

Adverse Childhood Experiences - in real life

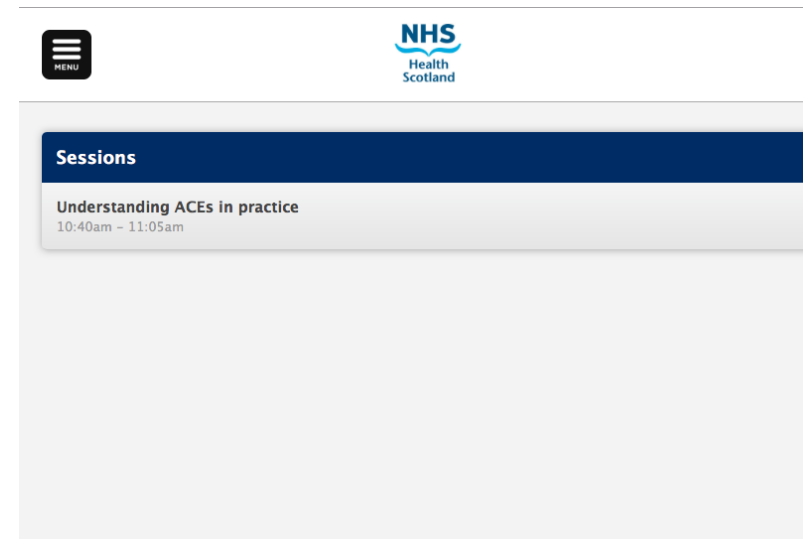
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1. Connect to this site with your phone, tablet or laptop:

nhs_ace.cnf.io/

2. Wifi details:

3. **Pause** once you get to this page:



Is it really safe to ask about ACEs?

**What do you do with an ACE score
when you know it?**

Introduction 1

“If participants at this meeting were one person, what would our shared ACE score be?”

Introduction 2

- Optional
- Confidential
- Support

ACE question 1

- Were your parents ever separated or divorced?

ACE question 2

- Did your parents or adults in your home ever slap, hit, kick, punch or beat each other up?

ACE question 3

- Did a parent or adult in your home ever hit, beat, kick or physically hurt you in any way?

(This does not include gentle smacking for punishment.)

ACE question 4

- Did a parent or adult in your home ever swear at you, insult you, or put you down or humiliate you?

ACE question 5

- Were you bullied at school, home or elsewhere?

(includes threats, nasty names and tricks, social exclusion, spreading lies or rumours)

ACE question 6

- Did anyone at least 5 years older than you (including adults) ever touch you – or try to make you touch them - sexually?

ACE question 7

- Did anyone at least 5 years older than you (including adults) force you to have any type of sexual intercourse (oral, anal or vaginal)?

ACE question 8

- Did you ever not have enough to eat, have to wear dirty clothes, or have no one to protect you?

ACE question 9

- Were your parents ever too drunk or high to take care of you or take you to the doctor if you needed it?

ACE question 10

- Did you live with anyone who was depressed, mentally ill or suicidal?

ACE question 11

- Did you live with anyone who was a problem drinker or alcoholic?

ACE question 12

- Did you live with anyone who used illegal street drugs or who abused prescription medications?

ACE question 13

- Did you live with anyone who served time or was sentenced to serve time in a prison or young offenders institution?

Is it really safe to ask about ACEs?

“Approval of the ACE study was slowed by concern that some patients might emotionally decompensate when faced with the intrusive questions that we proposed to ask by questionnaire about childhood experiences.

Colleagues assured us that patients would be furious when faced with these types of questions and they believed that patients would be unlikely to respond truthfully. Agreement was ultimately obtained by arranging to have a responsible person carry a cell phone 24 hours a day for 3 years to accept emergency calls from those putative persons who might decompensate when asked about the reality of their lives.

However, no phone calls were received.”

Is it really safe to ask about ACEs?

