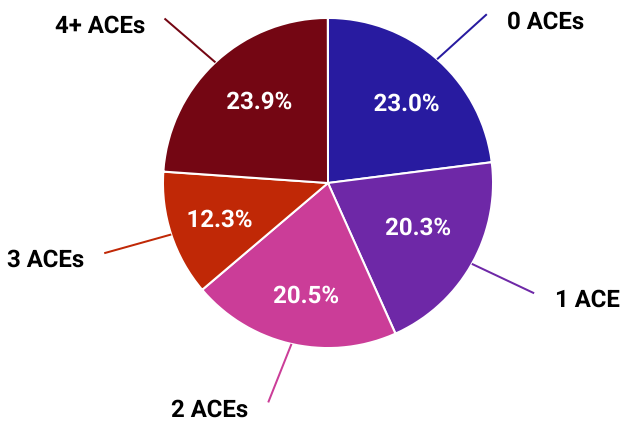
essentials for childhood

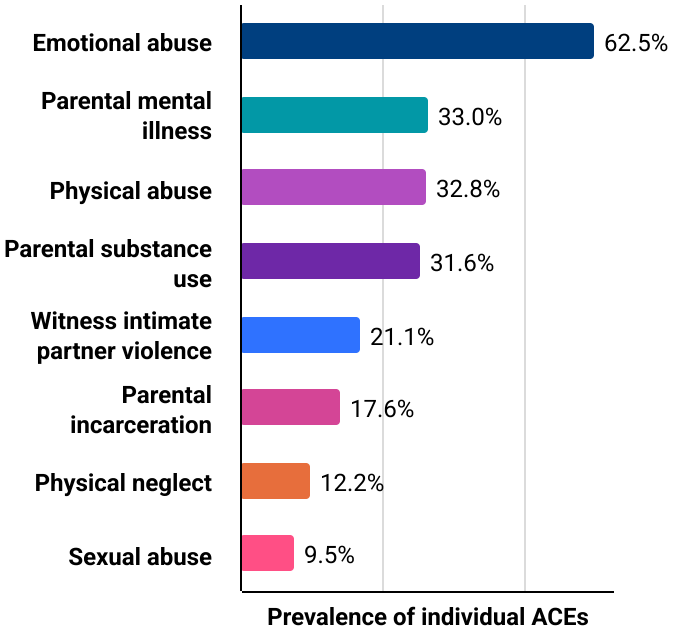
The influence of adverse childhood experiences (ACEs) and positive childhood experiences (PCEs) on Washoe County mental health

Findings from the 2023 Nevada High School YRBS (n = 831)*

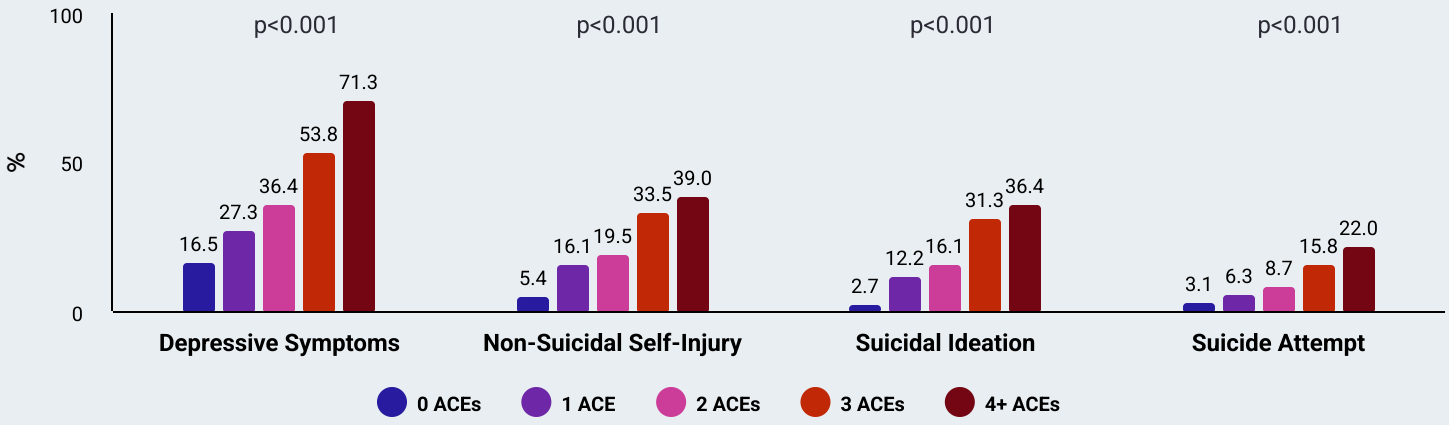
ACEs are potentially traumatic events that occur before the age of 18 years. ACEs include abuse, neglect, and household challenges. High school youth who have more ACEs often have more negative health outcomes, including poor mental health.

