Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction. They are common and interrelated: most people have experienced at least one, and they often occur in clusters. And they are powerful: the higher an individual’s ACE score, the higher the likelihood of developing health problems, like substance abuse, diabetes, cancer, cardiovascular problems, and depression. The health effects can arise in childhood, or well into adulthood. However, certain protective factors can have a positive buffering effect on outcomes. They are also powerful and cumulative: more protective factors can better protect against the effects of ACEs.

**ACEs in Mahnomen County**

ACEs data included in this fact sheet are from the 2019 Minnesota Student Survey (MSS) of 8th, 9th, and 11th graders; other institutions may use different factors or conditions, or calculate scores differently. MSS ACE scores are calculated by adding up the number of adverse experiences reported by each student. Prevalence for Mahnomen County and for Minnesota as a whole are as follows:

### Prevalence + Frequency

**Mahnomen County, 2019 MSS**

- **Living with someone who is depressed or has mental health issues**: 31% (Mahnomen) vs. 26% (Minnesota)
- **Having a parent/guardian who is currently in jail, and/or has been in jail**: 48% (Mahnomen) vs. 16% (Minnesota)
- **Having been verbally abused by a parent or adult in the household**: 21% (Mahnomen) vs. 15% (Minnesota)
- **Having been physically abused by a parent or adult in the household**: 13% (Mahnomen) vs. 13% (Minnesota)
- **Living with someone who drinks too much alcohol**: 11% (Mahnomen) vs. 11% (Minnesota)
- **Witnessing domestic abuse of parents/adults in household**: 14% (Mahnomen) vs. 8% (Minnesota)
- **Having been sexually abused by a family member and/or a person outside the family**: 7% (Mahnomen) vs. 6% (Minnesota)
- **Living with someone who uses illegal drugs or abuses prescription drugs**: 9% (Mahnomen) vs. 5% (Minnesota)

### Number of ACEs Reported

**Mahnomen County, 2019 MSS**

- **4+ ACEs**: 14.7%
- **3 ACEs**: 8.3%
- **2 ACEs**: 13.5%
- **1 ACE**: 37.8%
ACEs Can Increase Risk for Behavioral Health Problems

**Mental Health**
Minneapolis students with 4+ ACEs are **3.4 times** more likely to report feeling down, depressed, or hopeless in the past 2 weeks (49% vs. 14%). Rates of reported past-year mental health issues related to suicide also increase by ACE score:

- **Past-year suicidal ideation:** 46% (4+ ACEs) vs. 4% (0 ACEs).
- **Past-year suicide attempts:** 20% (4+ ACEs) vs. 1% (0 ACEs).

**Substance Use**
Compared to youth who are not exposed to ACEs, those reporting an ACE score of 4+ are...

- **5.2 times** more likely to report e-cigarette use
- **8.9 times** more likely to report marijuana use
- **12.6 times** more likely to report prescription drug misuse ...in the past month.

**Additional Childhood Traumas Also Play a Role**

**Mahnomen County, 2019 MSS**
While the MSS asks about 8 specific experiences to calculate an ACE score, there are other negative experiences that can contribute to dysfunction and health risks. Chronic stress can result from adversity both in children’s communities, as well as in their families. According to the MSS, children in **Mahnomen County** also face these adversities:

- **57%** of students have been bullied in the past month:
  - Students reported being bullied most for their physical appearance (36%), their weight (29%), their gender expression* (24%), and their race, ethnicity, or national origin (23%).
- **6%** don’t feel safe in their neighborhoods.
- **13%** don’t feel safe at their schools.
- **23%** have experienced dating violence (including being verbally or physically abused, or being pressured into sex by a girlfriend or boyfriend).*
- **4%** have been in foster care in the past year; **10%** were in foster care more than a year ago.

According to the US Census, the poverty rate in **Mahnomen County** was **21%** in 2019. Poverty and its attendant issues (such as hunger and homelessness) also have lasting effects.

- **42%** of Mahnomen County students on the MSS report receiving free or reduced-price lunch;
- **5%** had to skip meals because their family didn’t have enough money; and
- **12%** experienced homelessness in the past year.*

*These questions are only answered by 9th and 11th graders.
Protective factors are characteristics at the biological, psychological, family, community or cultural level that precede and are associated with a lower likelihood of negative outcomes such as substance use and mental health issues. ACEs are correlated with negative outcomes. However, **those who have experienced ACEs, but who also have protective factors, are buffered from some negative effects.** Protective factors work like adverse experiences, but in reverse; they work to reduce negative behaviors and lessen the effects of ACEs. Below are some protective factors included on the MSS, and the percentage of students in Mahnomen County experiencing them.

