



Bounce builds the resiliency of children, adults, and families by improving knowledge about the impact of adverse childhood experiences (ACEs) and the skills to help people bounce back from adversity.

ACEs are potentially traumatic events, such as witnessing violence, experiencing abuse, or having a parent who is incarcerated. Our coalition of community partners are moving “upstream” to address these root causes of poor health in our most vulnerable people. We support individuals and organizations to implement trauma-informed approaches in practical, everyday settings.

What we know about Adverse Childhood Experiences (ACEs):



ACEs are **common**. More than 24% of Kentucky kids have experienced at least two ACEs—the 8th highest rate in the country.¹



ACEs have **lifelong effects** on health and overall success and well-being.



There are **steps we can take** to reduce the impact of ACEs so that Kentuckians grow up healthy and hopeful.

What **BOUNCE** does:

- 1** Educates and trains to build resilient children, adults, and families
 - Community trainings about ACEs and strategies to create healing-centered, trauma-informed environments
 - Parent and caregiver education about ACEs and how to build resilience at home, school, and the workplace
 - Free community learning and discussion opportunities
- 2** Provides evaluation services to measure impact and consultation to integrate healing-centered practices
- 3** Advocates for policies that support people who have experienced trauma, help prevent trauma, and build resiliency in Kentuckians

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1. National Survey of Children’s Health, 2017-2018.