



## THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

# Unmet needs lead to misunderstood people..



**Physiological Needs** food, water, breathing, intimacy...

**Security and Safety Needs** finances, health/wellness, health insurance...

**Social Needs** family, friendships, romance, community, social groups...

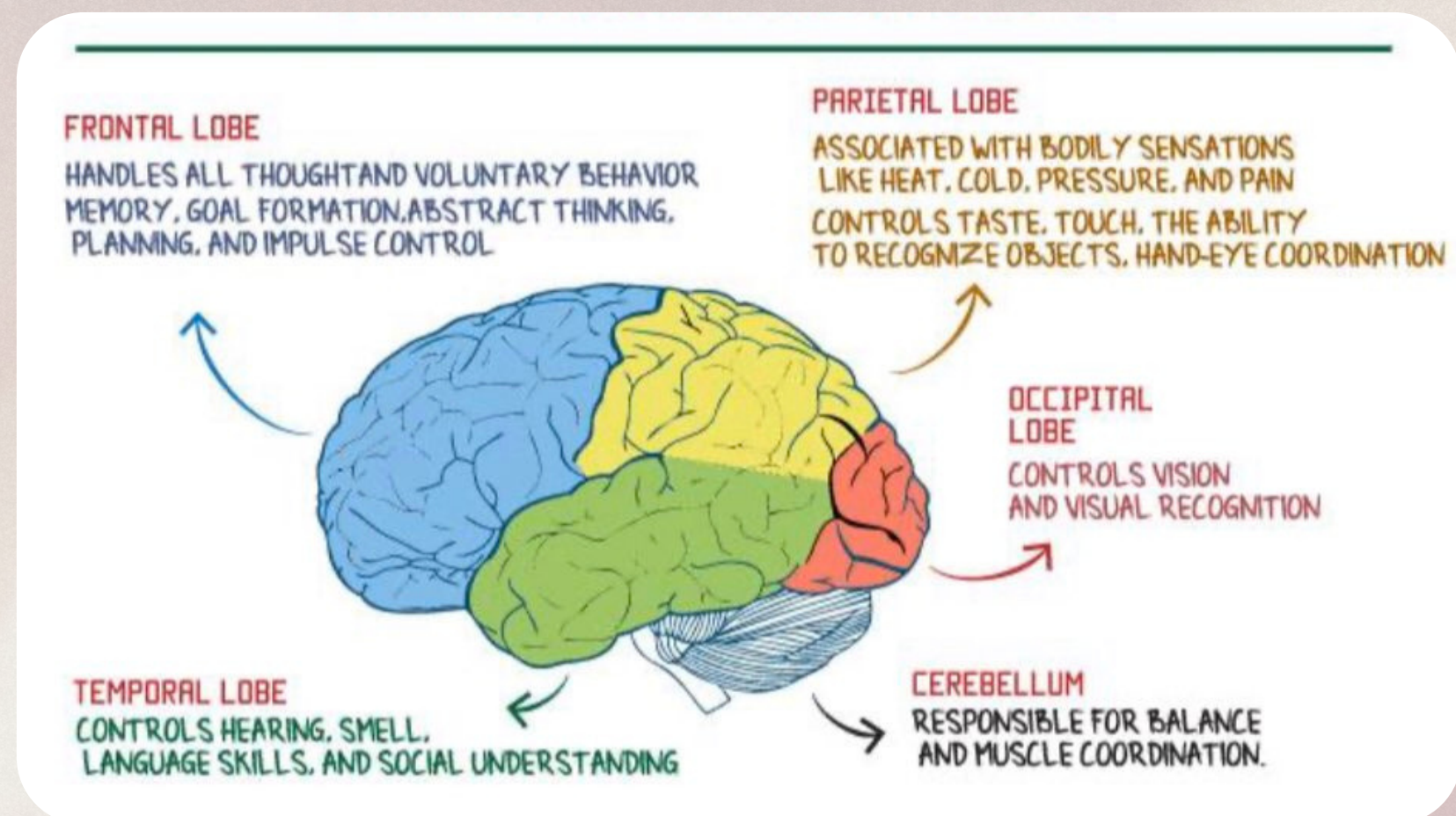
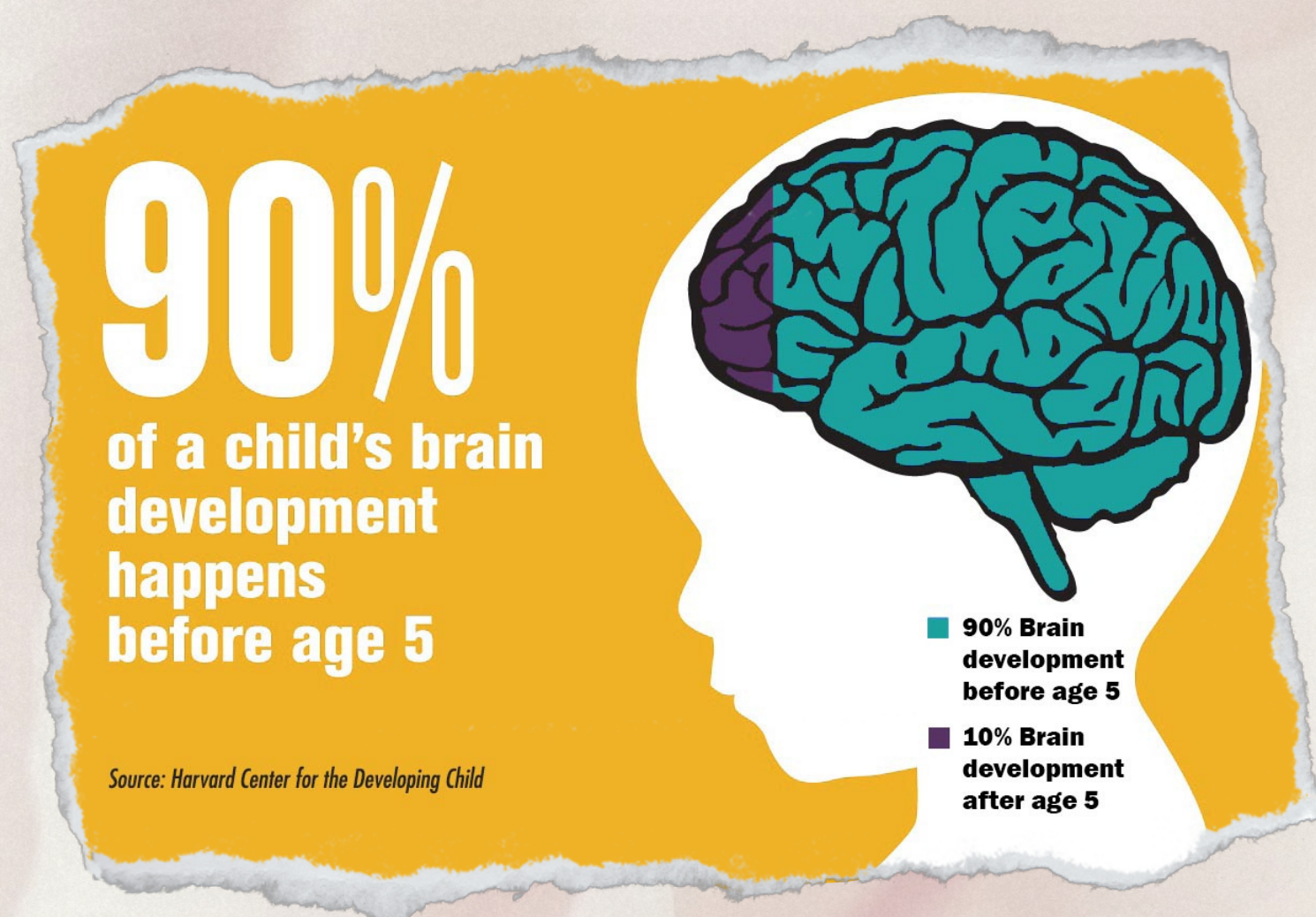
**Esteem Needs** feel value from others, feel as though contributing to the world...

**Self-Actualization Needs** self-aware, personal growth, fulfilling potential...

**We all have these needs and the way our own needs were met can impact how we develop throughout life**

Stress responses in the body produce adrenaline that gets the heart pumping when in distress. For a child, if this is addressed in the short term by responsive, caring parents, the body can return its elevated levels back to normal. If there is no parent to buffer the stress response, it remains activated. This constant activation can overload developing systems, affecting long-term learning and reasoning. In the Adverse Childhood Experiences (also known as ACES) assessment, as the ACE score increases, so does the risk of disease, social and emotional problems. This can be interpreted as a way of measuring the amount of toxic stress endured as a child and now identifying some correlating statistical indicators of health risks.





Interested to see  
your ACE score??



Did you have any immediate reactions to your score?



Have you adopted any coping mechanisms, that you can identify, due to your ace(s)?



If applicable, in what ways can you see this impacting your current relationships?