### How to read this chart

Of those students who have experienced 2 or more ACEs, and who DON’T feel that adults in the community care about them, 22% use marijuana. However, of those students who feel adults DO care about them, 18% use marijuana. This means students with 2+ ACEs who feel adults in the community care about them are **1.2 times LESS LIKELY to use marijuana.** In Mahnomen County, 24% of students feel adults in the community care about them.

![Diagram](image)

<table>
<thead>
<tr>
<th>Prevalence of Protective Factors and Risk Buffering for Two Negative Outcomes, 2019 MSS</th>
<th>Prevalence</th>
<th>Reduction in Risk among 8888 Region^ Students with 2+ ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mahnomen County</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Community</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feel adults in the community care</td>
<td>24%</td>
<td>39%</td>
</tr>
<tr>
<td>Participate in 1-5 activities/week</td>
<td>64%</td>
<td>78%</td>
</tr>
<tr>
<td>Feel safe in neighborhood</td>
<td>94%</td>
<td>96%</td>
</tr>
<tr>
<td>School</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Educational engagement</td>
<td>56%</td>
<td>69%</td>
</tr>
<tr>
<td>Feel school staff care about them</td>
<td>31%</td>
<td>44%</td>
</tr>
<tr>
<td>Feel safe at school</td>
<td>87%</td>
<td>90%</td>
</tr>
<tr>
<td>Can talk to a school adult about problems</td>
<td>24%</td>
<td>29%</td>
</tr>
<tr>
<td>Peers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feel that friends care about them</td>
<td>63%</td>
<td>76%</td>
</tr>
<tr>
<td>Family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feel that parents care about them</td>
<td>79%</td>
<td>88%</td>
</tr>
<tr>
<td>Can talk to parent(s) about problems</td>
<td>68%</td>
<td>79%</td>
</tr>
<tr>
<td>Feel relatives care about them</td>
<td>73%</td>
<td>81%</td>
</tr>
<tr>
<td>Individual*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Identity</td>
<td>31%</td>
<td>43%</td>
</tr>
<tr>
<td>Social Competence</td>
<td>29%</td>
<td>56%</td>
</tr>
<tr>
<td>Empowerment</td>
<td>42%</td>
<td>59%</td>
</tr>
</tbody>
</table>


^Risk Ratios use data from the Prevention Region, rather than community, because the larger sample size of counties provides more reliable data about relationships. For more on protective factors used on the MSS, please read The Power of Protective Factors for Minnesota Youth, under the Risk and Protective Factors heading at http://www.sumn.org/tools/ReadingRoom.aspx
No matter how many ACEs students experience, they still benefit from protective factors; students are less likely to use e-cigarettes or experience depression when they believe school and community adults care about them, whether they’ve experienced 4+ ACEs, or none. But the effect is especially large when it comes to students who have experienced multiple ACEs. For example, of students with 0 ACEs, 12% of those who feel teachers don’t care about them use e-cigarettes; use drops to 7% when students feel teachers DO care about them. Among students with 4 or more ACEs, use drops from 49% to 36% when they feel teachers care about them.

Past-Month E-cigarette Use Drops for Students Who Feel Teachers Care About Them

Past-2-Week Depression Rates are Lower for Students Who Feel Community Adults Care

Resources

Communities in Minnesota are working together to reduce adverse childhood experiences. To find more information about ACEs in your community, please use these resources:

**FamilyWise**: https://familywiseservices.org/

**Substance Use in Minnesota**, reports and data, including MSS data on ACEs, mental health, and substance use, by county and demographic group: https://www.SUMN.org

**Minnesota Department of Human Services**, Adult ACE report: https://www.health.state.mn.us/docs/communities/ace/acereport.pdf

**Minnesota Department of Education**, Minnesota Student Survey data: https://education.mn.gov/MDE/DSE/MDE085585

**Minnesota Kids Count**, data on the wellbeing of children in Minnesota: https://datacenter.kidscount.org/data#MN

**MN Compass**, data on various Minnesota topics, such as health, housing, and equity: https://www.mncompass.org/