

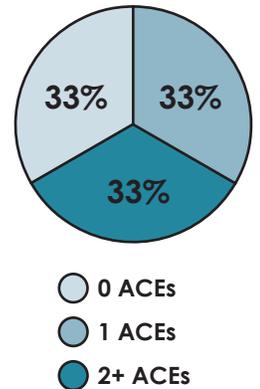
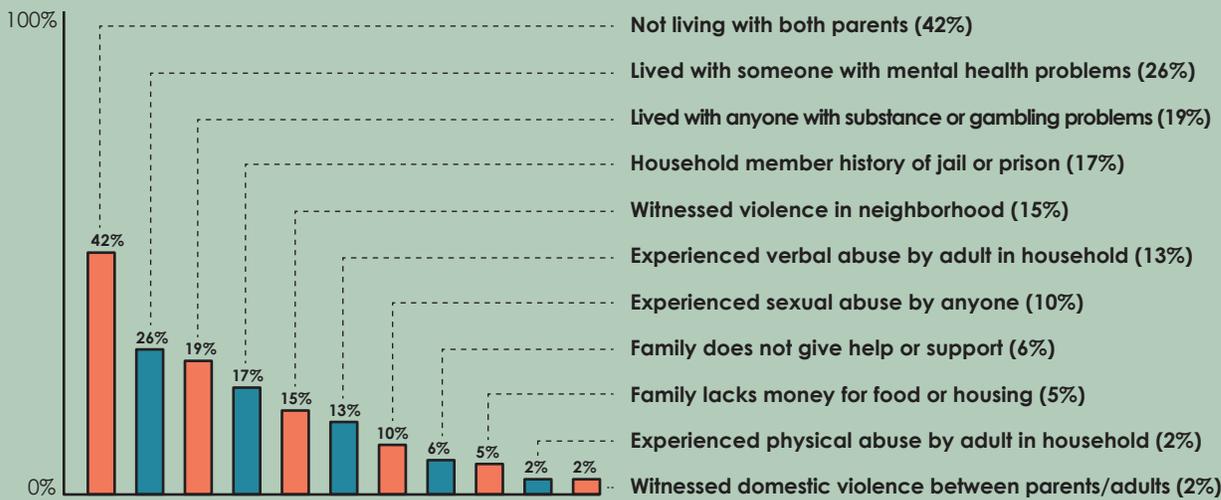
Adverse Childhood Experiences (ACEs) for High School Students in Monroe County NY

2019 Youth Risk Behavior Survey Data



Adverse Childhood Experiences (ACEs) have been shown to impact our health and well-being. By understanding the experiences of Monroe County youth, we can provide better support and intervention to reduce risk for health and behavior problems and foster resilience. Here is a snapshot of ACEs in Monroe County and ways adults can help.

Prevalence of ACEs in Monroe County



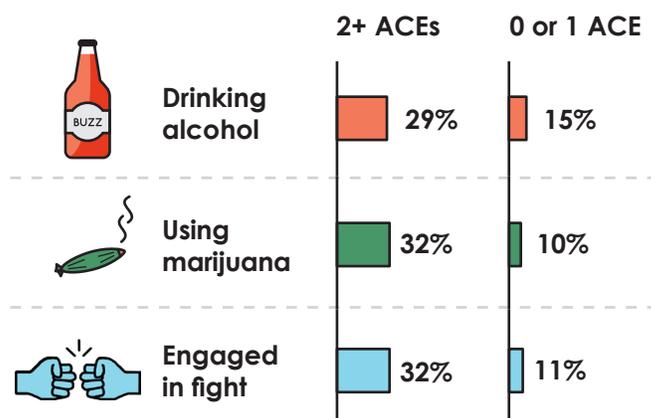
One in three Monroe County high school students have experienced 2 or more ACEs.

ACEs Raise Risk

Students with 2 or more ACEs were more likely to experience depression and suicide compared to those with 0 or 1 ACE.

	2+ ACEs	0 or 1 ACE
Depressed in past year	1 in 2	1 in 6
Considered suicide	1 in 4	1 in 17
Attempted suicide	1 in 7	1 in 50

Compared to students with 0 or 1 ACE, those with 2 or more ACEs are more likely to report the following behaviors...



