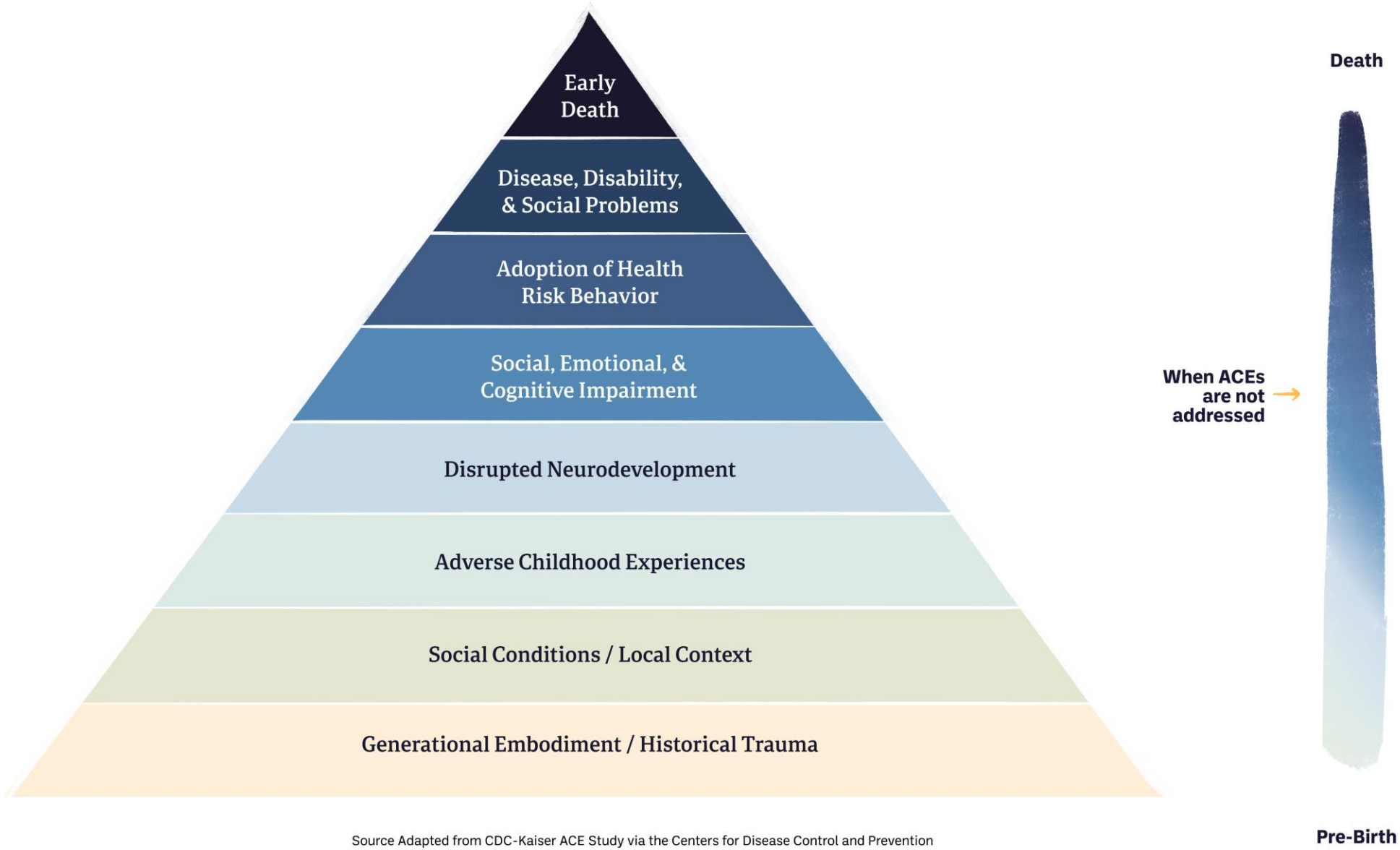
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Influences of Adverse Childhood Experiences and Their Impact on Long-Term Health & Well-Being



Source Adapted from CDC-Kaiser ACE Study via the Centers for Disease Control and Prevention

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ACE Pyramid Explained

Adverse Childhood Experiences (ACE) Pyramid Explained for Adult Survivors of Childhood Sexual Abuse (ASCSAs)



Source Adapted from CDC-Kaiser ACE Study via the Centers for Disease Control and Prevention; New information provided by Wings

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Restorative Adult Experiences or RAE Model for Adult Survivors of Childhood Sexual Abuse (ASCSAs)