Prevalence of ACEs among Washoe County high school students





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



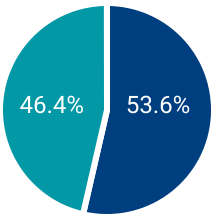
*Findings only among youth who reported their age as less than 18 years old

essentials for childhood

PCEs

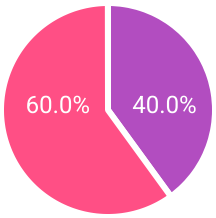
PCEs are positive experiences during childhood, including having safe, stable, nurturing relationships and environments. In the 2023 YRBS, youth were asked six questions covering family communication and school connectedness. An average family communication and school connectedness score was calculated 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

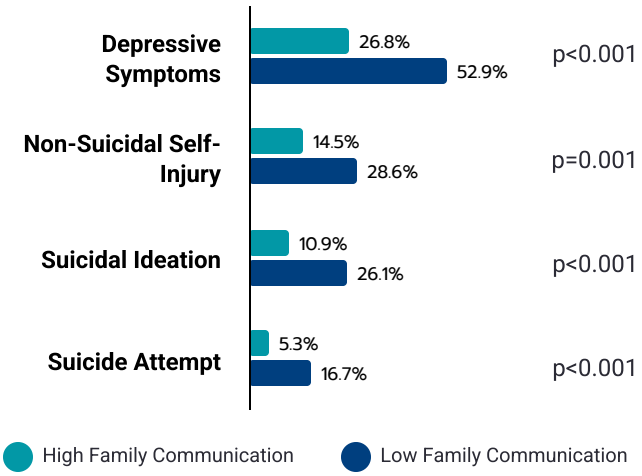


School Connectedness

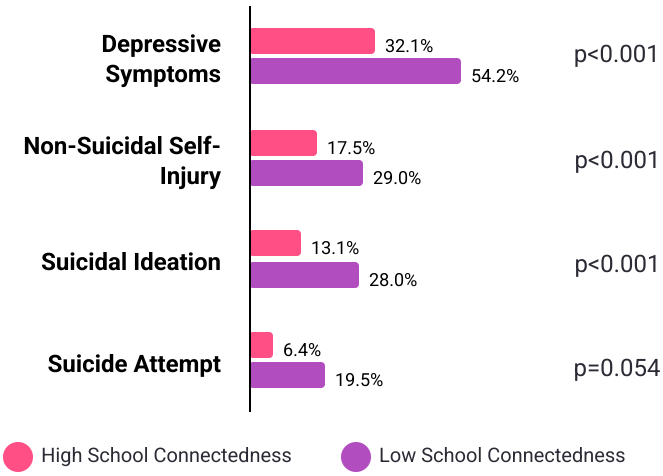
- High School Connectedness
- Low School Connectedness

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

Family Communication



School Connectedness



High Family Communication | Low Family Communication | High School Connectedness | Low School Connectedness

*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)

School of Public Health Making Health Happen

essentials for childhood

Nevada Institute For Children's Research & Policy NICRP University of Nevada - Las Vegas

Last Updated 1/2/2025