

FRIENDS ACEs Workgroup

Formed in Fall 2013

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- Jill Gentry
- Carla Snodgrass
- Edi Winkle

Current Activities

New ACEs Page on FRIENDS

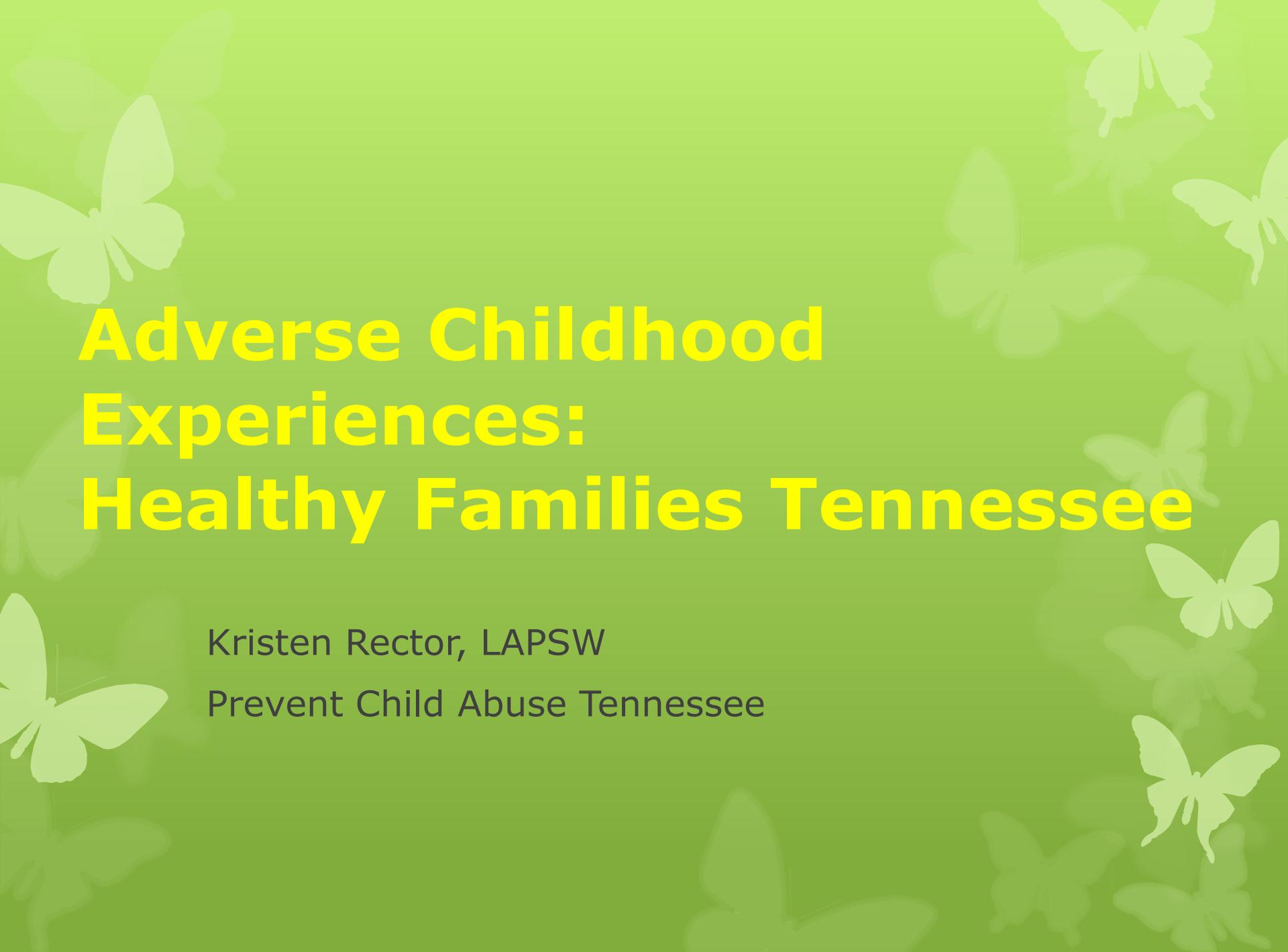
- <http://friendsnrc.org/cbcap-priority-areas/aces>

Survey for CBCAP State Leads

- Current efforts
- On going TA needs
- Id state examples of how ACEs data has been utilized by CBCAP

Survey launching in the coming days

- Data will be shared in late spring
- State examples added to ACEs web page



Adverse Childhood Experiences: Healthy Families Tennessee

Kristen Rector, LAPSW

Prevent Child Abuse Tennessee

Healthy Families Tennessee

- Accredited through Healthy Families America
- Serves 18 counties across the state
- Some counties are very rural and others are very urban
- Funded through the Tennessee Department of Health with federal dollars (MIECHV)



Target Population

- First time parents
- Parents with multiple children under the age of 21



Assessing families

- We utilize the Parent Survey as the standardized assessment tool
- Additionally, our Department of Health requires an initial intake to collect information regarding household health, behaviors, and history.
- Ongoing assessment tools include the Life Skills Progression, the Ages and States (ASQ), the Ages and Stages Social Emotional (ASQ-SE), the American Academy of Pediatrics Safety Checklist, the HOME Inventory, the Edinburgh Depression Inventory
- We utilize Datatudes as our Data System. All home visitors are required to enter data on individual families on this web based system.
- Additionally, we report data to our DOH.

