

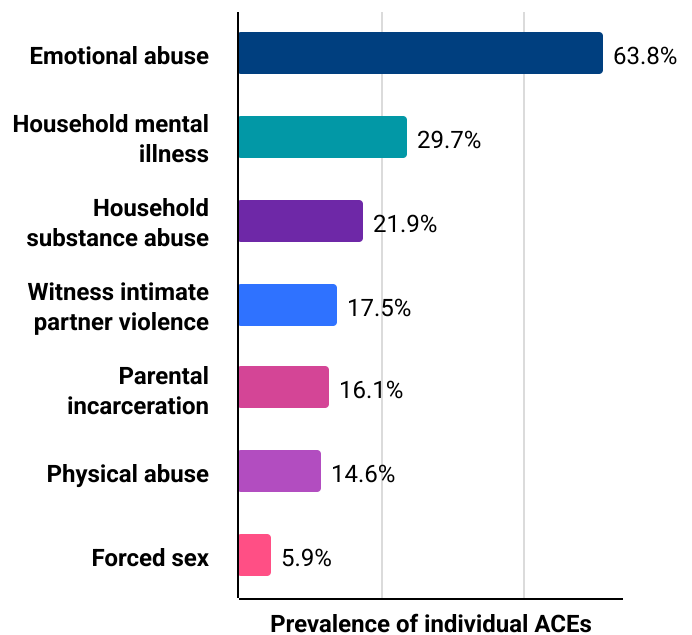
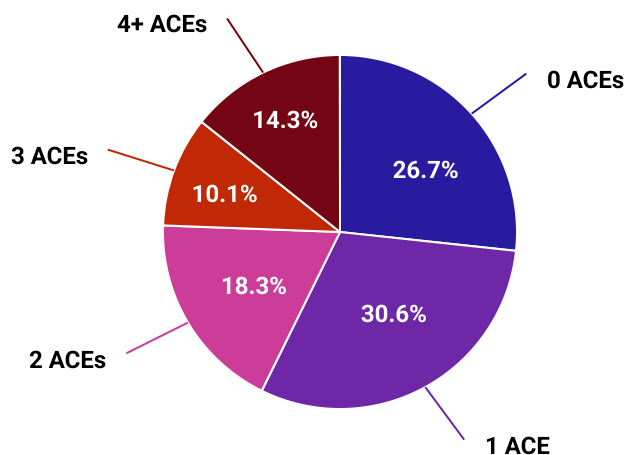


## The influence of adverse childhood experiences (ACEs) and positive childhood experiences (PCEs) on mental health

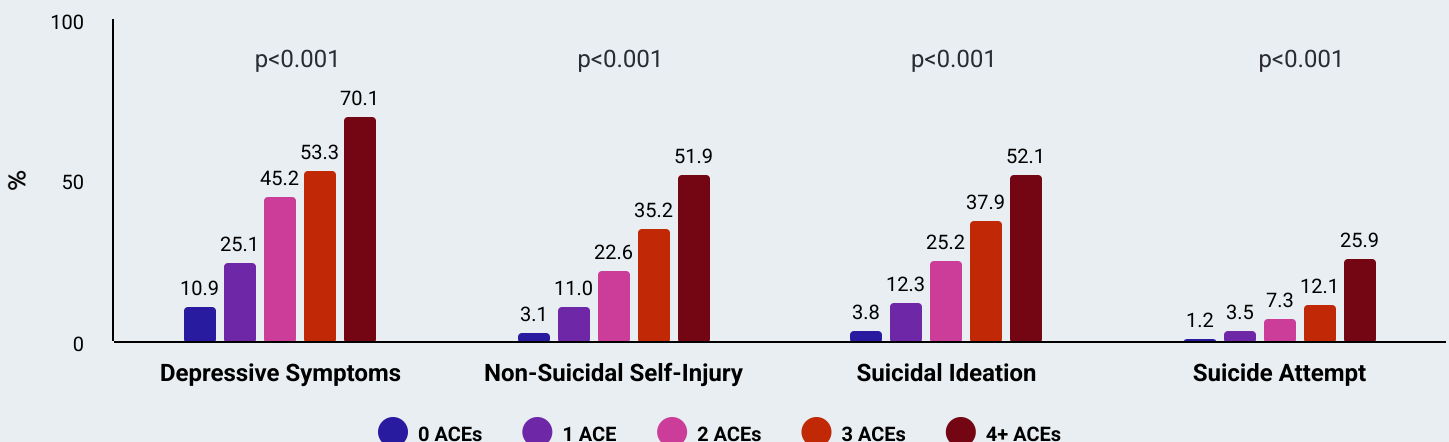
Findings from the 2023 Nevada Middle School YRBS (n = 6,915)

ACEs are potentially traumatic events that occur before the age of 18 years. ACEs include abuse, neglect, and household challenges. Middle school youth who have more ACEs often have more negative health outcomes, including poor mental health.

### Prevalence of ACEs among Nevada middle school students



### Prevalence of Past 12-month Mental Health Outcomes by ACE Score

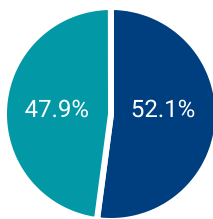




## PCEs

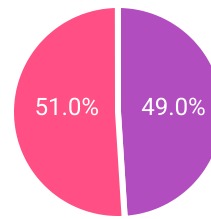
PCEs are positive experiences during childhood, including having safe, stable, nurturing relationships and environments. In the 2023 YRBS, youth were asked six questions covering family communication and school connectedness. An average family communication and school connectedness score was calculated and youth with scores higher than the average score were categorized as having high PCE exposure.

