Long-Term Effects of Trauma

1) Think about a child with whom you have worked: What is his/her ACE score? (How many of the Adverse Childhood Experiences below have then been exposed to?)

Abuse and Neglect
- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect

Household dysfunction:
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation/divorce
- Incarcerated household member

2) Which of the following trauma effects were true for them?

- Biology
- Mood regulation
- Dissociation
- Behavioral control
- Cognition
- Self-concept
- Development

3) Which of the following do you feel might be long term consequences for this child/adolescent?

Long-Term Consequences:

Disease and disability:
- Major depression, suicide, PTSD
- Drug and alcohol abuse
- Heart disease
- Cancer
- Chronic lung disease
- Sexually transmitted diseases
- Intergenerational transmission of abuse

Social problems:
- Homelessness
- Prostitution
- Criminal behavior
- Unemployment
- Parenting problems
- Family violence
- High utilization of health and social services