

ACE (Adverse Childhood Experiences) And Perhaps Some Co-Commitant Factors

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Here I'm referring to the following article:

Adverse Childhood Experiences: When Will the Lessons of the ACE Study Inform Societal Care?

By Joshua Kendall, 2019 May 26, Mad In America

<https://www.madinamerica.com/2019/05/adverse-childhood-experiences-will-lessons-inform-societal-care/>

This ACE bit – and the article – triggers some thoughts.

- Not only is it ACE's from youth, but that there is little philosophy, spirituality, psychology, or speculation that is useful, in the family...in fact, it may be quite the opposite! At least, that is a factor also that might be co-commitant with some of these other ACE factors, but that might be pointed out.

- Thus the emphasis on meaning-type – and very humanistic – approaches to dealing with youth and adult outcomes and situations, as described in the article – rather than psychiatry's meds approach.

- An American Indian recently said, I think in an article I read, that "We trained our youth. We didn't have prisons." Nor did they have psych units!

My salvation was in the schools, and in being left alone in my room, to be productive and reflective. I could have taken this deeper. I gained traction in college. But not all schools are refuges, I think, and not always are kids left alone. Mine wasn't the worst situation – but the illogic and cut-downs were profound! (Still, there was stability.) Thus, I feel, the need for the factors I listed: philosophy and philosophical statements; spirituality and its applied basis; practical and proven psychology; speculation on how we think and why, and act; narrative and shared stories, including literature; open dialogue and the dialogic; etc. And this might be able to apply to the ACE domain, I'm fairly certain (but I'll have to consider it further). Along with existing approaches that work.

The fact that schools and the police are picking up on ACE – even moreso than some in the psych field, according to the article! – is significant.