Administering the ACE

- The ACE is required within 90 days of enrollment (first home visit)
- It is administered in the home to parents age 18 and over
- It is administered by the Family Support Worker (home visitor)
- Every attempt is made to wait the full 90 days
- Data from the ACE is entered into the data system by the home visitor
- Home visitors receive training on implementing the ACE, as well as making referrals when needed and the sensitivity of the tool.

Information for home visitors

- Safety first
- Extremely sensitive information
- When administering, be sure to use empathy
- Many items need follow up for mental health services
- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common.
- When conducting the screen, make time to discuss

Why do the ACE?

- Inspire clients to make decisions and change behaviors to protect their children from having ACEs
- Help client discover and build her resilience
- Help the client find her motivation to change by understanding her own life story and resulting health risks
- Have a baseline for all home visiting programs across the state that are MIECHV funded.

Introducing the ACE

- “These questions will help us understand your health risks.”
- “People who have these experiences often have more health problems.”
- “We can think about this together. What changes might you want to make so you can be healthier, so your baby will be healthier?”
- Many people who are living with these experiences have found it helpful to talk to a counselor. If you are interested...when you are ready, I can connect you to...”



Adverse Childhood Experience Questionnaire

This questionnaire asks some questions about events that happened during your childhood. This information will allow us to better understand problems that may occur early in life, and may help others in the future. This is a sensitive topic and some people may feel uncomfortable with these questions. Please keep in mind that you can skip any question you do not want to answer. If you would like information or a referral for these issues, you can dial 1-800-4-A-CHILD (1-800-422-4453) to reach a referral service to locate an agency in your area.

Family ID #:	Date Completed:
Program:	Visitor Name:

Is the person taking the survey more than 18 years of age?
 Yes → Continue with the questionnaire
 No → STOP - Do not fill out this questionnaire

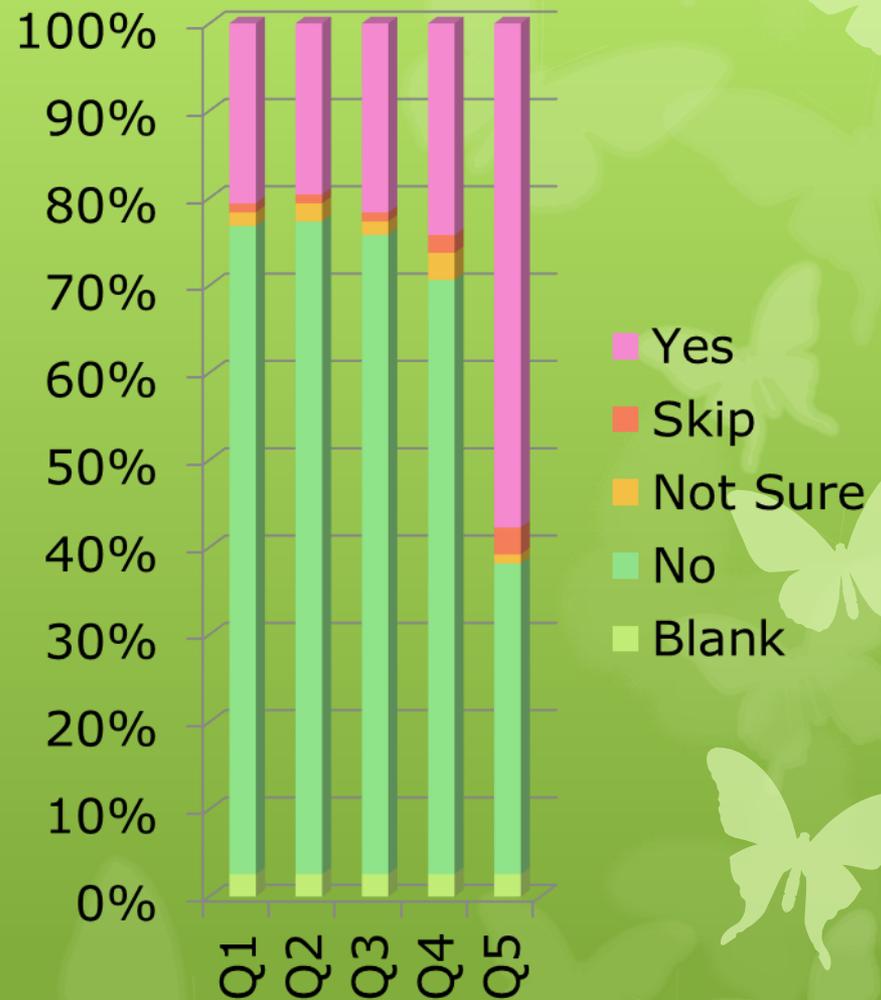
All questions refer to the time period before you were 18 years of age. Now, looking back before you were 18 years of age:

