



Connecting the Dots ACES to PCES

Presented by:

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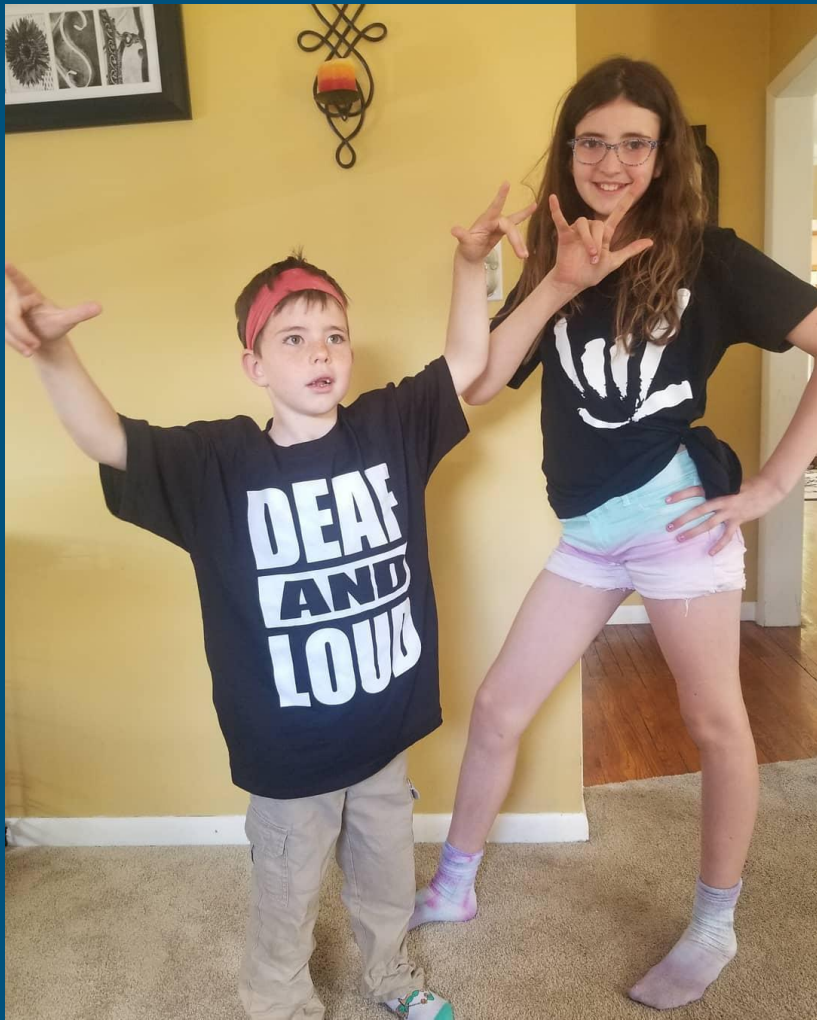




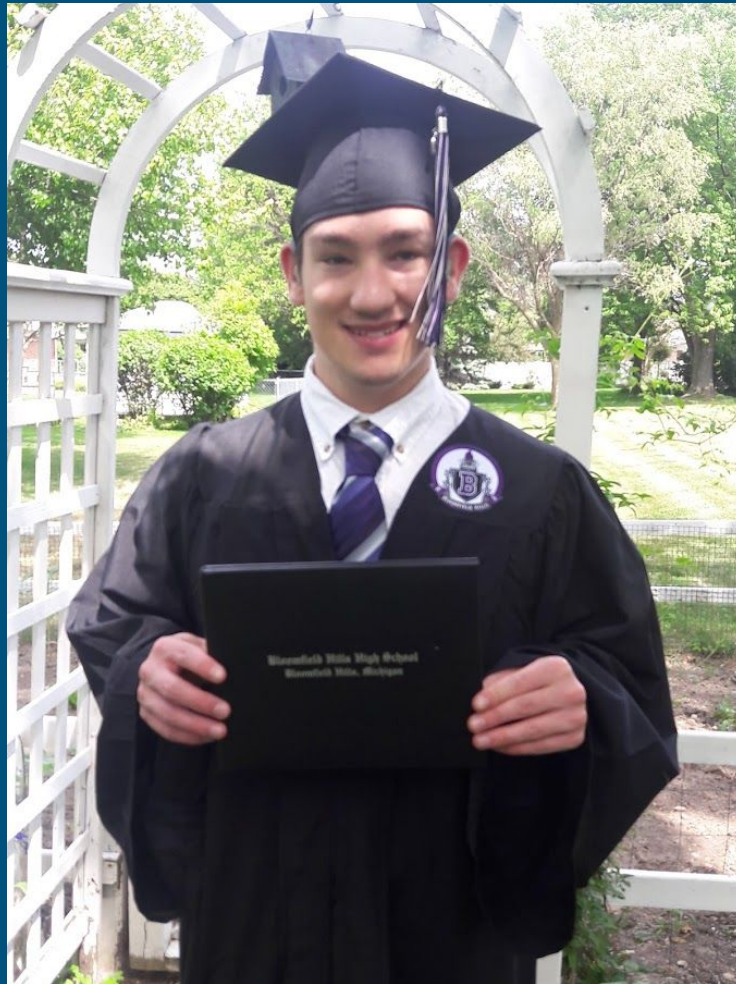
WARNING

Possible Trigger Zone Ahead









Definition of ACES & PCES

ACES

An adverse childhood experience (ACE) describes a traumatic experience in a person's life occurring before the age of 18 that the person remembers as an adult.

