



Headquartered in Charlotte, NC, Trauma Informed Institute is a pioneering force in certifying individuals as trauma-informed professionals, committed to revolutionizing workplace dynamics. Our mission is to educate and implement trauma-informed approaches in the workplace; with a vision to improve employee wellness and transform workplace culture. Our impact has spanned various sectors and even international borders, training over 20,000 professionals, securing over \$20 million in funding, and directly benefiting hundreds of teams. We proudly support the BYE Foundation, a 501c3 organization, furthering our commitment to holistic well-being for communities and families.

Adverse Childhood Experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

Adverse Childhood Experiences (ACEs) refer to a set of traumatic or stressful events that individuals may encounter during their formative years. These experiences can have a profound and lasting impact on physical and mental health, as well as overall well-being.

- **Health Consequences:** ACEs are strongly linked to physical health problems such as heart disease, obesity, diabetes, and substance abuse.
- **Mental Health:** Individuals with ACEs are at a higher risk of developing mental health issues, including depression, anxiety, and post-traumatic stress disorder.
- **Social and Economic Implications:** ACEs can limit educational attainment and employment prospects, leading to social and economic disparities.
- **Interpersonal Relationships:** ACEs may affect one's ability to form healthy relationships and trust others.

Impact of Adverse Childhood Experiences

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones



Adverse Childhood Experience Questionnaire for Adults

You past relationships and life experiences, specifically those from childhood, impacts your overall health and well-being. Adversity is not a unique experience but can be an individual, community, and/or generational one.

Please reflect on the list below and write the number 1 for any of the Adverse Childhood Experiences (ACEs) that you encountered before turning 18. Adding these up will provide valuable insight for you, your healthcare provider, and/or mental health therapist to collaboratively address and support your ongoing health and well-being.

1.	Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	
2.	Did you lose a parent through divorce, abandonment, death, or other reason?	
3.	Did you live with anyone who was depressed, mentally ill, or attempted suicide?	
4.	Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	
5.	Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	
6.	Did you live with anyone who went to jail or prison?	
7.	Did a parent or adult in your home ever swear at you, insult you, or put you down?	
8.	Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	
9.	Did you feel that no one in your family loved you or thought you were special?	
10.	Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	
Your ACE score is the total number of checked responses.		

To what extent do you think these experiences have impacted your overall health and wellbeing?

Not significantly

Somewhat

Significantly

To learn more visit our website <https://traumainformedinstitute.com>.