	Yes	No	Don't Know/ Not Sure	Skip
1. Did you live with anyone who was depressed, mentally ill, or suicidal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Did you live with anyone who was a problem drinker or alcoholic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Did you live with anyone who used illegal street drugs or who abused prescription medications?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other facility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were your parents separated or divorced?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Once	More Than Once	Don't Know/ Not Sure	Skip
6. How often did you parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	<input type="checkbox"/>				
7. Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking. Would you say--	<input type="checkbox"/>				
8. How often did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>				
9. How often did anyone at least 5 years older than you or an adult, ever touch you sexually?	<input type="checkbox"/>				
10. How often did anyone at least 5 years older than you or an adult, try to make you touch them sexually?	<input type="checkbox"/>				
11. How often did anyone at least 5 years older than you or an adult, force you to have sex?	<input type="checkbox"/>				

Questions 1-5 summary

1. Did you live with anyone who was depressed, mentally ill or suicidal?
2. Did you live with anyone who was a problem drinker or alcoholic?
3. Did you live with anyone who used illegal street drugs or who abused prescription meds?
4. Did you live with anyone who served time?
5. Were your parents separated or divorced?

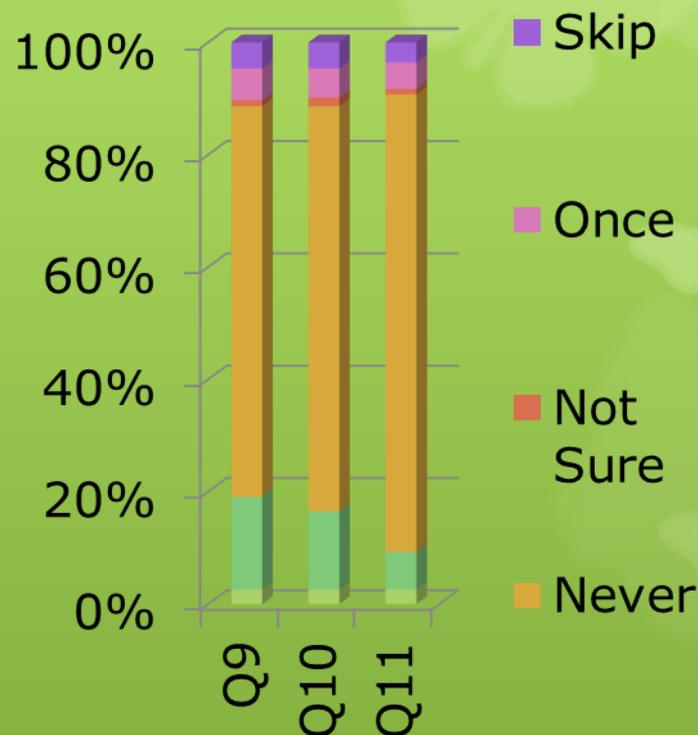


Question Summary

9. How often did anyone at least 5 years older than you or an adult ever touch you sexually?

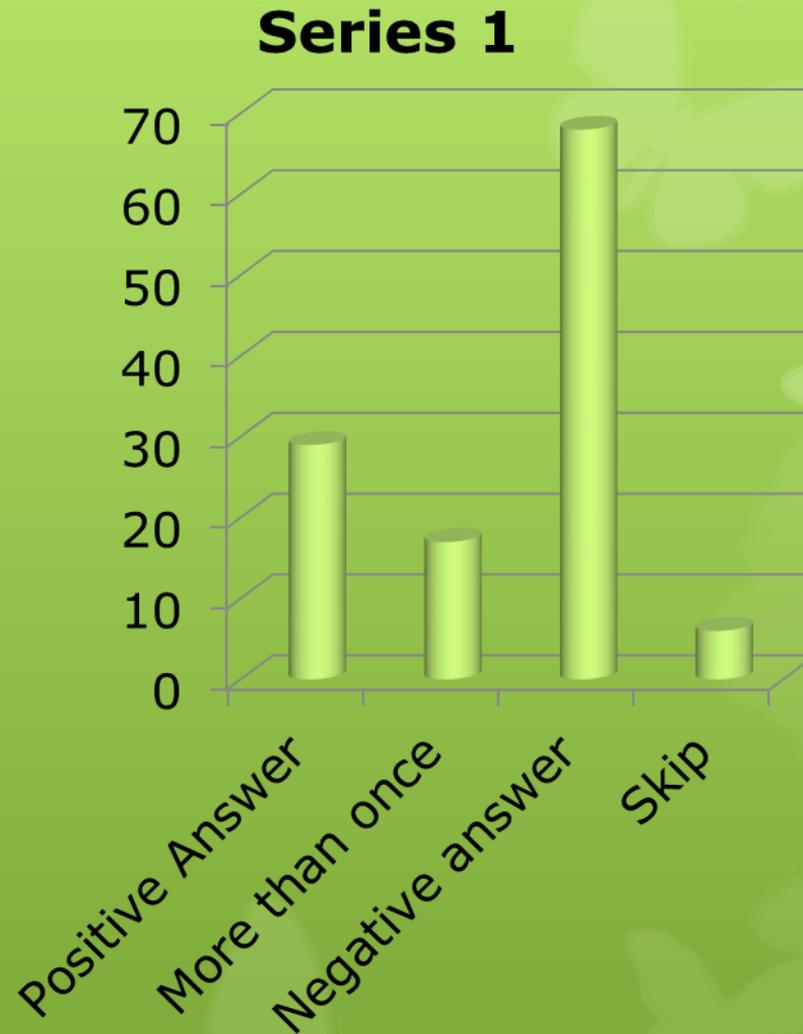
10. How often did anyone at least 5 years older than you or an adult make you touch them sexually?