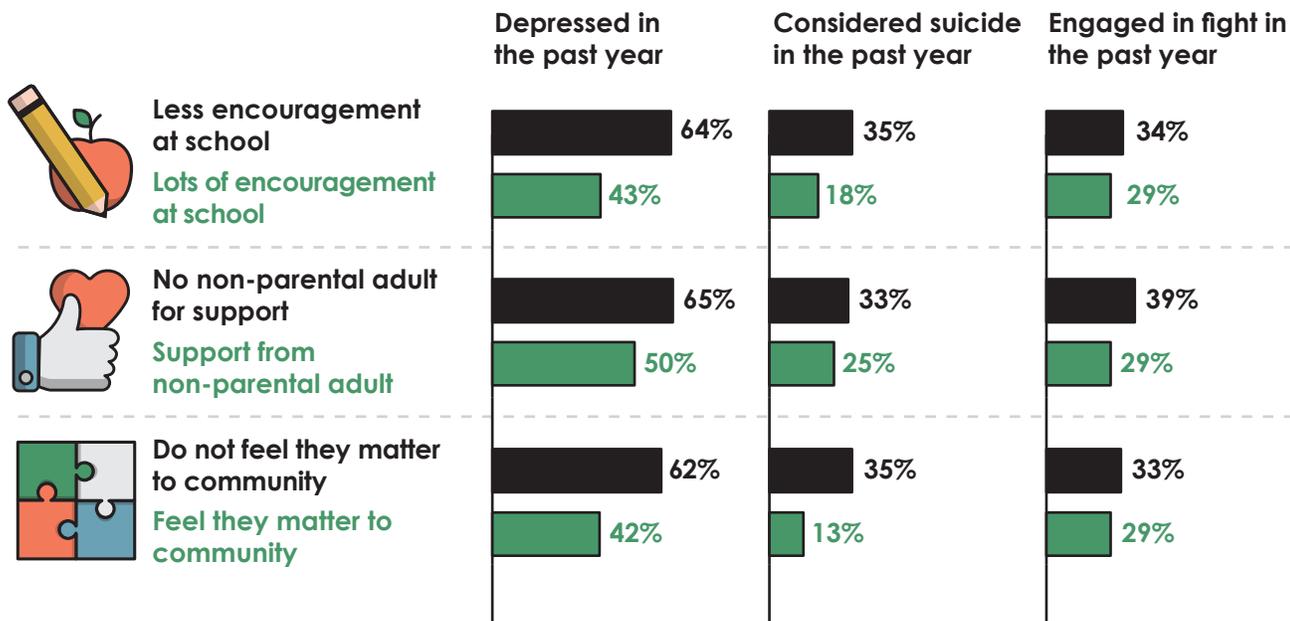
About this Data

Data represented here are from a random sample of survey results compiled by the Monroe County Department of Public Health and analyzed by the Monroe County Office of Mental Health. The sample included 1,629 high school students and is representative of urban/suburban districts, student gender, and grade level. The survey is offered on a single day, once every two years. The inclusion in the sample is limited to those students in district programs the day it is given. Many vulnerable students are in out of district programs or have difficulty with attendance. Therefore, it is likely that the findings presented are an under-representation rather than an over-representation. Coordinated Care Services, Inc. provided additional statistical analysis to confirm that results are valid and can accurately inform change. There are differences in data by cultural factors such as race/ethnicity, gender identity, and sexual orientation. Analyses by these factors will be shared with the community in the future.

Protections and Supports Can Lower Risk

Students reporting **strong support from families** show lower levels of risk – which is not surprising. The community can also contribute to resilience by providing **encouragement at school**, positive relationships with **caring non-parental adults** and giving students a reason to **matter to community**. When any student has these assets, risk decreases - even for students experiencing trauma in their lives.

Among students with two or more ACEs



What can we do about ACEs?



Assets that buffer the effects of ACEs are rooted in adult support – meaning protecting youth against ACEs is important for all adults, from family to teachers to community members. Take every opportunity to interact with youth in a positive, caring way.

- ♥ Say hello to youth in your neighborhood and get to know them and their families.
- ♥ Volunteer in school, after school, or community activities.
- ♥ Make sure that kids in your neighborhood have safe places to play and things to do.
- ♥ Hold space for "truth" expression - builds advocacy skills, self-esteem, self-concept, and overall self-worth.
- ♥ Get involved in a mentoring program through a community or faith-based organization.
- ♥ Recognize that behaviors that concern or upset us, may be signs that a youth is struggling and needs help.
- ♥ Get involved with Social Justice, Equity, and Advocacy work to reduce factors that contribute to the occurrence of ACEs.
- ♥ Explicitly express that you believe them, and you believe in them!

Additional information on this topic is available on the websites for CCSI (www.ccsi.org/ACEs) and Monroe County (www.monroecounty.gov/mh-TIGResources).