ACEs & Mental Health

Adverse Childhood Experiences

Adverse childhood experiences are linked to mental health and substance abuse problems in both children and adults. The 2013 Minnesota Student Survey asked 8th, 9th, and 11th graders about 7 ACEs:

- Parent/guardian in jail
- Domestic abuse in the household
- Physical abuse
- Sexual abuse
- Verbal abuse
- Living with someone who uses illegal drugs or abuses prescription drugs
- Living with someone who drinks too much

Minnesota students with a larger number of ACEs are more likely to have suicidal thoughts.

HOWEVER,

Students with 2 or more ACEs, but who also feel that their community cares about them, or that they can talk to a parent about problems are about half as likely to report past-year suicidal thoughts.

The data presented here are taken from the results of the 2013 Minnesota Student Survey (MSS). For more information about ACEs on the MSS and other mental health and substance use data in Minnesota, visit SUMN.org.

For more information about the ACE study, visit www.acestudy.org

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