11. How often did anyone at least 5 years older than you or an adult force you to have sex?



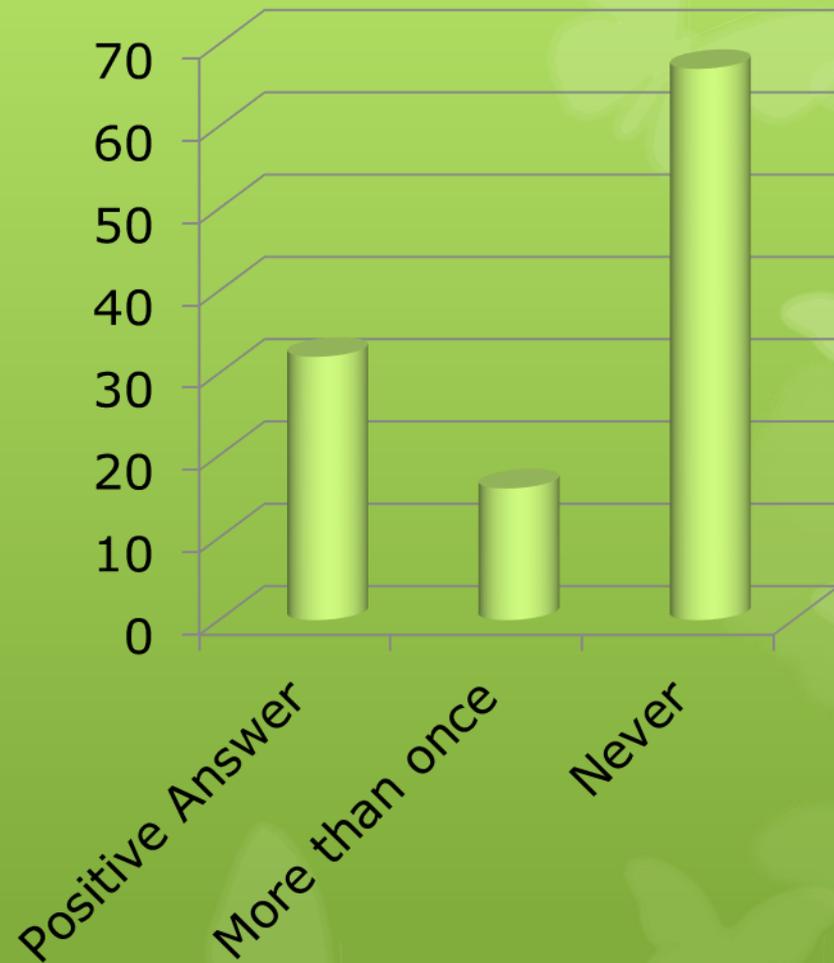
Question 7 summary

Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking. Would you say...



Question 6 summary

How often did your parents or other adults in your home ever slap, hit, kick, punch or beat each other up?



ACE Scores

- 39% of the families across the state have three or more ACES
- 42% of families in the urban/city sites have 3 or more ACES

Understanding a parent's adverse childhood experience takes nothing away from understanding her resilience.

It puts into perspective how spectacularly resilient she may be, the strengths she is building on for the next phase of her life, and opens the space to talk about the life she wants for her family and her new baby.

