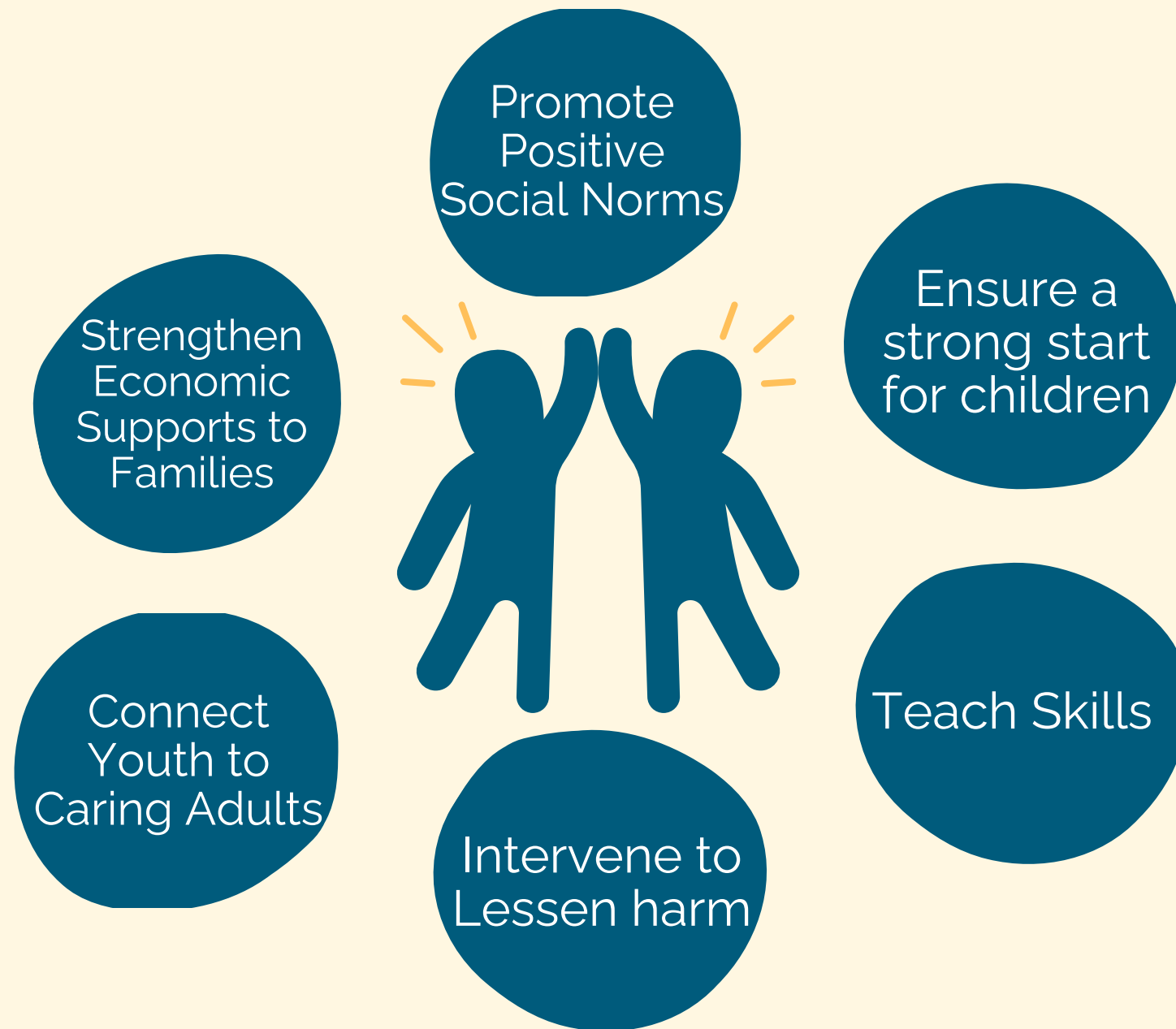


Evidence-Based Approaches to PREVENT ADVERSE CHILDHOOD EXPERIENCES (ACES)



Links to Maryland-based programs or resources that address each approach are included in the following pages!

Strengthen Economic Supports to Families

○ Increase household financial security

- Tax credits
 - Earned income tax credit
 - Child tax credit
- Childcare subsidies
 - A number of childcare financial assistance resources can be found on [ChildCare.gov](https://www.childcare.gov)

○ Family-friendly work policies

- Paid leave
- Flexible and consistent work schedules
- Paid maternity leave
- Childcare assistance

Promote Social Norms that Protect Against Violence and Adversity

- **Shared responsibility for the health and well-being of children**
 - Public education campaigns can help shift these social norms
 - MD public education campaign examples:
 - Together We're Better, Inclusive Education Campaign
 - MD State Department of Education partnership with Attendance Works to increase school attendance
- **Safe and effective discipline**
 - Legislative approach to reduce corporal punishment
- **Healthy and positive norms around gender, masculinity, and violence**
 - Men and boys as allies in prevention
 - Coaching Boys into Men

Promote Social Norms that Protect Against Violence and Adversity

○ Reduce stigma around help-seeking

- MD-based organizations working to reduce stigma:
 - On Our Own of Maryland's Anti-Stigma Project
 - Keep the Door Open Maryland, Behavioral Health Coalition

○ Enhance connectedness in the community to foster resiliency

- Bystander approaches, such as:
 - Alteristic's GreenDot Bystander Intervention Program and Training

Ensure a Strong Start for Children

- **Early childhood home visitation**
 - [Nurse-Family Partnership Program](#)
- **High quality childcare**
 - [Resources on finding quality childcare in MD](#)
- **Preschool enrichment with family engagement**
 - [MD Family Network](#)
 - [Maryland-based Patty Centers](#) (formerly known as Family Support Centers)

Teach Skills

- **Social-emotional learning**
 - The Good Behavior Game
 - Promoting Alternative Thinking Strategies (PATHS)
- **Safe dating and healthy relationship skill programs**
 - The Fourth R, Strategies for Healthy Youth Relationships
 - Safe Dates, Evidence-Based Dating Violence Program
- **Parenting skills and family relationship approaches**
 - The Parent's Place of Maryland
 - The Family Tree Maryland

Connect Youth with Caring Adults



Mentoring programs

- [Mentor MD|DC](#)
- [List of mentor programs in Maryland](#)



Afterschool programs

- [Resource list of Maryland afterschool programs](#)

Intervene to Lessen Immediate and Long-Term Harm

○ Enhanced primary care

- Assessments for ACEs and trauma and appropriate referral to services by primary care providers

○ Victim-centered services

- Services such as crisis intervention, hotlines, housing support, and more
- Maryland Crime Victims' Resource Center, Inc.

○ Treatment to lessen the harm of ACEs

- Trauma-informed therapy or counseling, such as Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Maryland Family Resource, Inc.

Intervene to Lessen Immediate and Long-Term Harm

- **Treatment to prevent problem behavior and future involvement in violence**
 - Multisystemic Therapy has been shown to help reduce risks associated with ACEs and promote protective factors
 - Shephard Pratt Multisystemic Therapy Program

- **Family-centered treatment for substance use disorders**
 - Family Recovery Program
 - Maryland Addiction Recovery Center, Family Programming

Citation

<https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf>