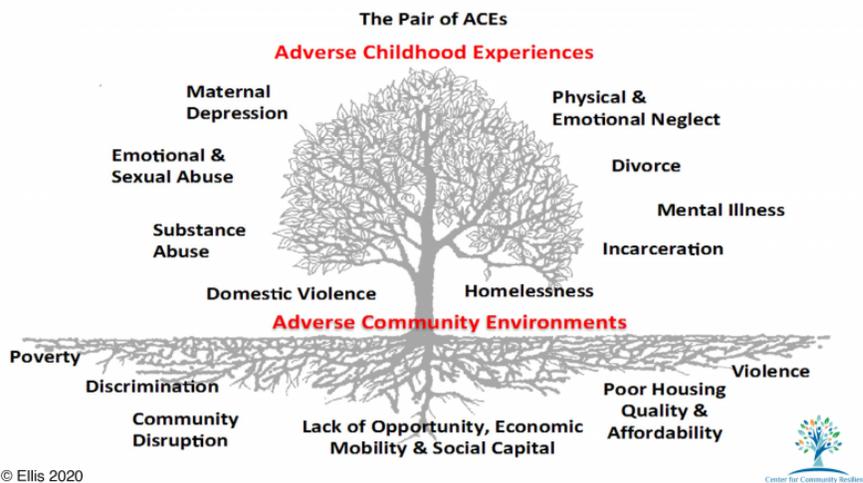


DAY 12: ACES. Early Adversity . . . Lasting Impacts

In order for children to meet developmental milestones, learn, grow and lead productive lives, it is critical that they be healthy. Good social-emotional and mental health is a key component of children’s healthy development. [Poverty, trauma, and inadequate treatment are three factors](#) that have been shown to have a sustained, negative impact on children’s social, emotional and mental health. Racism is now recognized as an Adverse Childhood Experience (ACE) - a toxic source of stress with the potential to disrupt a child’s ability to learn, relate, grow, play, communicate, and problem-solve. A local program developed at the University of Michigan, [Mom Power, is a program that supports families who are facing adversity and stress through the challenges of caring for young children, offering a strengths-based, nurturing approach to promoting resilience in parents and children.](#)



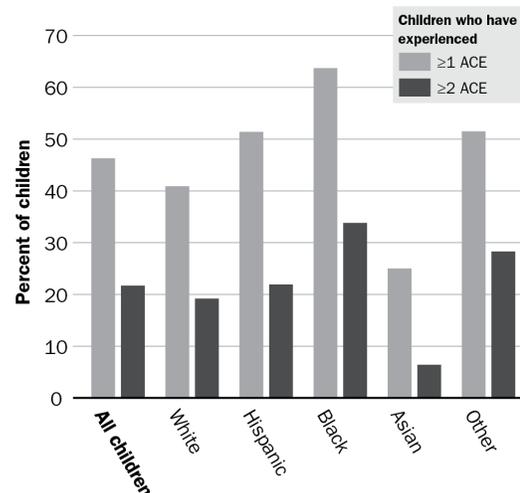
Source: *Diagram linking environmental factors to ACEs from Ellis, W., and Dietz, W., 2017.*
<https://publichealth.gwu.edu/departments/redstone-center/resilient-communities>

[ACEs disproportionately impact children of color.](#)

This is a downstream impact of the toxic environments created by institutions and systems that shape our lived experience in Washtenaw County (e.g. the justice, education, and healthcare systems). Healthy school, community and home environments are critical to preventing children from experiencing ACEs and appropriately supporting students living with chronic stress, so that it does not get in the way of them achieving their aspirations.

Adverse Childhood Experiences show race/ethnicity disparity

Adverse Childhood Experiences (ACE) happen most frequently among black children, according to The Child and Adolescent Health Measurement Initiative.



Source: THE CHILD AND ADOLESCENT HEALTH MEASUREMENT INITIATIVE
 ZECHANG FU/Missourian

Did you know? The [Washtenaw Alliance for Children and Youth](#) analyzed recently updated [Washtenaw Opportunity Index data](#) and found that:

- “Youth who live on the east side of the County and youth of color have higher rates of delinquency charges” [Source](#).
- Some communities in Washtenaw County have preschool enrollments of less than 25%. The ideal is 75%. [Source](#).
- Third grade proficiency rates are vastly different depending on where a student lives. [Source](#).
- "Less than 50% of students living in or around Ypsilanti receive a diploma within six years." [Source](#).
- "Childhood poverty is most prevalent on the east side of Washtenaw County". It's also interesting to see pockets of poverty that also exist in Ann Arbor and Scio Township. [Source](#).

Today's Challenge:

Option 1: [Learn about Handle with Care, a local resource in Washtenaw County to support children with ACEs like trauma, abuse, and drivers of toxic stress.](#) Then, familiarize yourself with [a few simple Everyday Gestures](#) to help a child heal.

Option 2: Many K-12 students live with food insecurity, housing and transportation issues, and, too frequently, physical or emotional abuse. That presents a barrier to positive educational outcomes. Listen to "[Washtenaw United,](#)" WEMU's David Fair talks with [student advocate and Adverse Traumatic Experiences](#) master trainer Jason Gold about how best to identify and deal with the issues to change life trajectories.

Option 3: View this [info-graphic that explains how ACEs affect our lives](#) and society and summarizes findings from a landmark Kaiser study that looks at the link between ACEs and long-term well-being.

Option 4: Go deeper and [assess your ACEs score](#) to see how childhood trauma may be impacting your life. Then, assess your resilience score and explore resources on how to support yourself and others by [building resilience](#).

Option 5: In this interactive data-set from ProPublica, [you can plug in your school system and those around you to investigate whether there is racial inequality at your school](#). Hint-- the answer is yes.

Option 6: Check out some parenting tips and ways to reduce trauma produced by Early Childhood Trauma-Informed Collaborative at Washtenaw Success by Six. Local assistance and support is also available locally. http://washtenawsuccessby6.org/index.php?option=com_content&view=article&id=75

Share your reflections on today's topic on social media using the hashtag **#unitedforequity** and tag **@uwashtenaw**.