THE TRUTH ABOUT ACES

WHAT ARE THEY?

ACES are 
ADVERSE CHILDHOOD EXPERIENCES

HOW PREVALENT ARE ACES?

The ACE study revealed the following estimates:

ABUSE

- Physical Abuse: 26.9%
- Sexual Abuse: 20.7%
- Emotional Abuse: 10.4%

NEGLECT

- Emotional Neglect: 14.5%
- Physical Neglect: 9.9%

HOUSEHOLD DYSFUNCTION

- Household Substance Abuse: 36.5%
- Parental Presence: 23.3%
- Parental Mental/Medical History: 19.4%
- Witness Domestic Violence: 12.7%
- Domestic Violence/Member: 4.7%

The three types of ACES include

- Physical Abuse
- Emotional Abuse
- Sexual Abuse
- Physical Neglect
- Emotional Neglect
- Household Substance Abuse

WHAT IMPACT DO ACES HAVE?

As the number of ACES increases, so does the risk for negative health outcomes

Possible Risk Outcomes:

- 0 ACES
- 1 ACE
- 2 ACES
- 3 ACES
- 4+ ACES

PHYSICAL & MENTAL HEALTH

- Somatic disorders
- Diabetes
- Depression
- Suicide attempts
- STDs

BEHAVIOR

- Lack of physical activity
- Smoking
- Alcoholism
- Drug use
- Mental work

OF 17,000 ACE study participants:

- 20% have at least 1 ACE
- 30% have at least 1 ACE
- 30% have at least 2 ACES

rwjf.org/aces

*Source: http://www.childwelfare.gov/pubs/aces/
Adverse Childhood Experience Questionnaire
(short version)

<table>
<thead>
<tr>
<th>Prior to your 18th birthday…</th>
<th>No (Enter &quot;0&quot;)</th>
<th>Yes (Enter &quot;1&quot;)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Did a parent or other adult in the household often or very often…</td>
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<tr>
<td>Swear at you, insult you, put you down, or humiliate you? or</td>
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<tr>
<td>Act in a way that made you afraid that you might be physically hurt?</td>
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<tr>
<td>2. Did a parent or other adult in the household often or very often…</td>
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<tr>
<td>Push, grab, slap, or throw something at you? or</td>
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<tr>
<td>Ever hit you so hard that you had marks or were injured?</td>
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<td>3. Did an adult or person at least 5 years older than you ever…</td>
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<tr>
<td>Touch or fondle you or have you touch their body in a sexual way? or</td>
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<tr>
<td>Attempt or actually have oral, anal, or vaginal intercourse with you?</td>
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<tr>
<td>4. Did you often or very often feel that…</td>
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<tr>
<td>No one in your family loved you or thought you were important or special? or</td>
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<tr>
<td>Your family didn’t look out for each other, feel close to each other, or support each other?</td>
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<tr>
<td>5. Did you often or very often feel that…</td>
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<tr>
<td>You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you? or</td>
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<tr>
<td>Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?</td>
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<tr>
<td>6. Were your parents ever separated or divorced?</td>
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<tr>
<td>7. Was your mother or stepmother:</td>
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<tr>
<td>Often or very often pushed, grabbed, slapped, or had something thrown at her? or</td>
<td></td>
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<tr>
<td>Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or</td>
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<tr>
<td>Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?</td>
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<tr>
<td>8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?</td>
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<tr>
<td>9. Was a household member depressed or mentally ill, or did a household member attempt suicide?</td>
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<tr>
<td>10. Did a household member go to prison?</td>
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</tbody>
</table>

TOTAL “Yes” Answers
(This is your ACE Score)

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Resilience Questionnaire
(Protective factors)

Adapted from ACEs Too High [https://acestoohigh.com/got-your-ace-score/](https://acestoohigh.com/got-your-ace-score/)
SESSION 9

WELLBEING & SELF CARE

Improving wellbeing includes optimizing social, emotional, and physical health. An important part of improving your wellbeing is figuring out and utilizing strategies to cope with stress or unpleasantness in your life.

When you are experiencing lots of stress, it can be challenging to remember what helps. For this activity, you'll figure out 16 go-to options you might use for self-care, and creatively represent them on the — either through words/pictures/or a combination. Not all coping strategies are healthy — some strategies can be bad for your health. Try to think of 16 strategies that help you improve wellbeing so that you can refer back to this on hard days.