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Restorative Adult Experiences or RAE Model Explained for Adult Survivors of Childhood Sexual Abuse (ASCSAs)

Essential interventions, supports, and services to create RAEs, or foster healing from ACEs (specifically CSA) & develop resilience across the lifespan



Prevention of Early Death and Support for Prolonged, Healthy life	Through early intervention & ongoing availabilty of CSA treatment services and supports to restore health and enrich quality of life throughout the lifespan
Support and Treatment Options to Address Disease, Disability, & Social Problems	Through support for safe living conditions and effective treatment options for chronic, unaddressed impacts of CSA trauma; *Delayed intervention amplifies need for broader long-term support
Support to Understand and Address Health Risk Behaviors	Through treatment options to address harmful coping strategies (including self-harm, self-medicating and/or other risk based behaviors); support to understand impacts of CSA trauma in current behaviors while building practices for emotional regulation & healthy coping strategies
Opportunities to Heal Social, Emotional, & Cognitive Impairment	Through individual trauma treatment and structured psychoeducational peer support groups that aid in understanding the impacts of CSA, build skills for healthy living and relating, and improve one's quality of life; May include Internal Family Systems (IFS) therapy, Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavior Therapy and/or other treatment modalities
Support to Acknowledge and Heal Neurodevelopmental Trauma	Through time-appropriate support to regulate trauma-based nervous system (neurobiological) responses and build missed / impaired developmental skills; May include somatic based support, craniosacral therapy, psychedelic assisted healing, neurofeedback, trauma sensitive yoga and/or other modalities
Support to Heal Adverse Childhood Experiences (ACEs) at Any Age Throughout the Lifespan	Through CSA trauma informed care (including the intergenerational dynamics & impacts of intrafamilial CSA/incest, other ACEs/developmental traumas and how they affect survivors' health and wellbeing throughout the lifespan); May include family therapy, Family Constellation Therapy and/or inherited family trauma support; Must center complex developmental trauma and/or complex post-traumatic stress disorder (CPTSD) specialty
Understanding of Social Conditions That Create Trauma; Equitable Access to Local Support for Health and Healing	Through access to health information, services and supports that ensure safety and stability; dismantling of any oppression impeding survivors' ability to engage in trauma recovery with culturally & linguistically responsive professionals
Support for Inter-Generational, Historical, Cultural, & Identity-Based Trauma Healing and Resilience	Through trauma informed care that understands CSA trauma as well as historical, cultural, & identity based trauma; Ensures diverse, inclusive, equitable, accessible, and affirming services; Prioritizes support for intergenerational/ancestral health and healing; Assists in breaking the cycle of trauma & abuse to build a new cycle of healing and thriving for self and others

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Restorative Adult Experiences or RAE Model Outcomes for Adult Survivors of Childhood Sexual Abuse (ASCSAs):

Liberating beliefs and resilience-based outcomes that are possible by engaging in CSA trauma recovery



Prolonged, Healthy, & Expansive Life	"I am not bound by my history or my family's history. I can change myself and future generations. I am not what happened to me. I am what I choose to become."
Healing Disease; Addressing Disability & Social Problems	"I can choose to live differently and address the problems I am experiencing. I can seek the support I need to solve these issues and live a healthier and more connected life."
Adoption of Health Centered Behaviors	"My health and safety matter. I prioritize what I need to heal my trauma. I practice actions and habits that help me flourish in my daily life."
Social, Emotional, & Cognitive Healing & Development	"I honor myself and my needs. I use my voice and allow others to be heard. I know how to establish safety, trust and respect within myself and my relationships. I feel and can identify my feelings and ask for and receive what I need."
Supported Neurodevelopment / Regulating the Nervous System	"I don't have to live in crisis. I am aware of my triggers. I know how to identify and regulate my trauma responses when I am not in danger."
Support to Heal Adverse Childhood Experiences (ACEs) (including CSA) at Any Age Throughout the Lifespan	"What happened to me in childhood does not have to be kept secret. I am safe to share without shame or fear. I am open to understanding my trauma and the impact it has had on my life. Taking this step can help me heal."
Understanding of Social Conditions That Create Trauma; Equitable Access to Local Support for Health and Healing	"I understand how social conditions impact my health and overall life. I have access to adequate support and know where and how to get and/or create that support for daily life with people who understand and care about me."
Inter-Generational Embodiment/ Historical, Cultural & Identity-Based Knowlege, Empowerment, & Healing	"All of me is seen, heard, honored and safe here. My family and cultural history are understood, valued and respected."