

Check out our Website
www.elijahhaven.org.



201 S Detroit Street, Lagrange, IN, 46761

January 2020

Adverse Childhood Experiences (ACEs)

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- Experiencing violence or abuse
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with:

- Substance misuse
- Mental health problems
- Instability due to parental separation or household members being in jail or prison

ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can also negatively impact education and job opportunities. However, ACEs can be prevented.

Consequences

ACEs can have lasting, negative effects on health, well-being, and opportunity. These experiences can increase the risks of injury, sexually transmitted infections, maternal and child health problems, teen pregnancy, involvement in sex trafficking, and a wide range of chronic diseases and leading causes of death such as cancer, diabetes, heart disease, and suicide.

ACEs and associated conditions, such as living in under-resourced or racially segregated neighborhoods, frequently moving, and experiencing food insecurity, can cause toxic stress (extended or prolonged stress). Toxic stress from ACEs can change brain development and affect such things as attention, decision-making, learning, and response to stress.

Children growing up with toxic stress may have difficulty forming healthy and stable relationships. They may also have unstable work histories as adults and struggle with finances, jobs, and depression throughout life. These effects can also be passed on to their own children. Some children may face further exposure to toxic stress from historical and ongoing traumas due to systemic racism or the impacts of poverty resulting from limited educational and economic opportunities.

Retrieved from: CDC.Gov

YOU CAN HELP

Individuals wishing to assist Elijah Haven in caring for victims of domestic violence may do so in a variety of ways:

Monetarily. Send donations to Elijah Haven Crisis Intervention Center, PO Box 198, LaGrange, IN 46761.

In-Kind donations. Furnishings and household items to be sold at Thrifty Living Boutique can be donated by calling 463-2211.

Volunteer. Work a 4-hour shift at Thrifty Living Boutique or offer skills and services

Donate items. Victims housed in the shelter need personal hygiene items, toilet paper, paper towels, pillows, towels, and household cleaning supplies

Gas cards and gift cards for groceries are also greatly needed and appreciated.

Gifts of Time

Elijah Haven is a "community-owned" agency. Questions, concerns and words of encouragement are welcomed and can be addressed to any of our current Board Members.

2019 Board of Directors

Orie E. Lehman
Carrie Lambright
Sherri Lackey

David R. Chupp
Ron Roth
Larry W. Miller

Thank You

Thank you to everyone who donated to Elijah Haven over the Christmas season. Your kind donations help to support victims in their current struggle by allowing them to have one less thing to fear about. Your financial donations further aid Elijah Haven in being able to provide our facility and many services to those victims in our community. More specifically we are so grateful for the continued support received yearly from individuals, families, and community businesses who help bring Christmas to so many of Elijah Haven's families in need.

Thank you to Shiphshewana Auction for continuously supporting Elijah Haven and our clients. Your large donation helped to supply the essentials that clients often need throughout the year and therefore help us to provide full assistance to our clients.

Another big thank you to Lippert Components in Howe Indiana, Mr. and Mrs. Norm Johnson, and employees at Farmers State Bank of LaGrange and Sherri Lackey for providing Christmas to some of our families who needed it most. Your donation truly touched the families and positively impacted their holidays this season.



Lippert Components

Contributions and Grants received

- DVPT Grant
- VOCA Grant
- United Fund of LaGrange County
- Local Churches and Individuals

