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### Supporting Families Impacted by Adverse Childhood Experiences (ACEs)

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# Supporting Families Impacted by Adverse Childhood Experiences (ACEs)

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## Introduction

ACEs impact approximately 2/3rds of adults, with profound health consequences including cardiovascular disease, cancer, autoimmune disease, and mental illness. (Felitti et al, 2020) For children, the consequences can include learning and behavioral difficulties. (Burke et al, 2011) Addressing ACEs within families may limit the consequences for both parents and children. (Lange et al, 2019) This project aims to support families impacted by ACEs through a trauma-informed, multifaceted support network.



Photo credit to acesaware.org



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## Methods

- Provide trauma informed care training.
- Build a support network— universal ACEs education, parenting support, resources for basic needs.
- Establish Community Partners – Promise 1000, Start at Zero, The Children's Place, The Family Conservancy.
- Pilot parental ACEs screening for all families with infants in order to identify and support families in need.
- Elicit feedback from parents on how to best address ACEs within in our clinic.

## Results/Discussion

- Parental ACEs scores ranged from 0-6, Related Life Event (RLEs) scores from 0-3.
- Of parents screened- 26% requested resources for ACEs education, parental support, early child education, or mental health services; 10% were referred to a community partner; and 26% requested resources for basic social needs.
- Feedback is being obtained from families to identify ways to improve our ACEs screening and support network.

