

# Preventing and Healing From Child Abuse and Neglect

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Mental Health America  
**B4Stage4**

# STARTING A NEW BEGINNING, AND NEVER STOPPING

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THE NATIONAL FOUNDATION TO END CHILD ABUSE AND NEGLECT

# CHILD ABUSE/NEGLECT AMONG TOP PUBLIC HEALTH CONCERNS

Which of the following would you say are the *top* public health concerns facing the nation?  
(Choose all that apply)

Drug addiction	67%
Cancer	55%
Nutrition, physical activity and obesity	46%
Child abuse/neglect	42%
Heart disease and stroke	39%
Alzheimer's disease	34%
Alcohol abuse	33%
Food safety	28%
Tobacco use	27%
Healthcare-associated infections	19%

# THE NUMBERS & AN UNDER-ADDRESSED PUBLIC HEALTH CRISIS

1,840

Deaths from child abuse and neglect in 2019

656,000

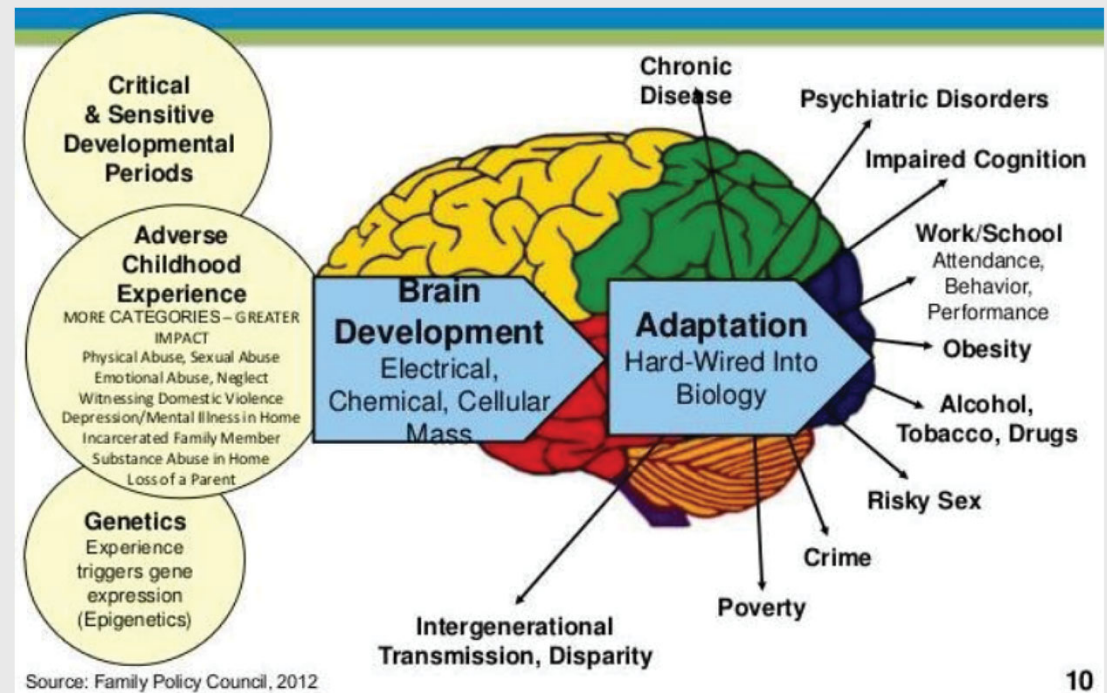
National rounded number of victims in 2019

