



Overcoming ACEs with Resilience Survey (OARS)

2023–2025 Combined Analysis

Alaska Division of Public Health | Sections of CDPHP and WFCH MCH-epi

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What is OARS?



Survey Overview

Alaska's statewide survey for childhood adversity and resilience among adults.

Text-to-online methodology

Innovative approach that reduces social-desirability bias compared to phone surveys.

Two survey administrations

2023 (n = 3,017) and 2025 (n = 2,105) for a combined sample of 5,122 Alaska adults.



What It Measures

14

ACE categories measured

10

PACE categories measured

24

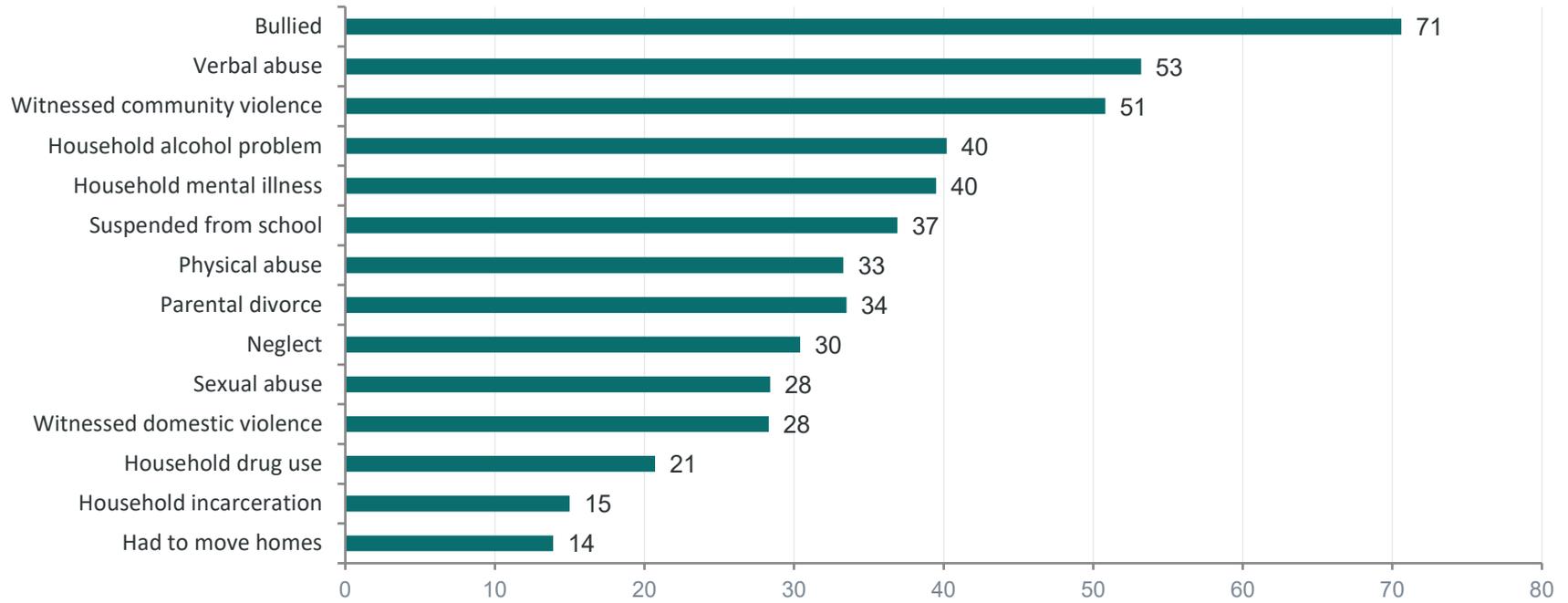
Health outcome variables

6

Demographic characteristics

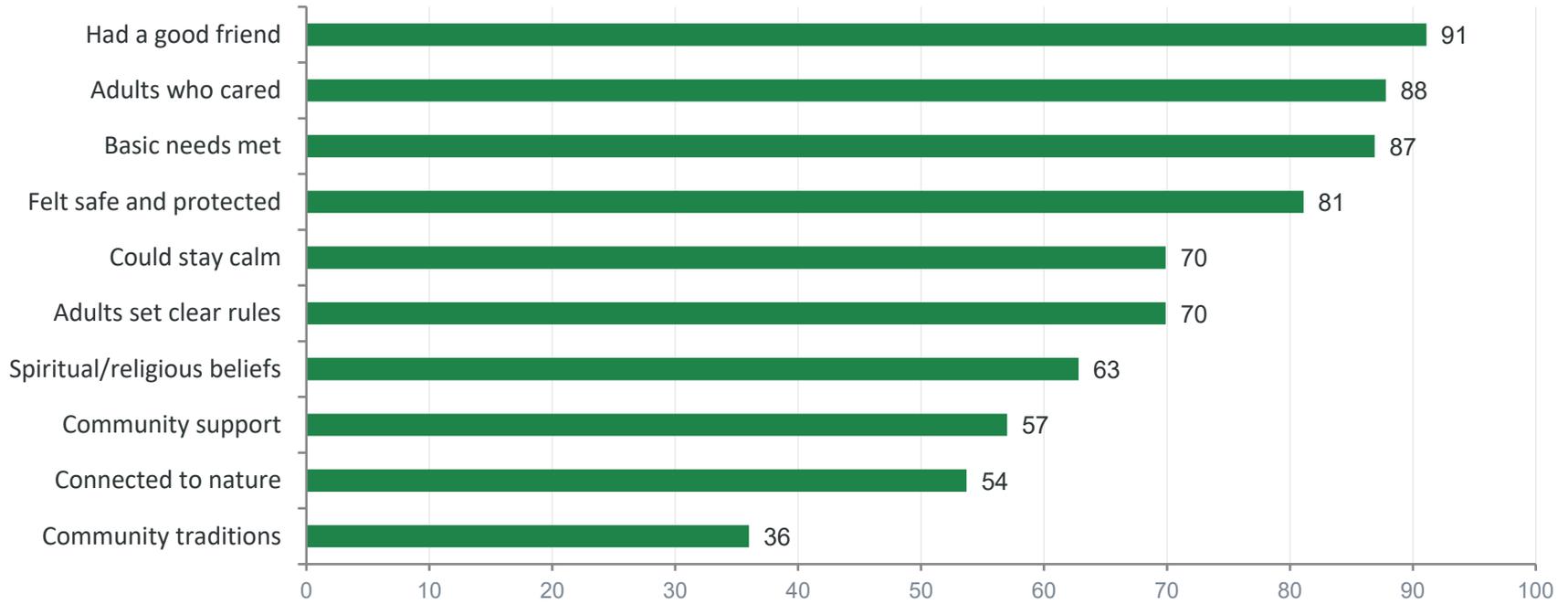
ACE Prevalence Among Alaska Adults

Combined 2023–2025 weighted estimates (n = 5,122)



Protective Experiences (PACEs) Prevalence Among Alaska Adults

Combined 2023–2025 weighted estimates (n = 5,122)



2023 vs 2025: Stable Estimates

Only 1 of 18 ACE/PACE measures showed a statistically significant change (non-overlapping 95% CIs)

Consistent Findings

ACE prevalence was stable across both survey years, supporting the reliability of OARS methodology.

No PACE items showed significant change between 2023 and 2025.

Most health outcome estimates remained within overlapping confidence intervals.

Notable Exception

Neglect

27.1% → 35.2%

+8.1 percentage points

Non-overlapping 95% CIs:

2023: (24.4–30.0)

2025: (31.7–39.0)

Alaska Mental Health Trust Beneficiary Analysis

Among MHT beneficiaries...

