

## ACE Blog Draft

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*This blog post was written by Becca Baas, learn more about Becca below.*

Far too often we hear about abused or neglected children – sometimes it’s the kind of story that makes you cringe, other times it breaks your heart. I worked at [Onslow County Partnership for Children](#) (OCPC), where reducing childhood abuse and neglect has always been an important part of our mission. Now, a new movement in prevention is changing our perspective on prevention. We are developing a broader approach to address the experiences and circumstances associated with

abuse and neglect.

20 years ago, a large-scale epidemiological study by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente identified childhood abuse and neglect as two of ten **Adverse Childhood Experiences** (ACEs) that correlate to chronic disease, mental illness, and social problems later in life.

## **The 10 ACEs**

*Source:* [cdc.gov](https://www.cdc.gov)