<table>
<thead>
<tr>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go for a run</td>
<td>Play video games</td>
<td>Go outside</td>
</tr>
<tr>
<td>Draw</td>
<td>Have a one person dance party!</td>
<td>Do Yoga</td>
</tr>
<tr>
<td>Play basketball</td>
<td>Journal</td>
<td>Take a drive</td>
</tr>
<tr>
<td>Ride a bike</td>
<td>Make some comfort food</td>
<td>Walk around a store/the mall</td>
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<tr>
<td>Listen to music</td>
<td>Clean something really well</td>
<td>Make some music</td>
</tr>
<tr>
<td>Read a book</td>
<td>Color</td>
<td>Write a song</td>
</tr>
<tr>
<td>Take a walk</td>
<td>Take 10 deep breaths</td>
<td>Make some art</td>
</tr>
<tr>
<td>Pet a dog</td>
<td>Take pictures</td>
<td>Play an instrument</td>
</tr>
<tr>
<td>Pet a cat</td>
<td>Organize your space — create a &quot;calm&quot; zone</td>
<td>Go swimming</td>
</tr>
<tr>
<td>Call a friend</td>
<td>Take a bath (or shower)</td>
<td>List 5 things you feel grateful for</td>
</tr>
<tr>
<td>Go see a movie</td>
<td>Take a nap</td>
<td>Watch the Clouds</td>
</tr>
<tr>
<td>Hang out with friends</td>
<td>Meditate</td>
<td>Play with silly putty/dough/stress ball</td>
</tr>
</tbody>
</table>

- Make slime
- Watch TV
- Bake something delicious
- Play a board game or cards
- Invite someone over to hang
- Try something new
- Hit or scream into a pillow
- Work out
- Pray
- Paint
- Do a puzzle
- Scream outside
## Assessing Your Time

<table>
<thead>
<tr>
<th>Category</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Counseling</td>
<td></td>
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<tr>
<td>Group Counseling</td>
<td></td>
</tr>
<tr>
<td>Consultation</td>
<td></td>
</tr>
<tr>
<td>Community Connections (Resources, mental health collaboration, etc.)</td>
<td></td>
</tr>
<tr>
<td>Crisis Management</td>
<td></td>
</tr>
<tr>
<td>Indirect (Meetings, Emails, etc.)</td>
<td></td>
</tr>
<tr>
<td>Self-Care/ Education</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

**What are you spending the most time doing?**

**What would you prefer to be doing?**

**Who is in control of your time?**

**How do you go about making a change?**

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*Learn Be Do*
DISCOVER A PERSONAL MANTRA

A mantra is a word or phrase that inspires you to be your best self, something you can use to affirm the way you want to live your life. You can use it for motivation and encouragement when you need to focus your mind or recommit to a goal. Or, to calm yourself when you are feeling stressed or frustrated with life.

Find a helpful mantra – you can pick one from the list or use a song lyric from a favorite song or any word or phrase that’s helpful for you. Use the next page to creatively represent your mantra or to journal about why it is meaningful to you.

SOME IDEAS FOR PERSONAL MANTRAS

• I’ve got this!
  • I’m a warrior, not a worrier

• Don’t let yesterday take up too much of today

• I will create a life I’m proud of

• Don’t give up. Great things take time.

• Dang, I’m awesome!

• Everything I need is within me

• Thoughts become things

• Accept what is, let go of what was, have faith in what will be

• I love myself

• All progress takes place outside your comfort zone

• Life doesn’t get easier you just get stronger

• Feelings are not facts

• I am the author of my own life

• When it rains look for rainbows. When it’s dark look for stars.

• I can only control myself

• I was born to be real, not to be perfect

• I am enough

• What the caterpillar calls the end of the world, others call a butterfly

• Action conquers fear

• Life is a journey, not a destination

• Whatever you give power to has power over you, if you allow it.
POSSIBLE CORE VALUES