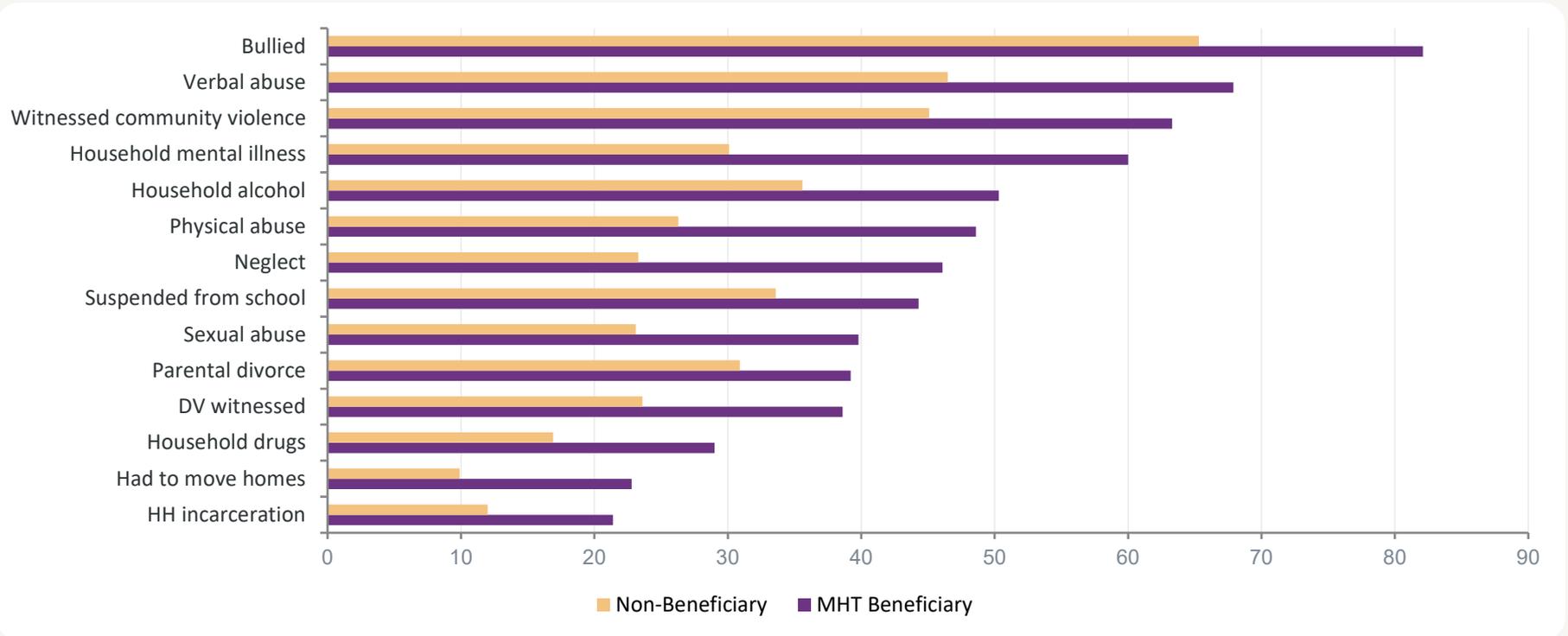
**Every ACE was
higher**

**Only 7 of 10 PACEs
were lower**

**Depression and
suicidal ideation
was up 32–37
percentage points**

