For the last two years, nearly all students referred for mental health services in seven school-based health centers in Deschutes County, OR, have taken the 10-question adverse childhood experiences (ACE) survey. It didn’t take long to realize why this was a good idea. “The average ACE score for a student being seen by a Deschutes County clinician was 5 out of 10,”... READ MORE from the ACETooHigh.com article.

ACETooHigh.com is a news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. We also cover how people, organizations, agencies and communities are implementing practices based on the research.

Many people have been asking for a short video that explains the CDC-Kaiser Permanente Adverse Childhood Experiences Study, the groundbreaking epidemiological research that revealed the link between childhood trauma and the adult onset of chronic disease, mental illness, violence and being a victim of violence. KPJR Films, which came out with Paper Tigers last year and Resilience this year, put together this wonderful five-minute overview of the ACE Study.

"Trauma constantly confronts us with our fragility and with man’s inhumanity to man but also with our extraordinary resilience. I have been able to (do trauma work) for so long because it drew me to explore our sources of joy, creativity, meaning, and connection—all the things that make life worth living. . . Most great instigators of social change have intimate personal knowledge of trauma. . . Read the life history of any visionary, and you will find insights and passions that came from having dealt with devastation.” The Body Keeps The Score by Bessel Vander Kolk
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- death
- trauma
- addiction
- violence
- abuse
- poverty
- neglect
- incarceration

Trauma Symptoms
- robotic
- defiant
- aggressive
- acting out
- numb
- mouth
- volatile
- denies
- self-harm
- abuse
- neglect
- withdrawn

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