Three Systems for Promoting Resilience

CAPABILITY

- Intellectual & employable skills
- Self regulation – self control, executive function, flexible thinking
- Ability to direct & control attention, emotion, behavior
- Positive self view, efficacy

ATTACHMENT & BELONGING

- Bonds with parents and/or caregivers
- Positive relationships with competent and nurturing adults
- Friends or romantic partners who provide a sense of security & belonging, help with emotion coaching

COMMUNITY, CULTURE, SPIRITUALITY

- Faith, hope, sense of meaning
- Engagement with effective orgs – schools, work, pro-social groups
- Network of supports/services & opportunity to help others
- Cultures providing positive standards, expectations, rituals, relationships & supports

Building Resilience

- Relationships are KEY in building resilience in families
- A home visitor has an opportunity to build a relationship on the family's turf in their environment
- Opportunity to see a family in their natural environment and provide intervention suited for that environment.

**“How you are is as important as what you do!”
(Pawl & St. John, 1998)**

Families at risk

Beyond the parent-child interaction

- Taylor intervention to risk: use of model
- Increase HV dosage
- Assess and refer and assist in accessing concrete services: early child care, mental health, early intervention

Use of data and clinical teams

- Team meetings are used to discuss characteristics of high-risk families
- Effectiveness of intervention with high-risk families (partnering with LCSW)
- Evaluation of data to inform practice

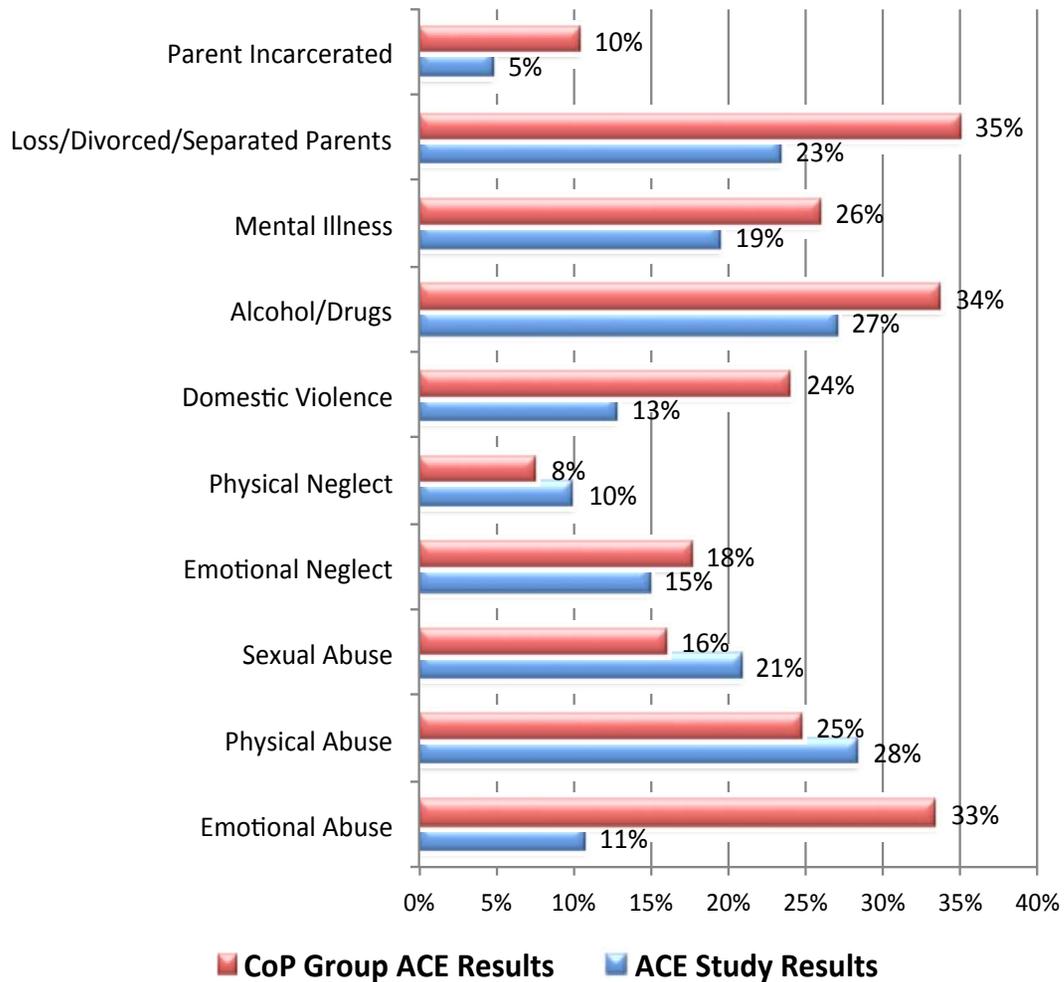




* **Adverse Childhood Experience
Circle of Parents
Families in Recovery Program**

Parent Trust for Washington Children 2014
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tdirkes@parenttrust.org