Achievement - Success through effort, courage, or skill
Authority - Power or control to give orders and make decisions
Autonomy - Freedom from external control or influence; independence
Beauty - Qualities that give pleasure, exalt the mind or spirit
Bravery - mental or moral strength to face danger, fear, or difficulty
Compassion - awareness of others' distress & a desire to alleviate it
Challenge - overcome, confront, or defy difficulty
Citizenship - active membership and participation in community
Community - A feeling of fellowship with others, as a result of sharing common attitudes, interests, and/or goals
Competency - The ability to do something successfully or efficiently. Capable.
Fame - being known, having notable achievements
Connection - Being linked or associated with others.
Contribution - bringing about a result or helping something to improve/advance
Creativity - the use of the imagination or original ideas
Curiosity - a strong desire to know or learn something
Determination - firmness of purpose; resoluteness
Fairness - impartial and just treatment without favoritism or discrimination
Fun - enjoyment, amusement, or lighthearted pleasure
Gentleness - being kind, tender, or mild-mannered
Growth - developing or maturing physically, mentally, or spiritually
Happiness - pleasure, contentment, satisfaction, cheerfulness
Harmony - agreement, peace, friendship
Honesty - integrity, honor, truth
Humor - amusing, funny, fun
Justice - being fair and reasonable, having high standards for fairness
Influence - capacity or power to have an effect on someone or something
Kindness - being friendly, generous, and considerate
Knowledge - facts, information, and skills acquired through experience or education
Leadership - guiding a group of people or an organization
Love - Deep attachment, interest, tenderness, or fondness towards others
Loyalty - a strong feeling of support or allegiance
Openness - receptiveness to change or new ideas
Optimism - hopefulness and confidence about the future; looking on the bright side
Peace - quiet and tranquility; freedom from disturbance
Pleasure - a feeling of happy satisfaction and enjoyment
Popularity - the state or condition of being liked, admired, or supported by many people
Adventure - seeking out unusual and exiting experiences or activities
Recognition - appreciation or acclaim for an achievement, service, and/or ability
Reputation - status, character, esteem
Respect - a feeling of deep admiration for someone due to their abilities, qualities, or achievements
Responsibility - being accountable, doing your duty
Satisfaction - fulfillment of one's wishes, expectations, or needs
Security - free from danger or threat
Service - assistance, favor, or kindness shown to others
Spirituality - concern or attention to one's spirit or mood
Stability - not likely to change or fail; firmness, solidity, steadiness, strength
Success - the accomplishment of an aim or purpose; triumph, prosperity, attainment
Trustworthiness - the ability to be relied on as honest or truthful
Wealth - an abundance of valuable possessions or money
Wisdom - having experience, knowledge, and good judgment; being wise
## Example Ethical Standards

<table>
<thead>
<tr>
<th>Code or Act</th>
<th>Primary Purpose and Key Principles</th>
<th>Audience</th>
<th>Unique Components</th>
</tr>
</thead>
</table>
| National Association of Social Workers (NASW) Code of Ethics | Guide social workers’ conduct Principles:  
- Social workers’ primary goal is to help people in need and to address social problems.  
- Social workers challenge social injustice.  
- Social workers respect the inherent dignity and worth of the person.  
- Social workers recognize the central importance of human relationships.  
- Social workers behave in a trustworthy manner.  
- Social workers practice within their areas of competence and develop and enhance their professional expertise. | All social workers and social work students | Person-centered way of providing social work services |
| American Association of Marriage and Family Therapists (AAMFT) Code of Ethics | Honor the public trust in marriage and family therapists Ethical Standards:  
- Standard I: Responsibility to Clients  
- Standard II: Confidentiality  
- Standard III: Professional Competence and Integrity  
- Standard IV: Responsibility to Students and Supervisees  
- Standard V: Research and Publication  
- Standard VI: Technology-Assisted Professional Services  
- Standard VII: Professional Evaluations  
- Standard VIII: Financial Arrangements  
- Standard IX: Advertising | All marriage and family therapists (MFT) and MFT students | Code of ethics to respect public trust in MFTs’ therapeutic (treatment) services |
<table>
<thead>
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<th>Code or Act</th>
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</thead>
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| Prevention Code of Ethics            | Models of exemplary professional behavior. Express prevention professionals’ recognition of responsibilities to the public, to service recipients, and to colleagues within and outside of the prevention field. Call for honorable behavior, even at the sacrifice of personal advantage. Principles:  
  - Non-discrimination  
  - Competence  
  - Integrity  
  - Nature of Services  
  - Confidentiality  
  - Ethical Obligations for Community and Society                                                                                      | Prevention practitioners at any level            | Not to be regarded as limitations or restrictions, but as goals toward which prevention professionals should constantly strive                                                                                                                  |
| Health Insurance Portability and Accountability Act (HIPAA) | Protect privacy and security of certain health information                                                                                                                                                                       | Healthcare information holders (“covered entities”, etc.) | Standards and regulations for handling clients’ health information                                                                                                                   |
| 42 CFR Part 2                        | Protect patient records created by federally funded programs for the treatment of substance use disorder (SUD)                                                                                                               | Substance use disorder treatment and prevention professionals | Prohibits law enforcement use of patient records in criminal prosecution. Restricts the disclosure of SUD treatment records without patient consent                                                    |
| Family Educational Rights and Privacy Act (FERPA) | Protect privacy of student education records (school records)                                                                                                                                                                 | Education staff, parents, and children          | The law applies to all schools receiving funding as a program of the U.S. Department of Education                                                                                 |