# ACEs, Overdose, and Suicide are Preventable Public Health Challenges

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“And so, first recognizing that these are preventable issues. I think the second part is recognizing that we actually have evidence-based strategies that can address all three of these issues. And when we think about ACEs, we really can start very upstream and think about creating safe, stable, nurturing, relationships, and environments for kids and for families. And what we see is that interventions like nurse-family partnership, which are things that are done very early in life to set both parent and baby up for success, have these long-term payoffs for reducing substance use, reducing other high-risk behaviors.

And so, you can see that this very early intervention can, down the road, protect things like substance use and overdose or other risks for suicide. And similarly, if we can prevent an overdose death or a suicide death, which are traumatic events for people who are in a family of someone who dies from a suicide or an overdose, then we can disrupt that sort of generational cycle of early adversity, or trauma, or ACEs. So, there is a real opportunity to look really across the lifespan from very upstream prevention, as well as more downstream prevention, and linkage, and service delivery to comprehensively address these issues.”