



## Impact of childhood trauma on future addictive behavior.

In surveys of adolescents receiving treatment for substance abuse, more than 70% of patients had a history of trauma exposure.

(The National Child Traumatic Stress Network, *Making the Connection: Trauma and Substance Abuse*; Child Maltreatment, *American Journal of Psychiatry*)

# 70%

**Adverse Child Experiences (ACEs)** are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. ACEs are strongly related to development and prevalence of a wide range of health problems, including substance abuse, throughout the lifespan.

(The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems, Centers for Disease Control and Prevention.)

### The ACE (Adverse Childhood Experience) Study

Conducted by the US Center for Disease Control & Kaiser Permanente

**17,000 PARTICIPANTS SURVEYED**

#### Female Participants:

13% emotional abuse

27% physical abuse

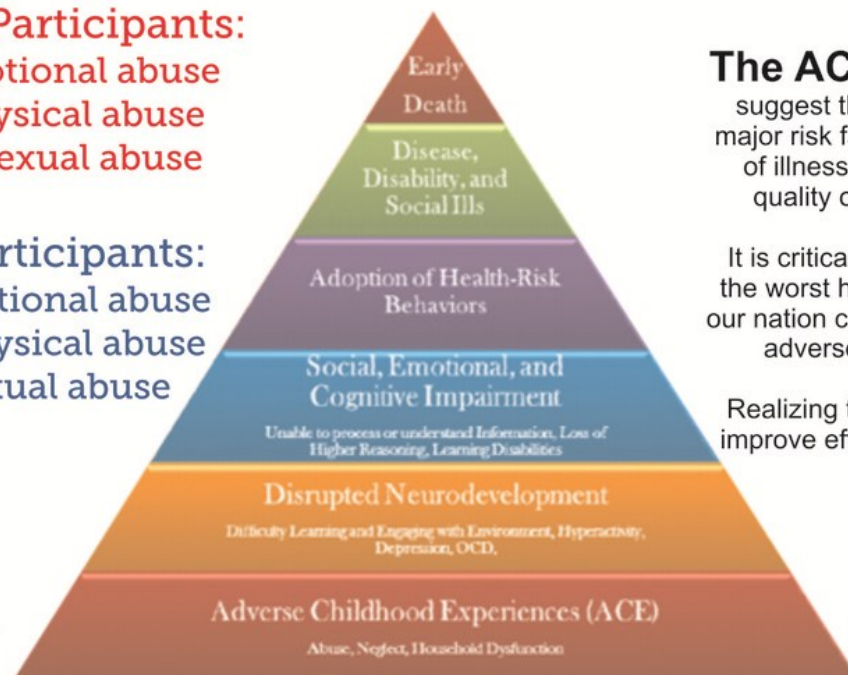
24.7% sexual abuse

#### Male Participants:

7.6% emotional abuse

29.9% physical abuse

16% sexual abuse



#### The ACE Study Findings

suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States.

It is critical to understand how some of the worst health and social problems in our nation can arise as a consequence of adverse childhood experiences.

Realizing these connections is likely to improve efforts towards prevention and recovery.



The major factor underlying addiction is adverse childhood experiences that have not healed with time and that are overwhelmingly concealed from awareness by shame, secrecy and social taboo. The ACE Study provides population-based clinical evidence that unrecognized adverse childhood experiences are a major, if not the major, determinant of who turns to psychoactive materials and becomes 'addicted'.

(The Origins of Addiction by Vincent J. Felitti, MD, Kaiser Permanente Medical Care Program)



**Family Nurturing Center** provides child abuse treatment, prevention and education services to thousands of children and families in Northern Kentucky. All of these programs are provided free to children and families impacted by abuse or neglect. Services that may support recovery include:

**S.O.A.R. (Survivors of Abuse Recovery):** A 12 week program serving adults who experienced childhood sexual abuse. Weekly groups focus on helping participants recognize feelings, identify the impact of their sexual victimization on their current functioning, create new and healthy coping strategies to lessen the impact of the victimization on their day to day functioning, develop effective communication skills for healthy relationships, and create strategies to avoid re-victimization. S.O.A.R. provides a therapeutic and supportive environment bringing together people with similar experience.

**Child Abuse Treatment Services:** Encompass multiple program components: Tic Toc, a clinical group treatment program for children and non-offending family members impacted by child sexual abuse; individual and family counseling for child victims of physical abuse, sexual abuse, emotional abuse/neglect, domestic violence (witness to) or other violent crimes; consultation; and case management to families participating in services as needed.

**Nurturing Parenting Programs:** Family based parenting education programs that help families establish a nurturing way of life. Parents and children attend together so that all family members can benefit from participation in the program. The program is offered in a variety of locations throughout the community.

For a complete listing of programs and services, visit [www.familynuture.org](http://www.familynuture.org).



**April is Child Abuse Prevention Month;**  
a time set aside to recognize our  
collective responsibility to prevent and  
confront all forms of abuse and neglect.



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

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