**What do you do with an ACE score
when you know it?**

blame

shame

punishment

P A C E

P A C E

Playfulness

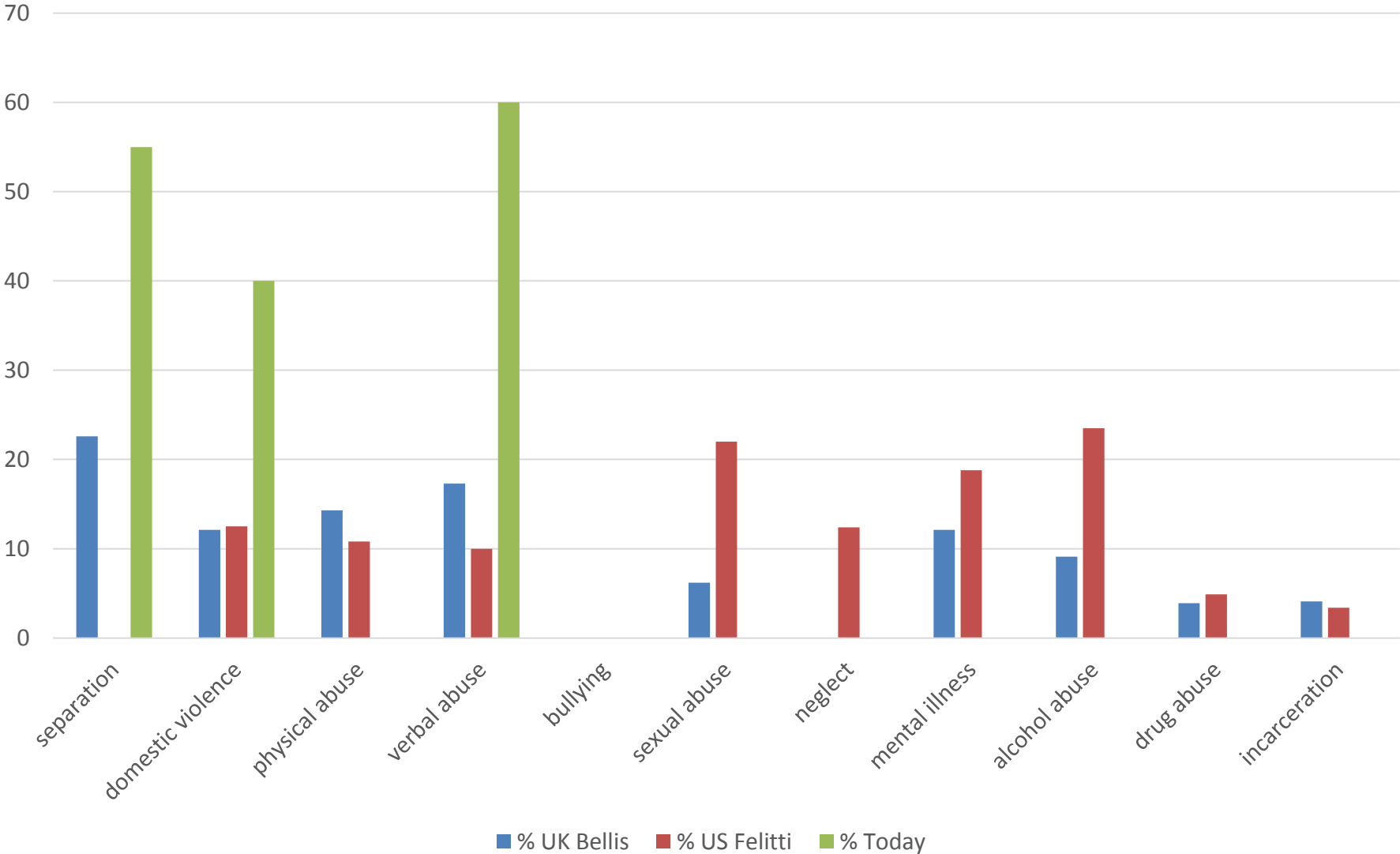
Acceptance

Curiosity

Empathy

<http://bit.ly/P-A-C-E>

Comparison Chart



Conclusions

There are risks in...

- “pathologising” ACEs
- “professionalising” ACEs
- “projecting” ACEs