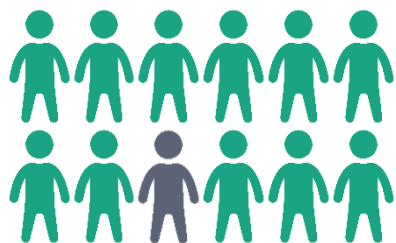




HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

Hennepin County Children's Mental Health Dashboard Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. Research has found that these experiences can have a profound impact on health, mental health, and well-being throughout the lifespan. To promote positive mental health for youth, it is important to focus on both preventing the incidence of adverse childhood experiences and mitigating their potentially negative impact.



In 2019, 1 in 12 children, or

8%

of all County children,
reported having at least 3 ACEs¹



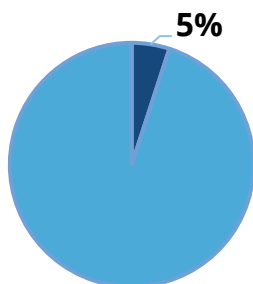
Current context

Our dashboard relies on the Minnesota Student Survey, which was most recently collected in 2019, before the COVID-19 pandemic. Research has suggested that the pandemic has increased risk for a number of adverse childhood experiences (ACEs), due to increases in poverty, isolation, substance abuse, family violence, and other factors. We will continue to monitor trends, but expect that children are at greater risk now for a variety of ACEs.

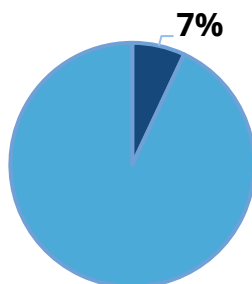
¹ 2019 Minnesota Student Survey (obtained from the [MN Department of Education](#)); N=8,206. ACEs assessed included: (1) Living with someone who is depressed or has mental health issues; (2) Having a parent/guardian who is currently in jail, and/or has been in jail; (3) Living with someone who drinks too much alcohol; (4) Having been verbally abused by a parent or adult in the household; (5) Having been physically abused by a parent or adult in the household; (6) Witnessing domestic abuse of parents/adults in household; (7) Having been sexually abused by a family member and/or a person outside the family; and (8) Living with someone who uses illegal drugs or abuses prescription drugs.

Other core indicators

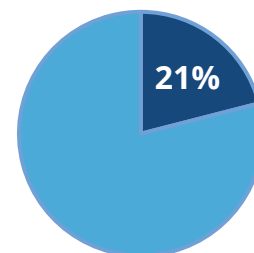
Percentage of 9th grade students with a parent who has been in jail or prison (2019)²



Percentage of 9th grade students who live with someone who drinks too much alcohol (2019)³

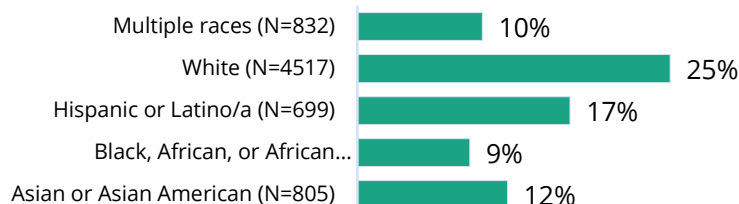


Percentage of 9th grade students who live with someone who is depressed or has other mental health issues (2019)⁴

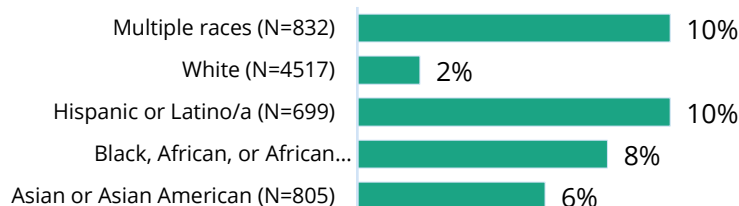


There are dramatic disparities in ACEs based on race/ethnicity

Percentage of students reporting parental mental health issues



Percentage of students reporting parental incarceration



Reflection questions

What promising initiatives are underway locally to reduce the prevalence or impact of ACEs? How can we support these efforts?

How do the increased family stress and isolation associated with the COVID-19 pandemic change the strategies that can help support families and reduce ACEs?

How can ACE reduction or mitigation efforts help to promote greater health equity in Hennepin County?

What opportunities exist to better screen youth for ACEs, train professionals to recognize the impact of ACEs, or promote trauma-informed care?

²2019 Minnesota Student Survey (obtained from the [MN Department of Education](#)); N=8,206.

³2019 Minnesota Student Survey (obtained from the [MN Department of Education](#)); N=8,206.

⁴ 2019 Minnesota Student Survey (obtained from the [MN Department of Education](#)); N=8,206.

Learn more

National Conference of State Legislatures. (2018). Preventing and mitigating the effects of Adverse Childhood Experiences. https://www.ncsl.org/Portals/1/HTML_LargeReports/ACES_2018_32691.pdf.

This brief presents research on adverse childhood experiences and highlights state strategies to prevent and reduce their occurrence and negative effects. Such policies include strategies to build resilience in children and families, help parents reduce stress, and increase screening and treatment for ACEs.

Centers for Disease Control and Prevention (2019). Preventing Adverse Childhood Experiences: Leveraging the Best Available Evidence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf>.

This document summarizes the available research related to prevention of ACEs, with an emphasis on strategies such as strengthening economic supports, building connections with caring adults, and changing social norms related to violence.

Haldar, S., Chhean, E., Hockenberry, S., Rolando, M., Tewarson, H. (2021, December). State Actions to Prevent and Mitigate Adverse Childhood Experiences. Washington, DC: National Governors Association Center for Best Practices and National Academy for State Health Policy. <https://www.nashp.org/state-actions-to-prevent-and-mitigate-adverse-childhood-experiences-aces/>.

This brief highlights the recent work of nine states to prevent and mitigate adverse childhood experiences (ACEs) and to implement trauma-informed practices at the state level.



For more information on Children's Mental Health
contact, the [Hennepin County Children's Mental Health Collaborative](#).