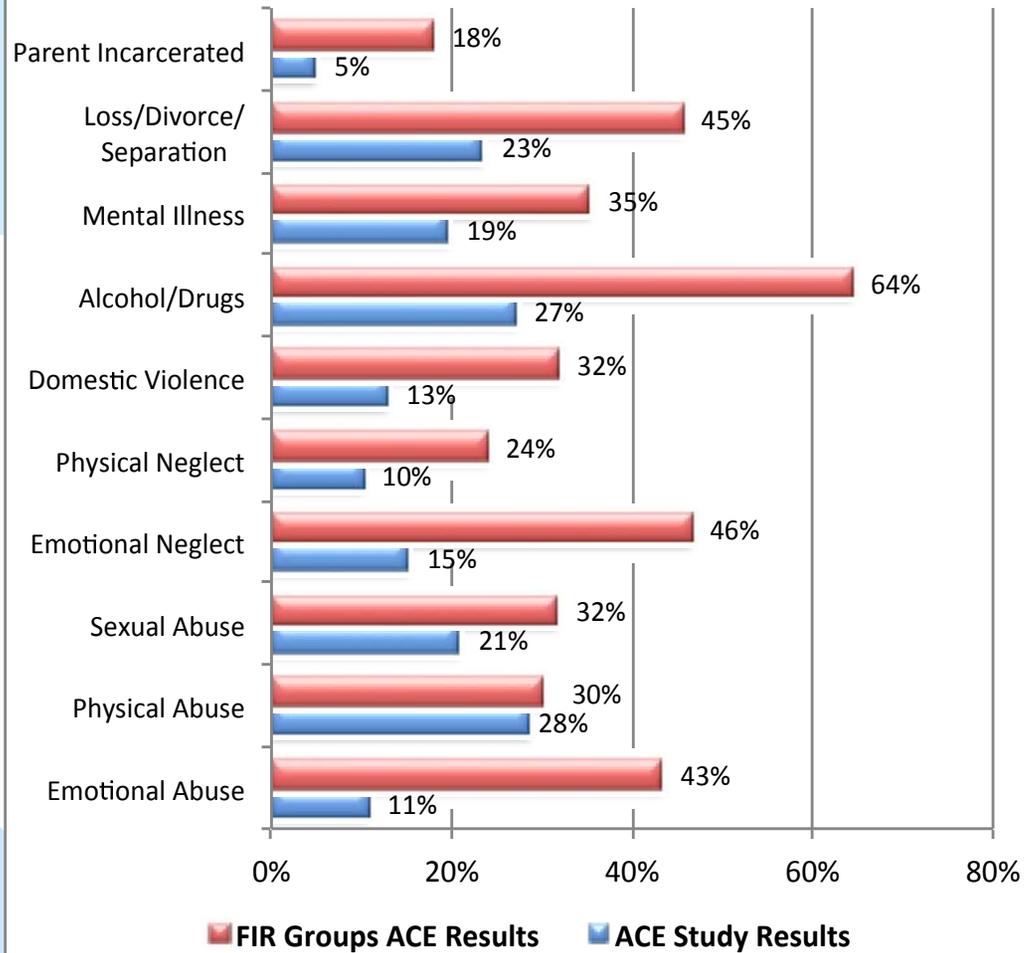
**General Population ACE Study 1995-1997 &
COP Community Groups 2007 - 2013
ACE Comparison**



Comparison

ACEs in
general population
vs.
Circle of Parents
Community Groups

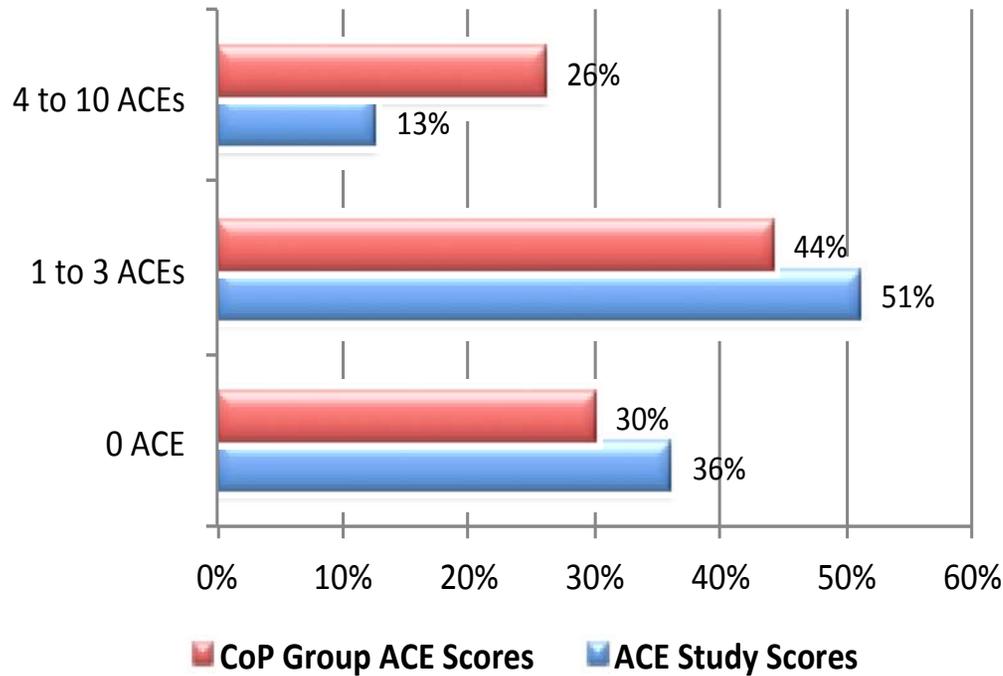
General Population Adverse Childhood Experience Study 1995-1997 & FIR Groups ACE July 2007 - December 2013



