

**To learn more about ACES
and the resources available to
help families and members of
the community, visit:**

<http://www.maineaces.org>

For help in a crisis situation:

24 Hour Help Line: **Dial 211**

Statewide Crisis Hotline:

Call **1-888-568-1112**

Over half of Maine children have experienced at least one of the following adverse experiences:

- ⇒ socioeconomic hardship / living in poverty / lack of food
- ⇒ Victim of or witness to domestic or neighborhood violence
 - ⇒ live with a mentally ill or suicidal person
 - ⇒ live with an alcoholic or drug abuser
- ⇒ Loss of a parent – death, divorce, separation foster care
 - ⇒ parent in jail
 - ⇒ treated unfairly due to race/ethnicity

Exposure to adverse experiences can lead to poor academic performance, risky behaviors, anxiety, depression, and more.

Repeated exposure to adverse experiences may lead to damage in the brain and nervous system and poor overall health outcomes.

The CDC reported the total lifetime cost with just one year of child maltreatment is approximately \$124 billion.

WHAT HELPS ADDRESS THIS PROBLEM:

Secure early attachments – safe, stable, nurturing relationships – family access to resources, services, social supports, and opportunities to build parenting knowledge and skills; mental health services when indicated.