

# Expand 1st Five for a resilient Iowa

## ACEs:

Adverse childhood experiences (ACEs) are traumatic events that can dramatically upset a child's sense of safety and well-being.

Iowa is leading the way in supporting children during the first 5 years of a child's life. Innovative public-private partnerships like Iowa's 1st Five Healthy Mental Development Initiative help identify children with concerns (from speech delays to mental health concerns) and connect them to community-based programs to address their needs. Experts agree that early detection increases the effectiveness of interventions while reducing future costs to society. 1st Five is a crucial tool that helps establish Iowa's children on a trajectory to become healthy, productive adults.

1st Five serves children during the first 5 years of a child's life, which represent a critical window of opportunity to build healthier and more prosperous futures for Iowa's kids. The first 5 years are important because this is when brain development is at its most malleable and flexible, offering opportunities to build strong foundations for cognitive, social, and emotional health. However, this is also the most vulnerable period of brain development, putting certain children exposed to stressful childhood events at risk for lifelong problems with development, learning, behavior, and overall health.

### Early Intervention Matters

More than **one in five** Iowa children ages four months to 5 years are at moderate risk of developmental, behavioral or social delays, only half of which are detected prior to school entry, when interventions are most effective

Children living in families coping with certain stressors including parental loss, substance abuse, mental illness, or exposure to trauma (ACEs) are at heightened risk for developing **mental disorders**.

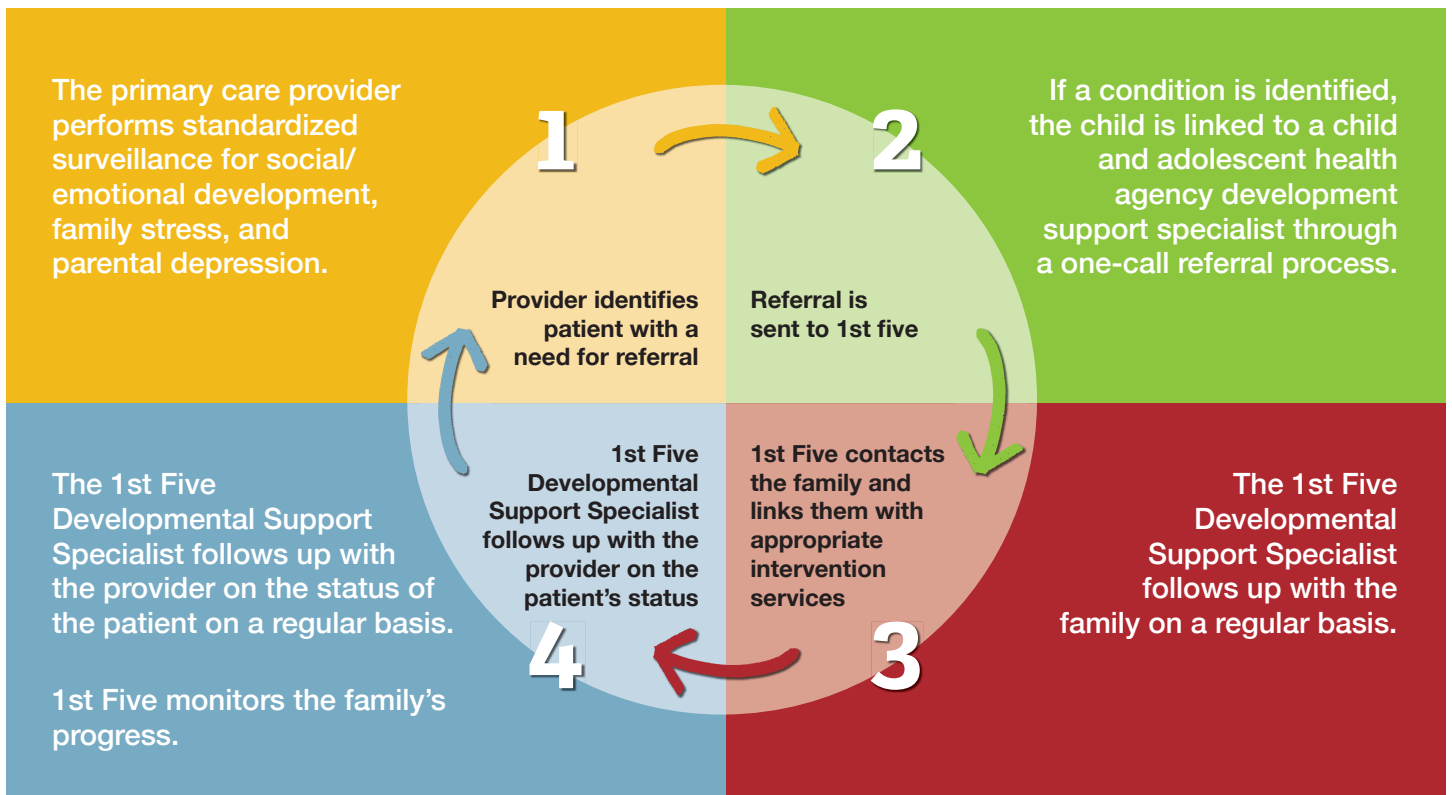
### Legislative asks

- Expand the 1st Five Healthy Mental Development Initiative statewide to increase access to developmental health and family resources.
- 1st Five currently operates in 88 counties across the state of Iowa, leveraging community resources as a public-private partnership. An implementation and funding plan for continued statewide expansion is necessary to ultimately make 1st Five available to children, families, and health providers, regardless of where in Iowa they are located.

*Counties currently without 1st Five: Cherokee, Clinton, Ida, Iowa, Jackson, Johnson, Lyon, Plymouth, Scott, Sioux, and Woodbury.*

Adversity is universal and we all could use a little help at times.





1st Five provides the training and support to help doctors and nurses identify concerns early. When a concern is identified, 1st Five connects the family with services in their local community to address their needs. 1st Five follows up with the doctor or nurse and monitor's the family's progress.

1st Five supports the health and development of our youngest children and can reduce the impact of developmental and behavioral disorders which have high costs for Iowa's tax payers and long-term consequences for health, education, child welfare, and juvenile justice systems.

## 10 types of ACEs studied in Iowa

### ABUSE

- 1 Physical
- 2 Emotional
- 3 Sexual

### HOUSEHOLD DYSFUNCTION

- 4 Substance abuse in home
- 5 Family member with mental illness
- 6 Incarcerated family member
- 7 Separation/divorce
- 8 Domestic violence

### NEGLECT

- 9 Emotional
- 10 Physical

For more information, please visit [www.IowaAces360.org](http://www.IowaAces360.org)

