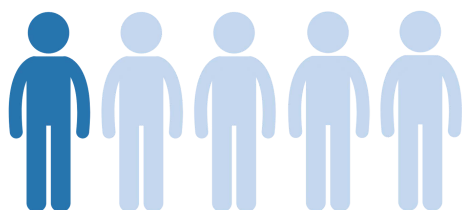


Adults With Adverse Childhood Experiences Have Greater Mental Health Burden

A new policy brief from the UCLA Center for Health Policy Research analyzes adverse childhood experiences (ACEs) and positive childhood experiences (PCEs) and their link to mental health issues among California adults.

California adults who had 4 or more adverse childhood experiences (ACEs)



1 in 5 (20.1%)

California adults had 4 or more ACEs

By race and ethnicity

36.8%

American Indian and Alaska Native (NL)

27.3%

Two or more races (NL)

25.9%

Black or African American (NL)

(NL) = Non-Latinx

By age

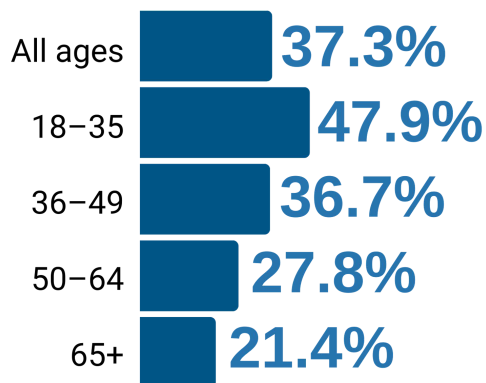
24.5%

ages 18–35

12.6%

ages 65+

California adults who had at least 1 ACE in the past year who reported unmet need for mental health services by age



California adults who said they had serious psychological distress in the past year

28.6%
with 4 or more ACEs
vs.
7.3%
with no ACEs

4x
as likely



Adverse childhood experiences include:

- Physical or emotional neglect
- Physical, sexual, and emotional abuse
- Household challenges, including:
 - Intimate partner violence
 - Divorce or parental separation
 - Living with anyone involved in the criminal justice system
 - Living with anyone struggling with mental illness and/or substance use disorder