Comparison

ACEs in
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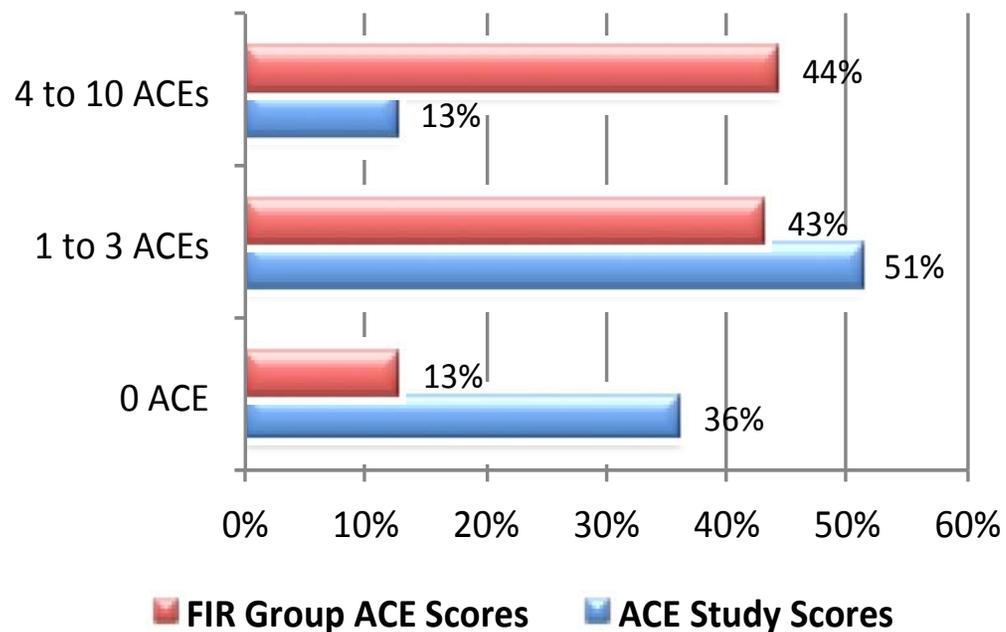
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ACE Score Comparison**



Comparison

How many ACEs?
ACE Scores in
general population
vs.
Community
Circle of Parents
Groups

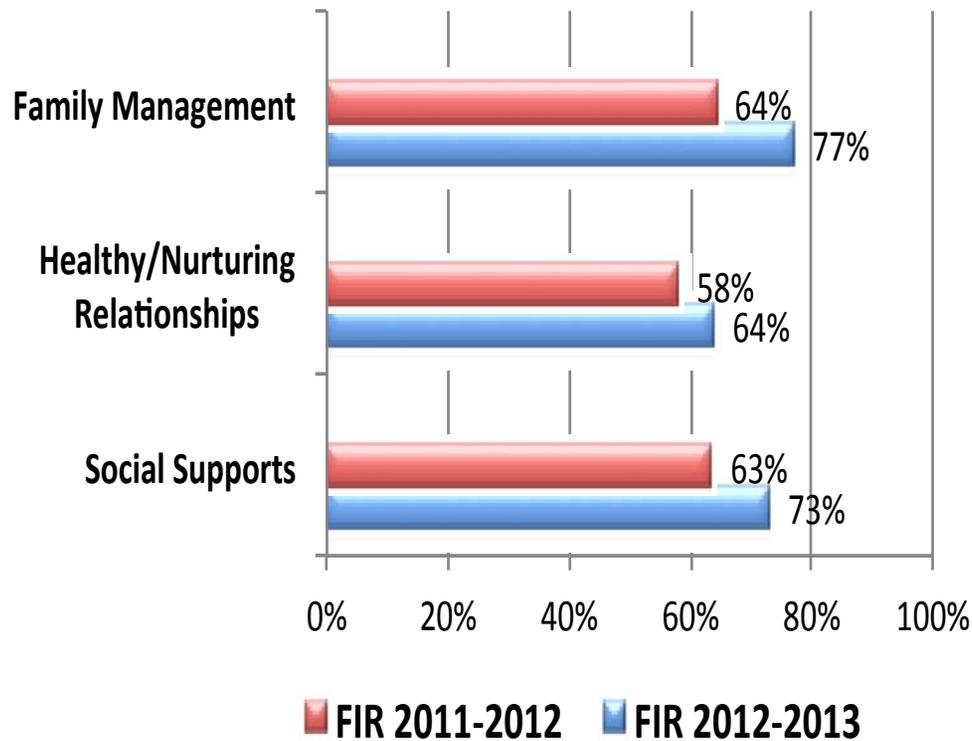
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Comparison

How many ACEs?
ACE scores in general
population
vs.
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**Families in Recovery ACE Project -
Achievement Rates
Comparison FY 2011-2012 vs FY 2012-2013**



**Comparison
Achievement Rates**

Before ACE Prevention
Pilot Project

vs.

