



Siletz Community

What are Adverse Childhood Experiences?

Adverse Childhood Experiences (ACEs) is a term used to describe all types of neglect, abuse, violence, or distressed family environments that children under the age of 18 may experience.

ACEs include:

- Abuse
 - physical
 - sexual
 - emotional
- Neglect
 - physical
 - emotional
- Household Dysfunction
 - mental illness
 - divorce
 - domestic violence
 - incarcerated relative
 - substance abuse

1 in 6

1 in 6 adults experienced four or more types of ACEs.

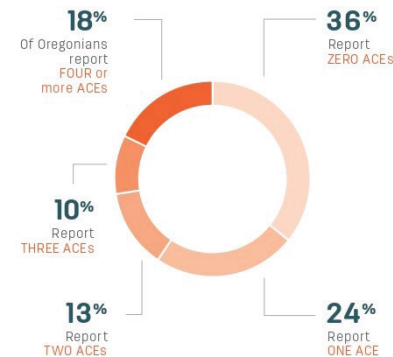
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At least 5 of the top 10 leading causes of death are associated with ACEs.

44%

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

How Common Are ACEs in Oregon?



How do ACEs affect our lives?

Our childhood experiences have a tremendous lifelong impact on our health and the quality of our lives. The ACE study showed links between adverse childhood experiences and future risky behavior, psychological issues, and serious illness.

What can be done about ACEs?

Safe, stable, and nurturing relationships and environments are essential for the health and well being of children and families. Strategies that address the needs of children and families include:

- Home visiting to families with newborns
- Mental illness and substance abuse treatment programs
- Intimate partner violence prevention
- Sufficient economic supports for families with lower incomes
- Parent support program
- High quality child care
- Family friendly work

Events

Every Wednesday
Youth Game Night
Siletz Valley Library
4:00 - 6:00pm

December 4th
Women's Trauma Support Group
Behavioral Health Group Room
5:30 - 7pm

December 11th
Women's Talking Circle
Siletz Clinic - Yurt
5:30pm

December 18th
Letting Go Ceremony
Siletz Dance House
6pm

December 25th
Christmas Day
All Tribal Offices Closed

Tobacco's impact on early American history

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard which meant that there was an established conversion rate from tobacco to gold.

The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the Civil war. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of indentured servitude in the Americas. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, fungible labor that they needed to keep up with increasing production.



Commercial Tobacco Quitline 1-800-QUIT-NOW