



Adverse Childhood Experiences (ACEs) are associated with adult homelessness, drug/alcohol addiction, mental illness, serious chronic medical conditions and early death. The 10 ACEs include sexual abuse, physical abuse, emotional abuse, physical neglect, emotional neglect, violence in the home, parent with a mental illness, parent incarcerated, parent addicted to drugs/alcohol, and parental abandonment.

Parent Trust is a statewide non-profit dedicated to stopping the cycle of passing child abuse, neglect, and other Adverse Childhood Experiences (ACEs) from one generation to the next. We offer research-based programs based on the Protective Factors proven to reduce ACEs:

- **Statewide Family Help Line: (1,200 callers/year)** Parenting help is just a phone call away. We provide immediate, ongoing parent support, training, and referrals to prevent child abuse and neglect. Caller says, ***"I was at the end of my rope and you were the only person who really listened to me."***
- **Online Parenting Information/Statewide Resource Database: (7,500 visitors/year)** Over 100 downloadable Parenting Information Sheets on a variety of critical family topics and a Resource Database for parenting services for all 39 counties in Washington State. Provider says, ***"Thank you for giving parents real-world resources and solutions."***
- **Circle of Parents/Families in Recovery (FIR) Support Group Network: (400 families/year)** Professionally-facilitated support groups for distressed parents and parents overcoming substance addiction to build healthy family relationships, stop the family cycle of Adverse Childhood Experiences (ACEs), maintain custody of their children, and create ongoing positive support networks. Parent says: ***"Had I not attended these classes, I don't know where I would have gotten the skills I use every day as a parent."***
- **Conscious Fathering: (800 fathers/year)** Expectant fathers learn how to care for their infants in all-male classes. Dads are trained on infant care, infant safe sleep, stress management and shaken baby syndrome prevention. Dad says, ***"I was afraid of doing the wrong thing...I feel 200% more confident now!"***
- **Developmental Screenings: (150 screenings/year)** Families receive screenings to catch developmental problems early. Parent says, ***"We knew our child had delays. We were given the tools to help our child."***
- **Stress Management and Relaxation Training (SMART): (1,000 teens/year)** Teens gain critical skills needed to reduce toxic stress and make positive choices at critical point in their lives. Teen says: ***"I learned how to relax. I feel 10 times lighter."***
- **Great Starts: (4,000 parents/year)** Expectant parents receive intensive training on healthy pregnancy, childbirth, family bonding, breastfeeding, infant growth and development, newborn care, infant safe sleep, postpartum depression/anxiety, stress management -- Protective Factors that prevent the generational cycle of ACEs. Parent says, ***"Now I feel ready to have a baby and be the kind of parent I want to be."***

- 90,000 babies are born in Washington every year.
 - 1.5 million children live in our state.
- **ALL children need safe homes and healthy parents.**