### Prevalence of Family Communication and School Connectedness Among All Middle School Students



#### Family Communication

- High Family Communication
- Low Family Communication

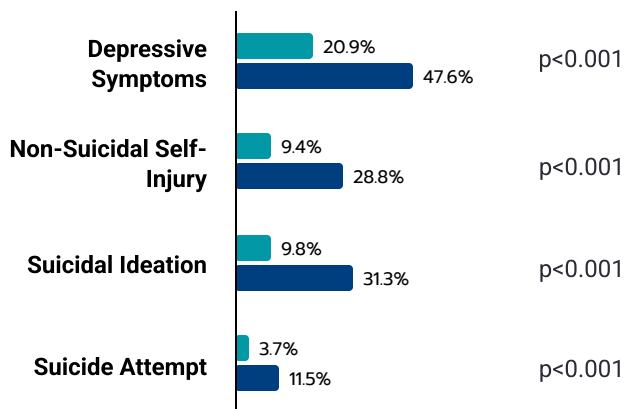


#### School Connectedness

- High School Connectedness
- Low School Connectedness

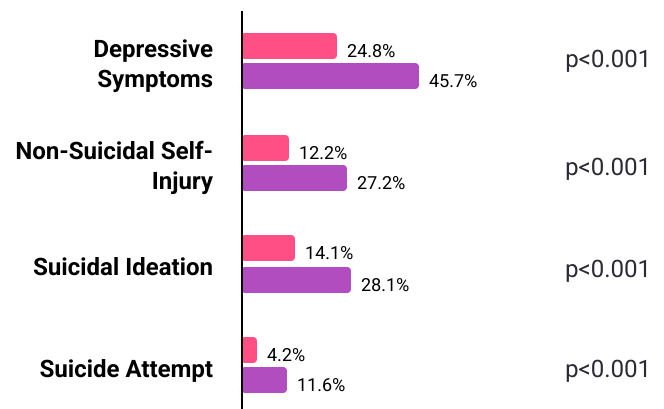
### Prevalence of Past 12-month Mental Health Outcomes by PCEs Among All Middle School Students

#### Family Communication



- High Family Communication
- Low Family Communication

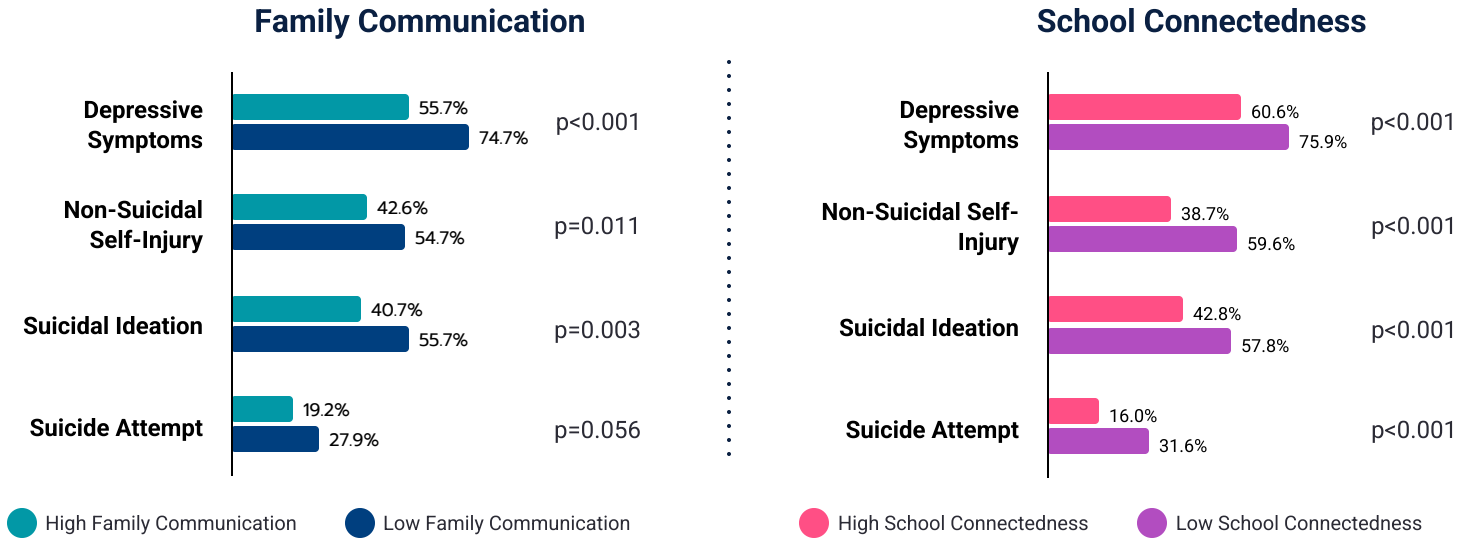
#### School Connectedness



- High School Connectedness
- Low School Connectedness



## Prevalence of Past 12-month Mental Health Outcomes by PCEs Among Middle School Students with 4+ ACEs



Even among middle school youth with a high number of ACEs,  
PCEs offer protection against poor mental health

## Resources



Crisis Support Services of  
Nevada/988 Hotline



Veto Violence: We Can Prevent  
Childhood Adversity



Nevada 211



Prevent Child Abuse Nevada



NAMI Nevada



Essentials for Childhood: Preventing  
ACEs through Data to Action



First 5 Nevada



Nevada Youth Risk Behavior Survey  
(YRBS)



Nevada Statewide Coalition  
Partnership