



ACEs and Minorities



Any child, anywhere, can be subjected to ACEs. No group is exempt from their devastating effects. The initial ACEs study conducted in the early 1990s showed that half those who participated had experienced at least one ACE, but numerous subsequent studies have shown that certain groups are definitely at greater risk. Minorities of all kinds seem to experience higher levels of trauma and sustained toxic stress. Why is this the case? And what can we all do to fight against this inequity? The latest installment in our educational blog series discusses ACEs and Minorities and offers insight on some possible solutions.

[Read the new blog here.](#)

Expand Your ACEs Knowledge

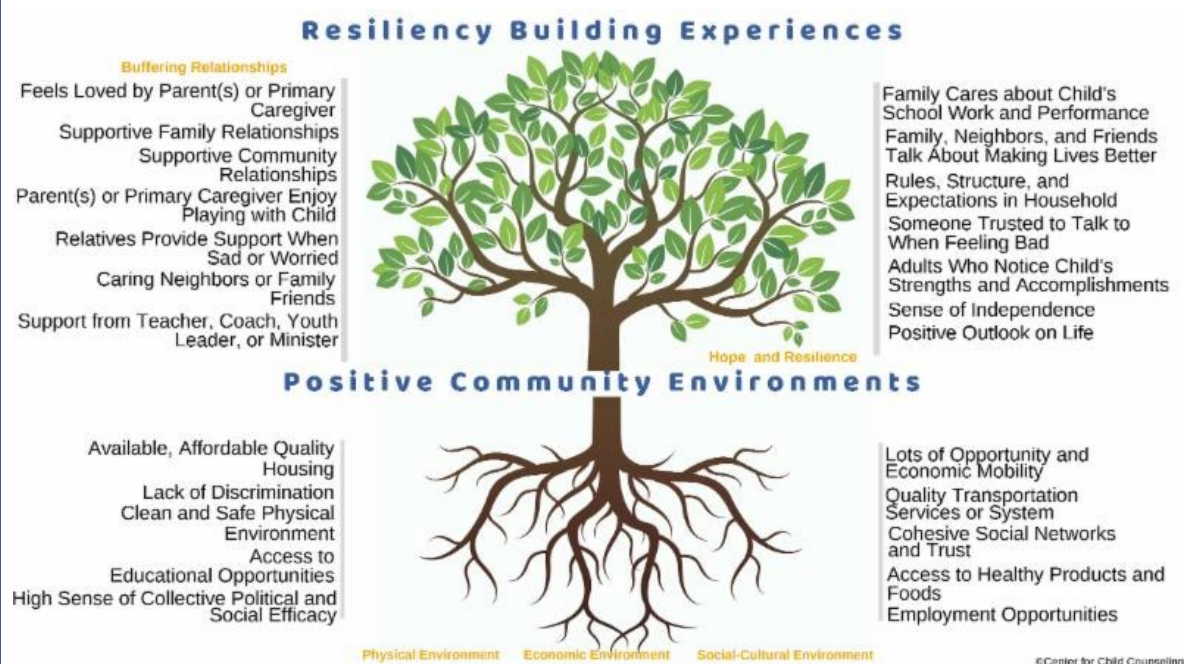


Fighting ACEs requires a combined effort. There are communities across the country and internationally who are focused on this issue. In an effort to provide the highest quality education on this issue, we're learning from all corners of the globe and the internet.

Recently, NPR published an article on the subject of minorities and their increased exposure to ACEs. By sharing this article, we hope to broaden our community's understanding of ACEs. We're sure you'll find it interesting and insightful.

[Read the NPR article now.](#)

Resources for Greater Understanding



ACEs do not occur in a vacuum. The trauma and stress felt in individual households are often caused by greater societal issues. Families are affected by the conditions in their neighborhoods and communities. To better understand ACEs, we need to compare positive and negative environments that might damage or help to heal a child.

Center for Child Counseling has produced a simple graphic that outlines detrimental environments and family situations as well as what an ideal home and community might look like. To view and/or share this graphic, click below.

[Download the printable pdf here.](#)

Catch Up On All Our ACEs Blogs

If you haven't been following this informative blog series, previously we've discussed what ACEs are, how they can contribute to early death, and how they ravage whole communities, if left unchecked. We've also shared how we can help children learn the resilience skills they need to grow and heal.

[Catch up on all six prior installments starting here.](#)

[Click here](#) to learn your ACE score.
It's confidential and anonymous.

Want to get involved?

Learn more about [Fighting ACEs](#) in Palm Beach County.

Use [#FightingACEs](#) to join the conversation.

[Contact us](#) to learn more about workshops.

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