



## Adverse Child Experiences (ACEs) Survey 2017 Wraparound User Guide

**Purpose:** To explain how to introduce the ACEs surveys to wraparound youth and their families. To identify general considerations for use. To direct beginning education on trauma affects health.

### ACEs Survey Versions:

- ACEs survey child
- ACEs survey youth self-report (SR)
- ACEs NPR link <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

### Which ACEs Survey to Use:

AGE OF YOUTH	WHICH SURVEY	COMPLETED BY
AGE 10 AND UNDER	ACE survey child (paper or online)	Parent/Caregiver
AGE 11-17	ACE survey youth SR (paper or on-line)	Youth – with Parent or Caregiver permission
AGE 18+	ACE survey youth SR (paper or on-line)	Youth only

### Considerations:

1. If the parent/caregiver or youth has reading limitations, it is okay to read the survey to the individual.
2. It can either be completed online (see the link below) or on paper. It is also possible to complete on a smart phone <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>.
3. Please ask the parent/caregiver about administering the ACEs survey to the youth. If the parent/caregiver declines this for a youth age 11-17, ask the parent/caregiver to complete it.
4. If the child is less than 11 years please ask the parent/caregiver to fill it out.
5. If a youth has recently moved to a new caregiver, the survey should be completed by an adult with knowledge of the youth’s history and/or from assessment material.

6. If there is a new adverse event for the youth under age 18, the ACEs score should be updated in the Children’s Dashboard.
7. Other ideas for introducing the ACEs survey may be found in material such as the *User Guide for Health Professionals* from the Center for Youth Wellness.<sup>1</sup>
8. Let the parent/caregiver or youth know the survey is available in Spanish if needed.

### Introducing the ACEs Survey:

1. Complete the survey in the first 30 days. This is the only time you complete the ACEs survey.
2. Place the survey in the beginning of any paperwork to improve completion rate.
3. Use a simple reason, such as the statement at the top of the ACEs survey on why adverse childhood events are important to identify and address.
4. If the individual seems reluctant to share information, encourage her/him to count the number of statements that apply and give those to you. This can be discussed when they are more comfortable, or with the person of their choosing.

### After completion of the ACEs Survey:

1. If the score is 0-3, ask about stress symptoms (see table below). If there are stress symptoms, suggest seeing a Primary Care Physician and/or other helping professionals.
2. If the score is 4+ with or without symptoms of stress, suggest seeing a Primary Care Physician and/or other helping professionals.
3. Provide information for parents, caregivers and youth and promote their sharing the results with other health professionals. One tool is *Stress and Early Brain Growth: Understanding Adverse Childhood Experiences (ACEs)*<sup>2</sup>. This is also available in Spanish.
4. If the parent(s) chooses to take the ACEs survey for themselves, talk to them about how their own adverse childhood events may be affecting their health and wellbeing. Support the parent/caregiver to create a wellness plan.

**Table: Symptoms of Stress<sup>1</sup>**

Sleep disturbance	Poor control of chronic disease <i>(such as asthma or diabetes)</i>	Restricted affect or numbing
Weight gain or loss	Developmental regression	High risk behavior in adolescents
Failure to thrive	School failure or absenteeism	Unexplained somatic complaints <i>(such as HA or abdominal pain)</i>
Enuresis, encopresis	Aggression	Depression
Constipation	Poor impulse control	Anxiety
Hair loss	Frequent crying	Interpersonal conflict

### References:

<sup>1</sup>Burke Harris, N. and Renschler, T. (version 7/20/2015). *User Guide for Health Professionals*. Center for Youth Wellness ACE-Questionnaire (CYW ACE-Q Child, Teen, Teen SR). Center for Youth Wellness. San Francisco, CA.

<sup>2</sup>Community & Family Services Division at the Spokane (WA) Regional Health District. *Stress and Early Brain Growth: Understanding Adverse Childhood Experiences (ACEs)*.