Some impacts of ACEs:
1. Mental health problems
2. Chronic disease
3. Health risk behaviors

ACEs and Trauma Impact on Health and Learning

Trauma experienced during sensitive periods of development, when the brain is most “plastic,” has the potential to be especially harmful to the developing brain.

Sources:
Realization
- Realizing the widespread prevalence and impact of trauma

Recognition
- Recognizing the signs and symptoms of traumatic exposure

Response
- Responding by integrating knowledge of evidence-based practices

Resist
- Seeking to actively resist re-traumatization

Key Elements in a Trauma Informed Approach

Impacts of ACEs and Trauma in School

- Inappropriate behavior in the classroom
  - Hyperactivity
  - Impulsivity
  - Withdrawal
  - Emotion dysregulation

- Difficulty forming relationships
  - Difficulties trusting others
  - Insecurity in school setting
  - Difficult peer interactions

Key Steps to Becoming a Trauma-Informed School

1. Create a shared understanding of trauma and its impacts
2. Build consensus around trauma-informed principles
3. Cultivate support for the adoption of system-wide, trauma-informed approaches
4. Obtain training and ongoing consultation

Sources: