Research has shown that incidence of mental health and substance abuse issues has increased among inmates over time and is more common among inmates than within the general population. The purpose of this research project is to examine the connections between adverse childhood and life experiences, mental illness, and substance abuse among female inmates in Vermont. In this project, we conduct a statistical analysis of a survey administered by the Vermont Department of Corrections using SPSS. The DOC has stated that the response rate was very high for the sample, consisting of 108 female inmates entering the South Burlington facility over the course of five months of 2014. Open-ended questions were coded for analysis and a composite variable was created for the ten questions asked in accordance with the Adverse Childhood Experiences (ACE) survey, which endeavors to explain risk factors for health risk behavior in adults. Of the respondents, 57.4 percent have experienced 5 or more ACE indicators, demonstrating high levels of childhood trauma in the female prison population. Among our preliminary results, we have observed that over sixty percent of respondents who have had at least five of ten (surveyed) adverse childhood experiences have been diagnosed with a mental illness, received counseling and have been prescribed medication for a mental illness. Additionally, about 74 percent of the respondents said that substance abuse was pertinent to their incarceration, with 78.2 percent specifying abuse of heroin and/or other opiates. Further analysis may provide evidence of certain risk factors pertinent to female incarceration in VT, as well as insight into potential policy changes for mental health and substance abuse resources, services, and programming.