[*https://www.health.state.mn.us/communities/ace/definition.html](https://www.health.state.mn.us/communities/ace/definition.html)

PCES

Positive Childhood Experiences (PCEs) are experiences in childhood that build a child's sense of belongingness and connection. **New research** shows that PCEs predict positive outcomes, including a child's good health (now and in adulthood) and success in school.

[*https://pcaaz.org/there-is-hope-research-shows-positive-childhood-experiences-combat-the-effects-of-childhood-trauma/](https://pcaaz.org/there-is-hope-research-shows-positive-childhood-experiences-combat-the-effects-of-childhood-trauma/)

Examples of ACES



“Why am I the only one?”



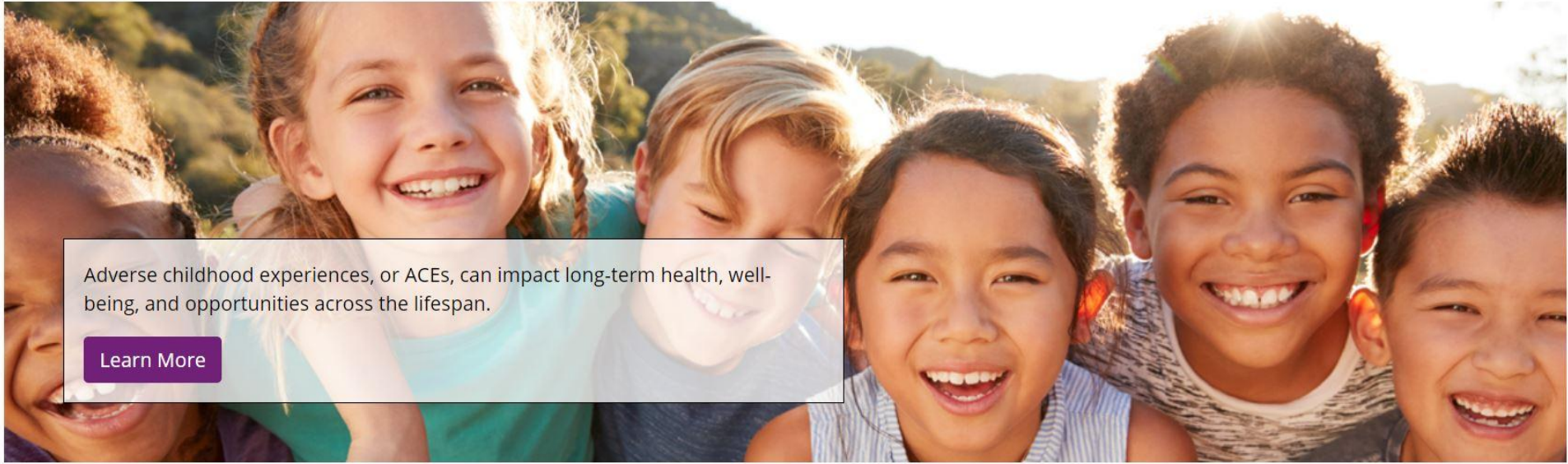
“Why would someone do that?”



ACES can be Prevented - CDC

<https://www.cdc.gov/injury/priority/aces.html>

Adverse Childhood Experiences



Adverse childhood experiences, or ACEs, can impact long-term health, well-being, and opportunities across the lifespan.

[Learn More](#)

ACEs are common and the effects can add up over time.

Creating PCEs for DHH Children

The list of Positive Childhood Experiences (PCEs) are:

1. Feel able to talk with family about your feelings
2. Feel that your family stood by you during difficult times
3. Enjoy participating in community traditions (community they are a part of and the community they live in)
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took a genuine interest in you
7. Feel safe and protected by an adult in your home

The more PCEs a child has, the more likely they are to be healthy and resilient.

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Turning ACES to PCES







A heart-shaped word cloud containing the following terms: Family, Security, Voices, Communicating, Relatedness, Certainty, Mentors, Captions, Signing, Speaking, Friends, Loved, Independence, Autonomy, Hands, and Fairness. The words are arranged in a circular pattern within the heart, with some overlapping. The colors used are blue, red, orange, and brown.

Thank you!

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