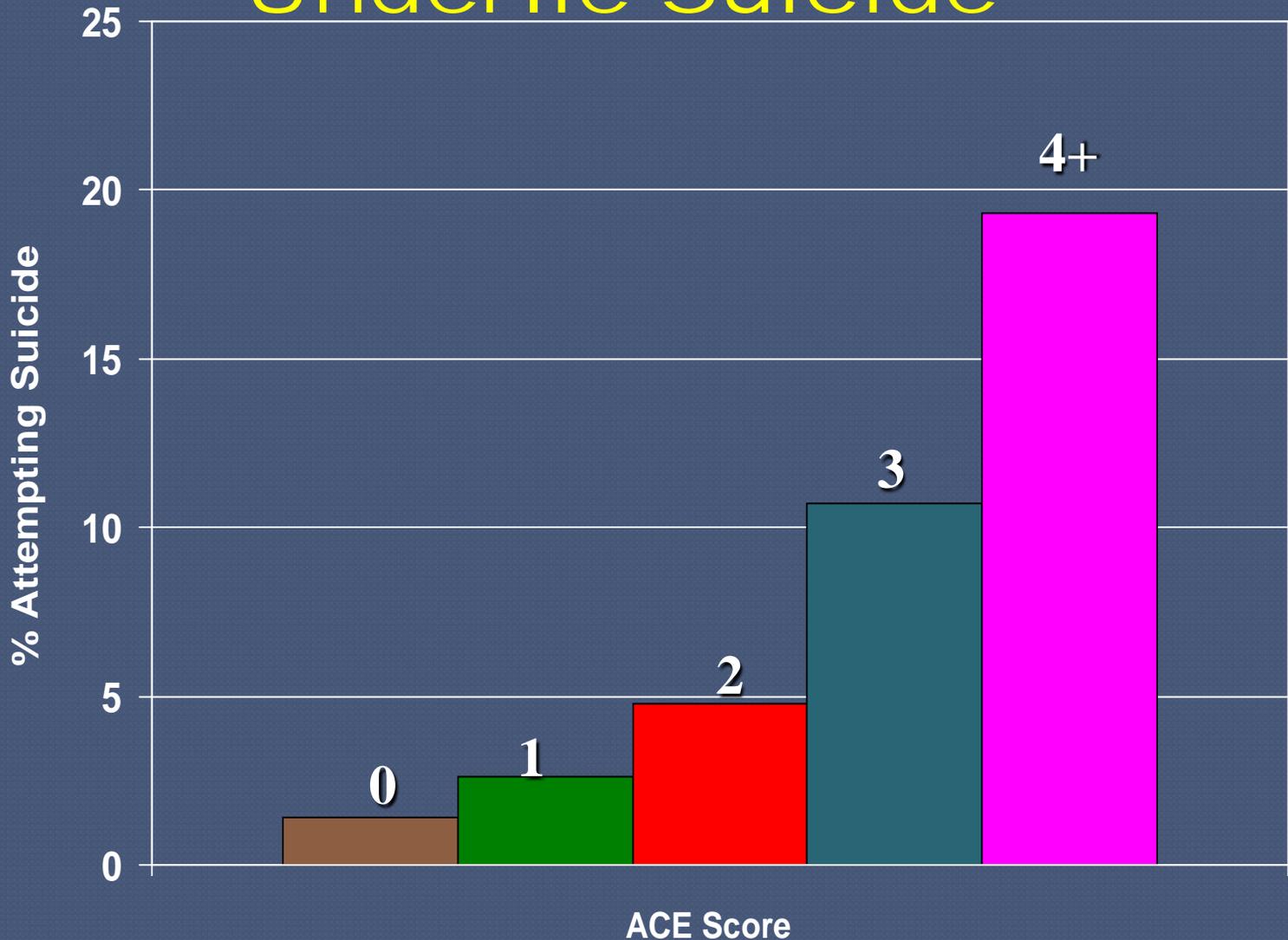
# Childhood Experiences vs. Adult Alcoholism



# Childhood Experiences Underlie Chronic Depression



# Childhood Experiences Underlie Suicide





**Social Outcomes**

# Social Outcomes

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- ◉ Loss of productivity
  - Job dysfunction (absences, poor performance, financial problems)
  - Loss of years of life expectancy
- ◉ Educational issues
- ◉ Higher health care costs
- ◉ Involvement in criminal justice or child welfare systems

**TOTAL LIFETIME COST - \$124 BILLION**

# Epigenetics

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# A Hope and A Future

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## ○ Interrupting Destiny...

- Recognize brokenness
  - Learn about it
  - Identify families that are struggling
- Targeted interventions
  - Substance abuse and domestic violence treatment
  - Marriage initiatives/family strengthening
  - Abuse prevention/recognition
  - Parenting/job and life skills
- Be willing to get dirty
  - Be your brothers' keeper
  - Role model/mentor – provide a “different script”
  - Pray like crazy – this is war
  - Give your life for this

**“It is not light that we need but fire; it is not the gentle shower but thunder. We need the storm, the whirlwind, and the earthquake.”**

**Frederick Douglass**

# Fostering Hope

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[www.fosteringhopeproject.org](http://www.fosteringhopeproject.org)

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