After ACE Prevention
Pilot Project

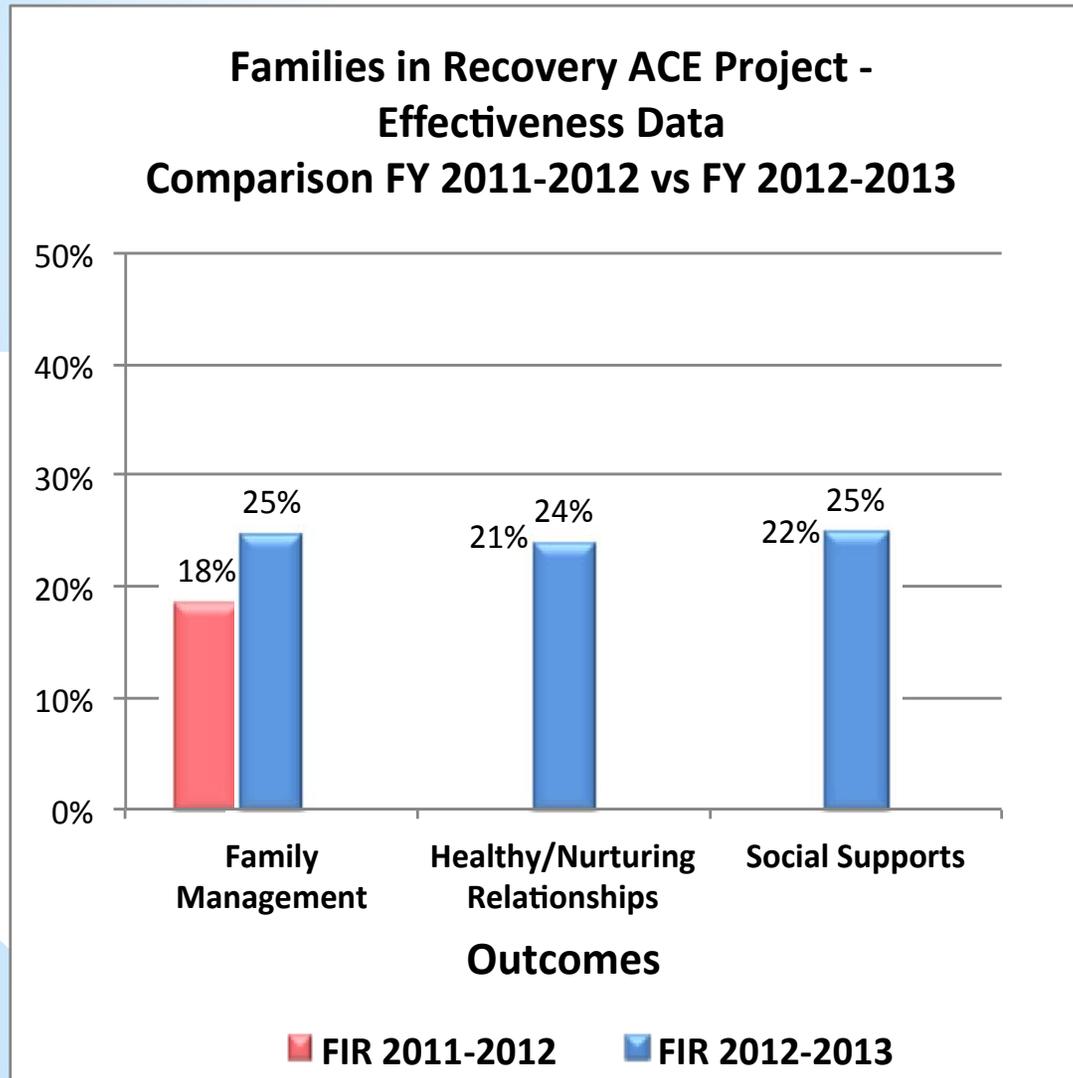
Comparison

Effectiveness Data
(Change Data)

Before ACE Prevention
Pilot Project

vs.

After ACE Prevention
Pilot Project





The ACE Tree

Safe Coping Strategies

- Don't be afraid to ask for help
- Be prepared for change to feel uncomfortable
- Learn from your experience
- Relaxation & Stress Reduction
- Yoga
- Protect yourself & protect your child
- Listen to your inner voice