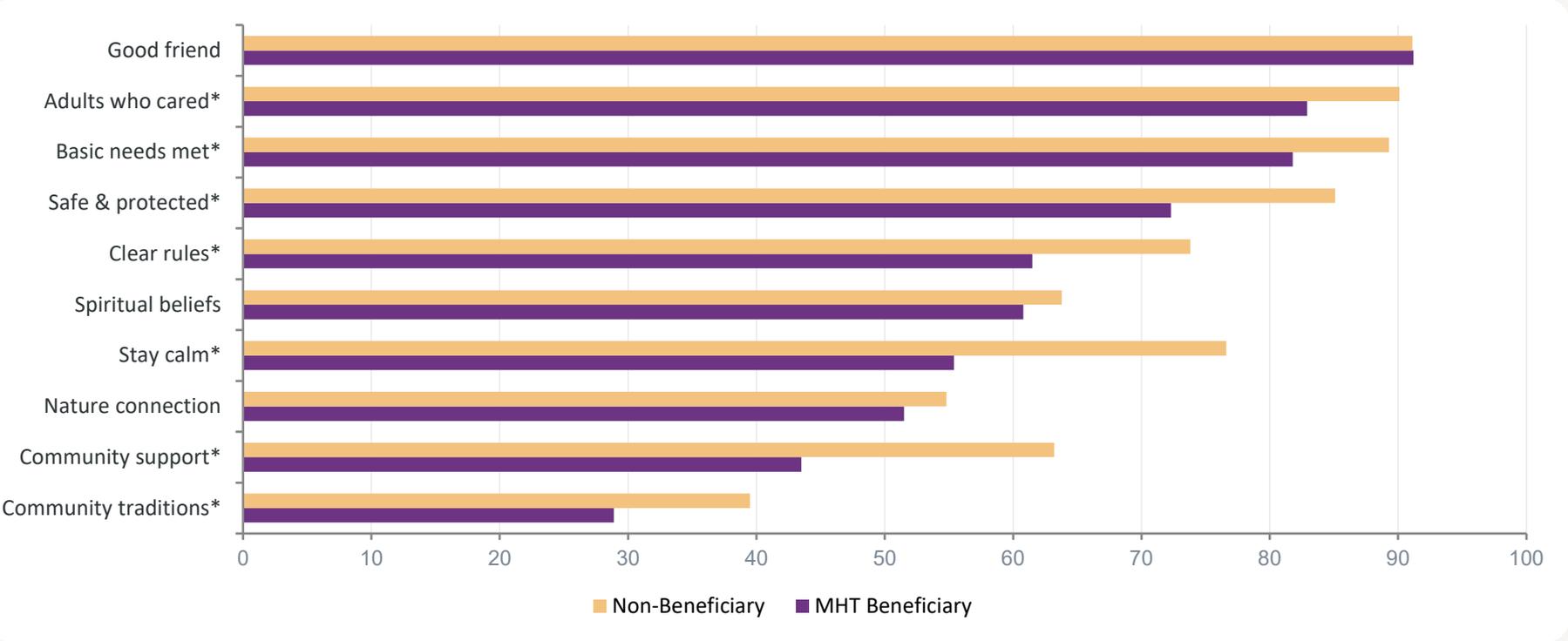
MHT Beneficiaries: ACE Disparities

All 10 ACE categories significantly higher among MHT beneficiaries (non-overlapping CIs)



