



ACEs and Pregnancy



The myth of pregnancy as a time of unmitigated joy has done women a great disservice. Pregnancy does represent hope and happiness for most, but it's also a time of challenge and change. For countless moms-to-be, finding out they are pregnant brings issues of motherhood, parenting, and their own childhood experiences to the surface. When those memories include Adverse Childhood Experiences (ACEs), pregnancy can mean turmoil.

This period also represents hope, however, because it provides an opportunity to identify women who are at risk for the mental and physical health issues associated with sustained toxic stress and the chance to intervene and prevent these issues negatively impacting future generations. Learn more about addressing the cycle of ACEs through early intervention in our new blog on "ACEs and Pregnancy".

[Read the new blog now.](#)

PBC's First Mental Health Law Summit



Months of planning went into developing a Family Law Mental Health Summit for Palm Beach County's attorneys. Center for Child Counseling Board Member, Eddie Stephens, Esq. (Equity Partner at [Ward Damon](#), pictured above) created a unique, day-long summit on ACEs, mental health, and other issues associated with trauma which can impact the legal profession.

Held at the historic Kelsey Theater on January 11th, 2019, 50+ people attended the event, including judges, magistrates, and attorneys. Offered as a fully-accredited course by the Florida Bar Association, this intensive communications event served to educate the local legal community on what ACEs are, how families are affected, and how to adopt a trauma-informed lens to the practice of law in Palm Beach County.

Long-time supporter and tireless child advocate, Judge Ronald Alvarez (retired), received the Center for Child Counseling's inaugural Resiliency Award award for his commitment to children's rights. In the future, the award will be named in his honor.

The Perfect Time to Talk about ACEs



One of the most effective ways to address the cycle of ACEs is to intervene and prevent transmission from generation to generation. Identifying pregnant women who are most at-risk due to high ACE scores is key. A simple use of the ACE questionnaire during prenatal visits would go a long way to ensuring we offer support to those moms-to-be who need it most. But are pregnant women receptive to being asked about their childhood experiences? YES! A recent study shows that overwhelmingly they are. In fact, 93% of respondents said they'd welcome discussing the issue of ACEs (and their potential impact on their child) with their doctor.

[Read more about the study results here.](#)

ACEs Info for Moms-to-Be



There's no doubt that moms with high ACE scores and those experiencing high levels of maternal stress during pregnancy have higher rates of infants with negative developmental outcomes. The best way to fight back is to fully educate yourself on the issue of ACE and share your knowledge with your community.

[Read up on the multi-generational influence of ACEs.](#)

[Learn more about the latest study results.](#)

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 seven 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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