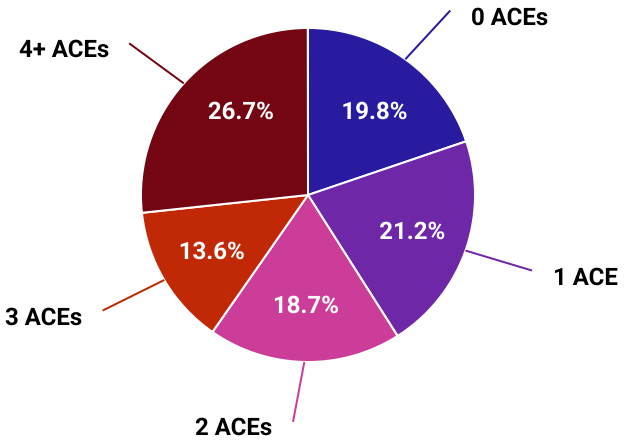
essentials for childhood

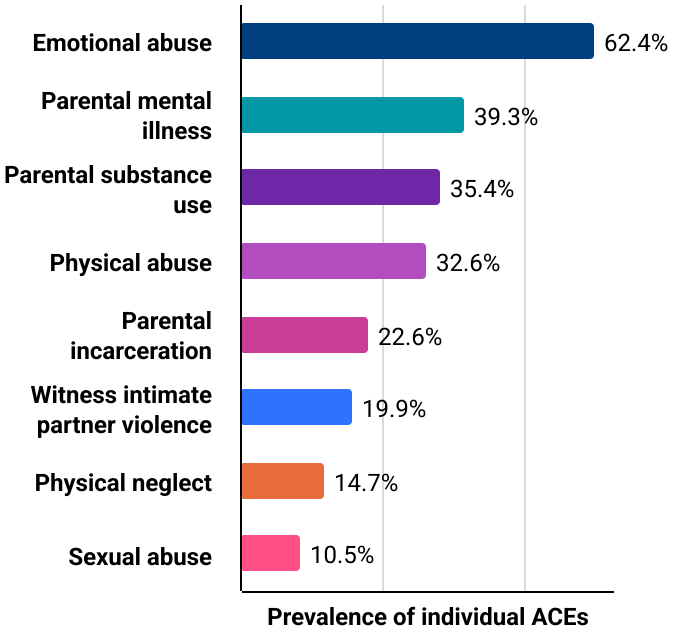
The influence of adverse childhood experiences (ACEs) and positive childhood experiences (PCEs) on Southern Behavioral Health Region mental health

Findings from the 2023 Nevada High School YRBS (n = 315)*

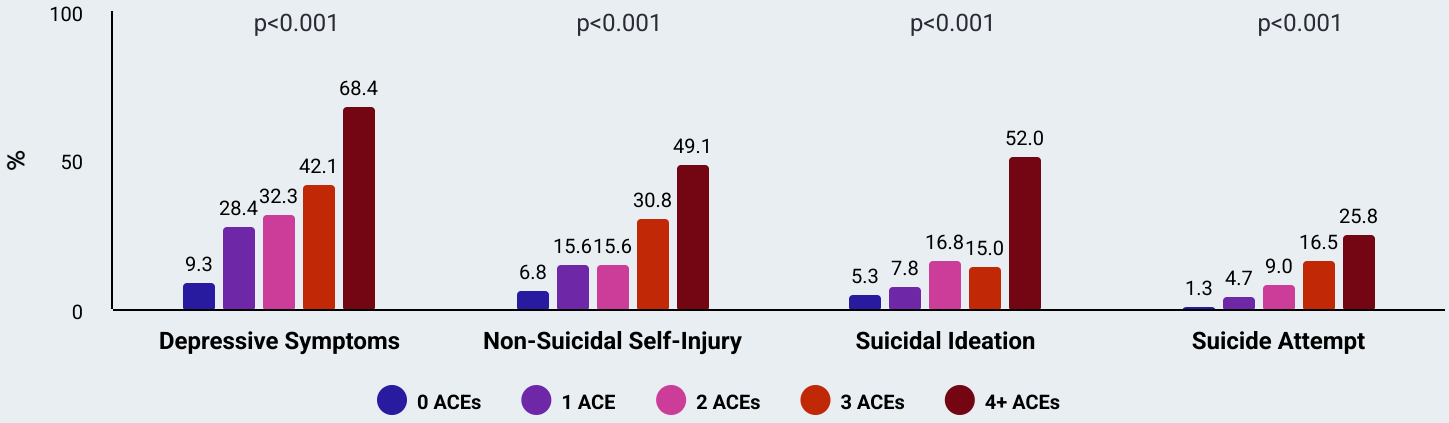
ACEs are potentially traumatic events that occur before the age of 18 years. ACEs include abuse, neglect, and household challenges. High school youth who have more ACEs often have more negative health outcomes, including poor mental health. The Southern Behavioral Health Region covers Esmeralda, Lincoln, Mineral, and Nye county.

