

# Lessons Learned from 5 Years of ACES Screening



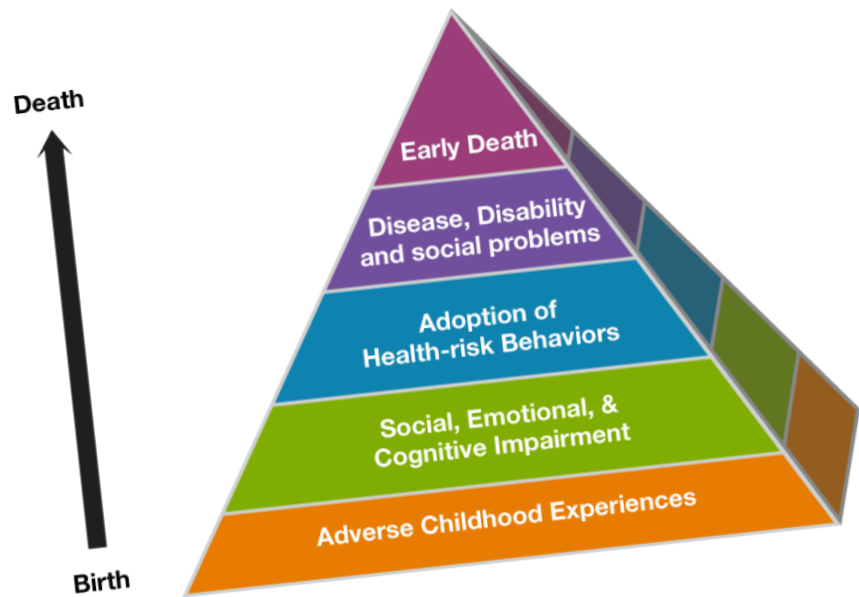
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Medical Director  
Pediatrics and Elsie Allen







# What is ACE?



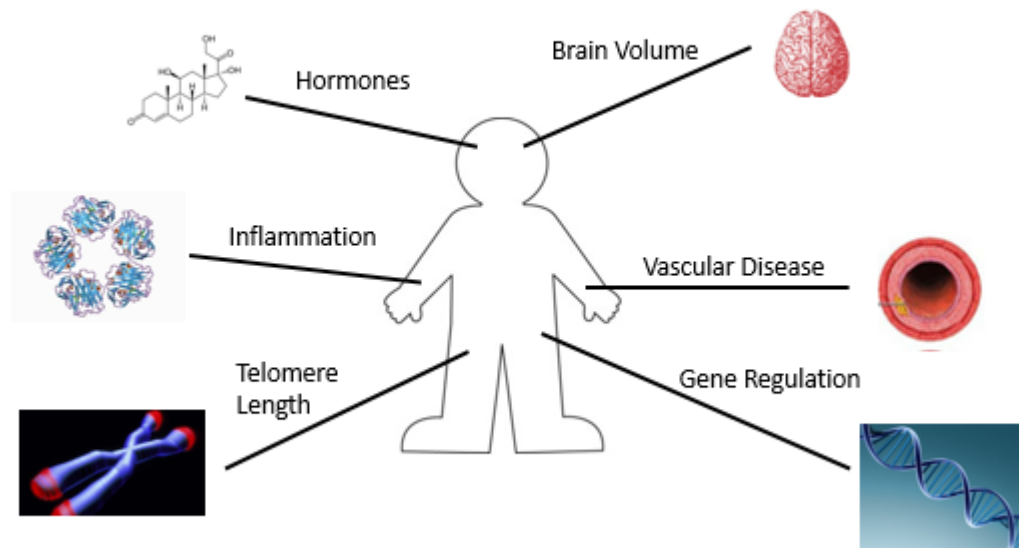
Research Article

## Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study

Vincent J. Felitti, MD, FACP, Robert F. Anda, MD, MS, Dale Nordenberg, MD, David F. Williamson, MS, PhD, Alison M. Spitz, MS, MPH, Valerie Edwards, BA, Mary P. Koss, PhD, James S. Marks, MD, MPH

### Biologic mechanisms



All are related to childhood adversity

Matt Pantell, with permission

## Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often...  
Swear at you, insult you, put you down, or humiliate you?  
or  
Act in a way that made you afraid that you might be physically hurt?  
Yes No If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household often or very often...  
Push, grab, slap, or throw something at you?  
or  
Ever hit you so hard that you had marks or were injured?  
Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you ever...  
Touch or fondle you or have you touch their body in a sexual way?  
or  
Attempt or actually have oral, anal, or vaginal intercourse with you?  
Yes No If yes enter 1 \_\_\_\_\_
4. Did you often or very often feel that ...  
No one in your family loved you or thought you were important or special?  
or  
Your family didn't look out for each other, feel close to each other, or support each other?  
Yes No If yes enter 1 \_\_\_\_\_
5. Did you often or very often feel that ...  
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?  
or  
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?  
Yes No If yes enter 1 \_\_\_\_\_

6. Were your parents ever separated or divorced?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
Often or very often pushed, grabbed, slapped, or had something thrown at her?  
or  
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?  
or  
Ever repeatedly hit at least a few minutes or threatened with a gun or knife?  
Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.