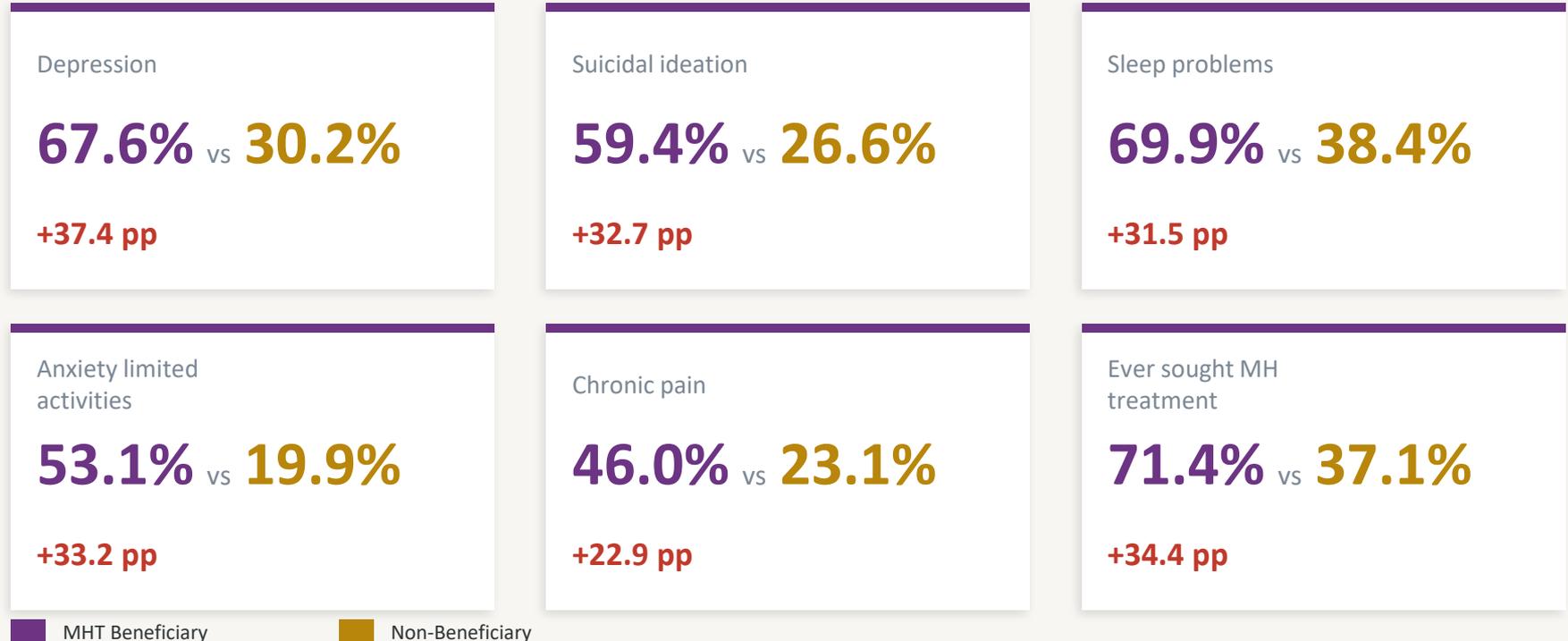
MHT Beneficiaries: PACE Disparities

5 of 8 PACE items significantly lower among MHT beneficiaries (non-overlapping CIs marked with *)



MHT Beneficiaries: Health Disparities

Largest differences in mental health and pain outcomes (all non-overlapping CIs)



Moving the Data into Action

Developing a standardized toolkit

Partners and Products

Collaboration between: Alaska DPH, Center for Safe Alaskans, and Brigham Young University.

OARs data incorporated into student class.

Student products being used as base templates for establishing a toolkit.

Two student interns will further develop toolkit and plan for sharing.



Moving the Data into Action

Personalizing the data

Local conversations

Statewide/regional data may not resonate with local communities

- Need for local data driven personal conversations.
- Need structured focus groups to enhance the quantitative data with qualitative context.
- “Road show” and “Train-the-Trainer” models needed.

Combining story with data

Partnering with Center for Safe Alaskans to:

- Centralize developed toolkit.
- Establish a champion to lead this work.
 - Identify the best medium, mechanism, and individual to facilitate discussions.
- Connect individuals with lived experience, researchers, and health communications experts.
- Focus on building protections.

Final thoughts

Invest in trauma-informed care

Over half of Alaska adults report verbal abuse and 40% report household substance or mental health problems, underscoring the need for system-wide trauma-informed approaches.

Target interventions for MHT beneficiaries

MHT beneficiaries showed dramatically higher ACE burden and worse health outcomes. Resilience-building programs around community support, safety, and self-regulation could help close these gaps.

Strengthen protective factors statewide

Community support and nature connection were the least-reported PACEs. Expanding mentoring, community programs, and outdoor experiences may build resilience against adversity.

Continue monitoring with OARS

Stable estimates across 2023–2025 validate the methodology. The significant increase in reported neglect warrants further investigation in future survey cycles every 5 years, the next survey being 2030.