Prevalence of ACEs among Southern Behavioral Health Region high school students





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



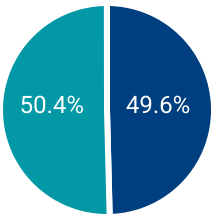
*Findings only among youth who reported their age as less than 18 years old

essentials for childhood

PCEs

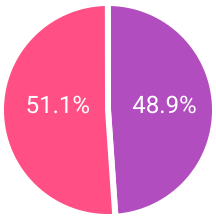
PCEs are positive experiences during childhood, including having safe, stable, nurturing relationships and environments. In the 2023 YRBS, youth were asked six questions covering family communication and school connectedness. An average family communication and school connectedness score was calculated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

Prevalence of Family Communication and School Connectedness Among Washoe County High School Students*



Family Communication

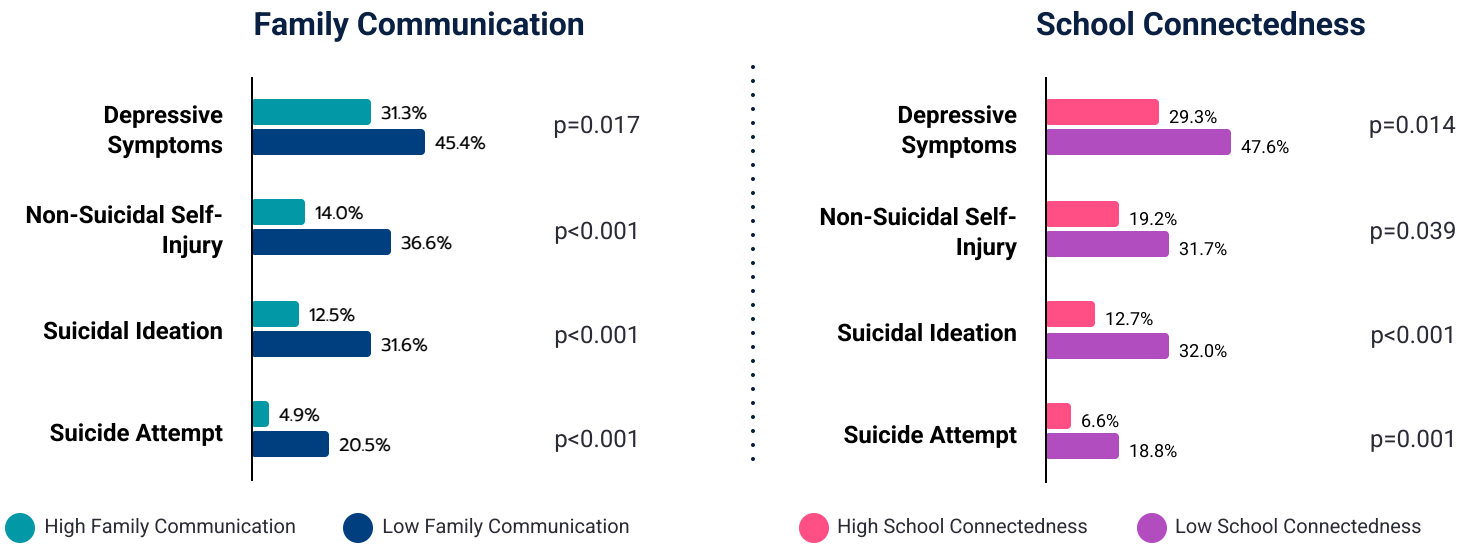
- High Family Communication
- Low Family Communication



School Connectedness

- High School Connectedness
- Low School Connectedness

Prevalence of Past 12-month Mental Health Outcomes by PCEs Among Washoe County High School Students*



*Findings only among youth who reported their age as less than 18 years old

- Crisis Support Services of Nevada/988 Hotline
- Nevada 211
- First 5 Nevada
- NAMI Nevada
- Prevent Child Abuse Nevada
- Nevada Youth Risk Behavior Survey (YRBS)