**We ask everyone.**



Please don't be surprised when we ask you about problems or trauma in your family.

**Understanding your life events is a part of giving you good care.**

Remember that trauma takes many forms -- not just accidents or broken bones.



All of us. For all of you.  
a californiahalth center

**Les preguntamos a todos.**



Por favor, no se sorprenda cuando le preguntamos a usted acerca de problemas o traumas en su familia.

**Parte de darle buena atención es entender los eventos de su vida.**

Recuerde que el trauma toma muchas formas, no sólo los accidentes o fracturas de huesos.



All of us. For all of you.  
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# Lesson #1

ACE Screening can be emotional –  
so give the questionnaire in the  
**privacy** of an exam room

All Teens had zero  
ACEs???

# Flip the workflow? (Lesson #2)

## Standard Model

1. Teen + guardian first
2. Teen alone

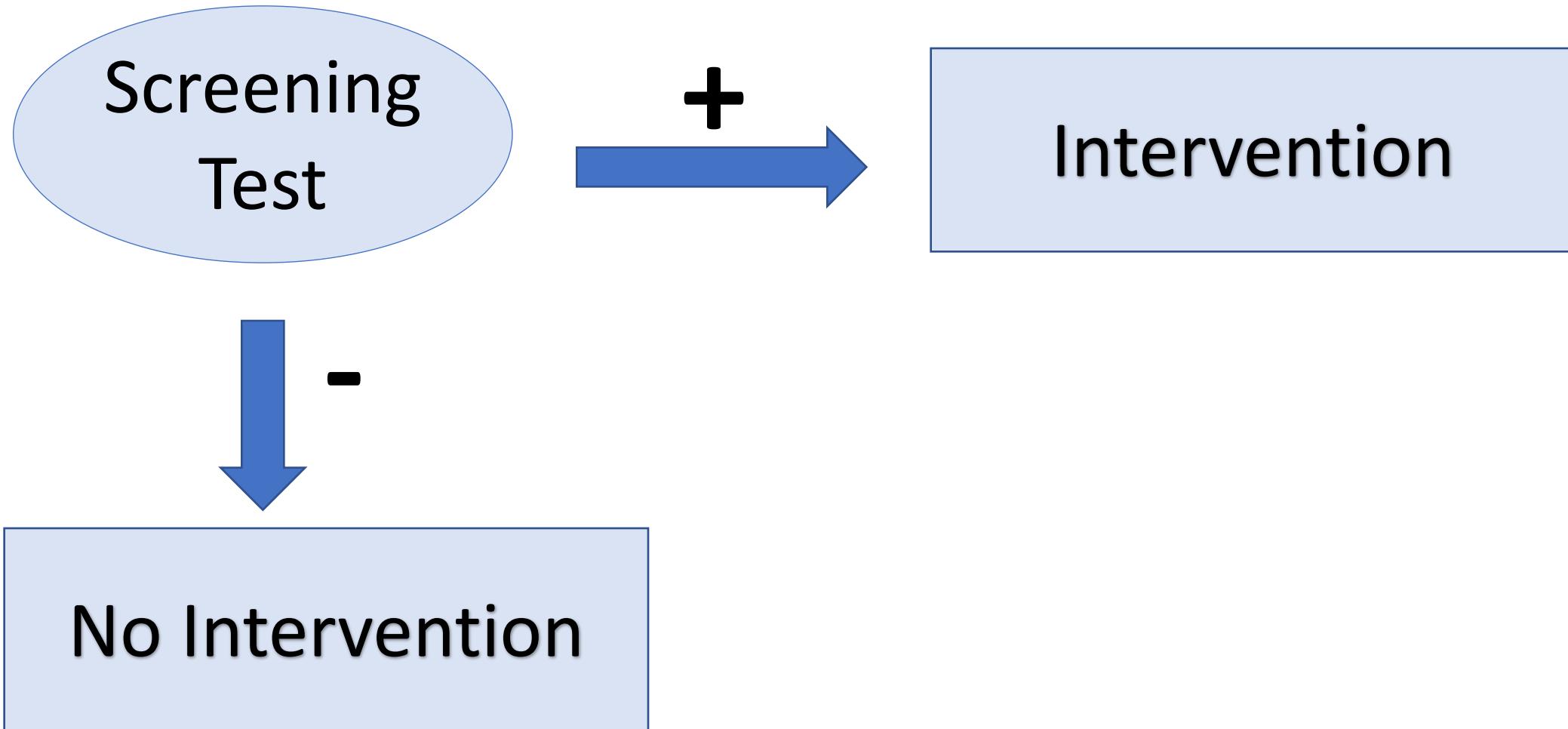
## Flipped

1. Teen alone
2. Teen + guardian

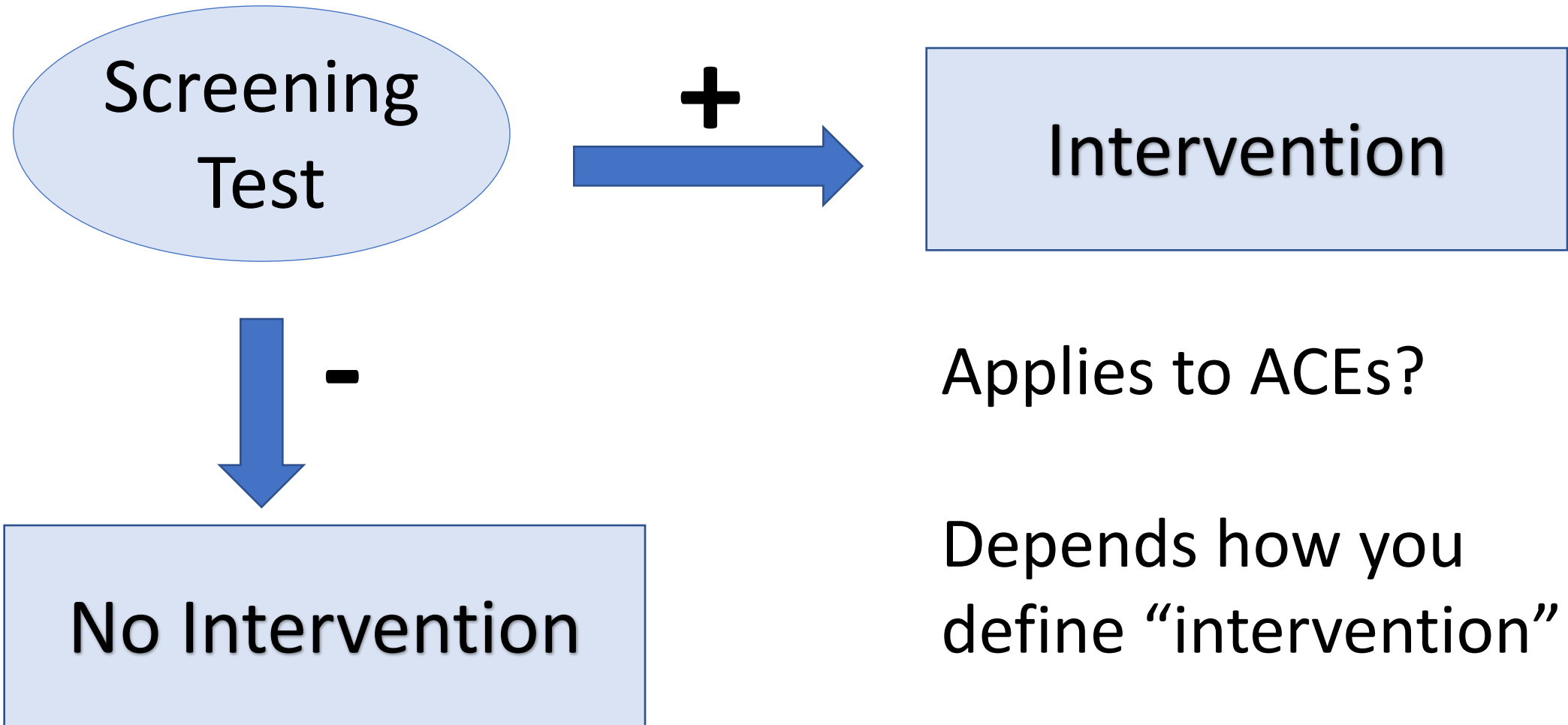




# Medical Model of Screening



# Medical Model of Screening



Applies to ACEs?

Depends how you define "intervention"

# 3 Lessons Learned

- ACE Screening can be emotional – so give the questionnaire in the **privacy** of an exam room
- Teens are more truthful without their parent looking over their shoulder. Try **rooming teens alone**.
- Ditch the medical model – not every positive screen needs a referral. Try **asking patients what they need**.



RACHEL NAOMI REMEN MD

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IN THE HEALING OF TRAUMA



**BESSEL VAN DER KOLK, M.D.**

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OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION  
OF THE TRUTH TELLER." —JESSE BERMAN, M.D.



ACES=Adverse Childhood Experiences

# ACEs Connection

*Join the movement to prevent ACEs, heal trauma & build resilience.*

The banner features a background of a network diagram with various colored circles (green, blue, black) connected by thin lines. The text is overlaid on this background.



**4Ca**

CALIFORNIA CAMPAIGN  
TO COUNTER  
CHILDHOOD ADVERSITY

The poster shows a young girl in a red superhero mask and a yellow cape with a red star on the chest. She is holding a globe. The background is a blurred blue and white striped pattern.