\$2T

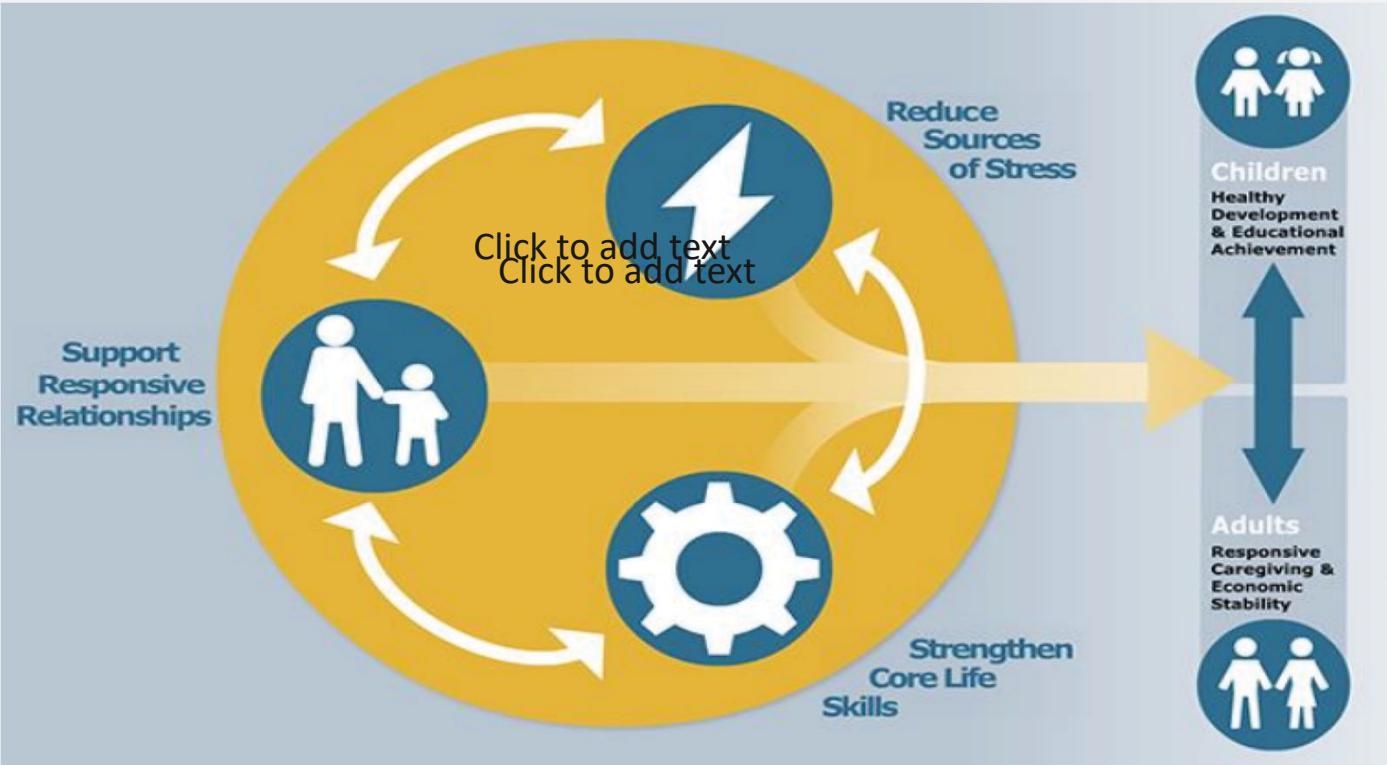
Estimated economic burden based on annual investigated cases

# LONG-TERM IMPACTS

Adverse childhood experiences (ACEs) such as abuse and neglect have far-reaching impacts on health and well-being



# CORE CAPABILITIES FOR LIFE



Source: The Center for the Developing Child, Harvard University 2018



MY STORY...

# WHY I AM DOING WHAT I AM DOING...

- I don't want anyone to hurt the way I do
- I believe in healing and possibility
- I know that I can help people see they can do something to be a part of the change
- I know I can...



# WE ARE ALL SURVIVORS





OUR GOAL: ZERO  
ABUSE IN OUR  
LIFETIME

## THE CASE FOR CHANGE

- We know that when parents feel supported, they are less likely to abuse their kids
- We know that when people feel like they matter, they are more inclined to experience joy
- We know that when people feel joy and loved, they are drastically less likely to harm others
- We know that when children have SAFE, SUPPORTIVE, AND NURTURING ENVIRONMENTS their chances of thriving go UP!



So how do we improve our culture to be more  
supportive and engaged?

# ATTENDING TO US

- we live in a world where all is accessible
- we are on, moving, going all day and all night
- driving a car at 9 rpm's every day will eventually wear it out
- so loving, attending and nurturing ourselves will allow for the care that ever human needs
- if you see a neighbor who can't do it for themselves, be what you would need
- if we each spent 4 moments a day caring for ourselves and others, we'd shine a little brighter

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THANK YOU