

UnderStAnding ACES Trauma-Informed Care for Primary Care Providers

INFOGRAPHIC

Adverse Childhood Experiences (ACEs) are traumatic or stressful experiences that occur before the age of 18 and can have long-term negative impacts on physical and mental health outcomes.

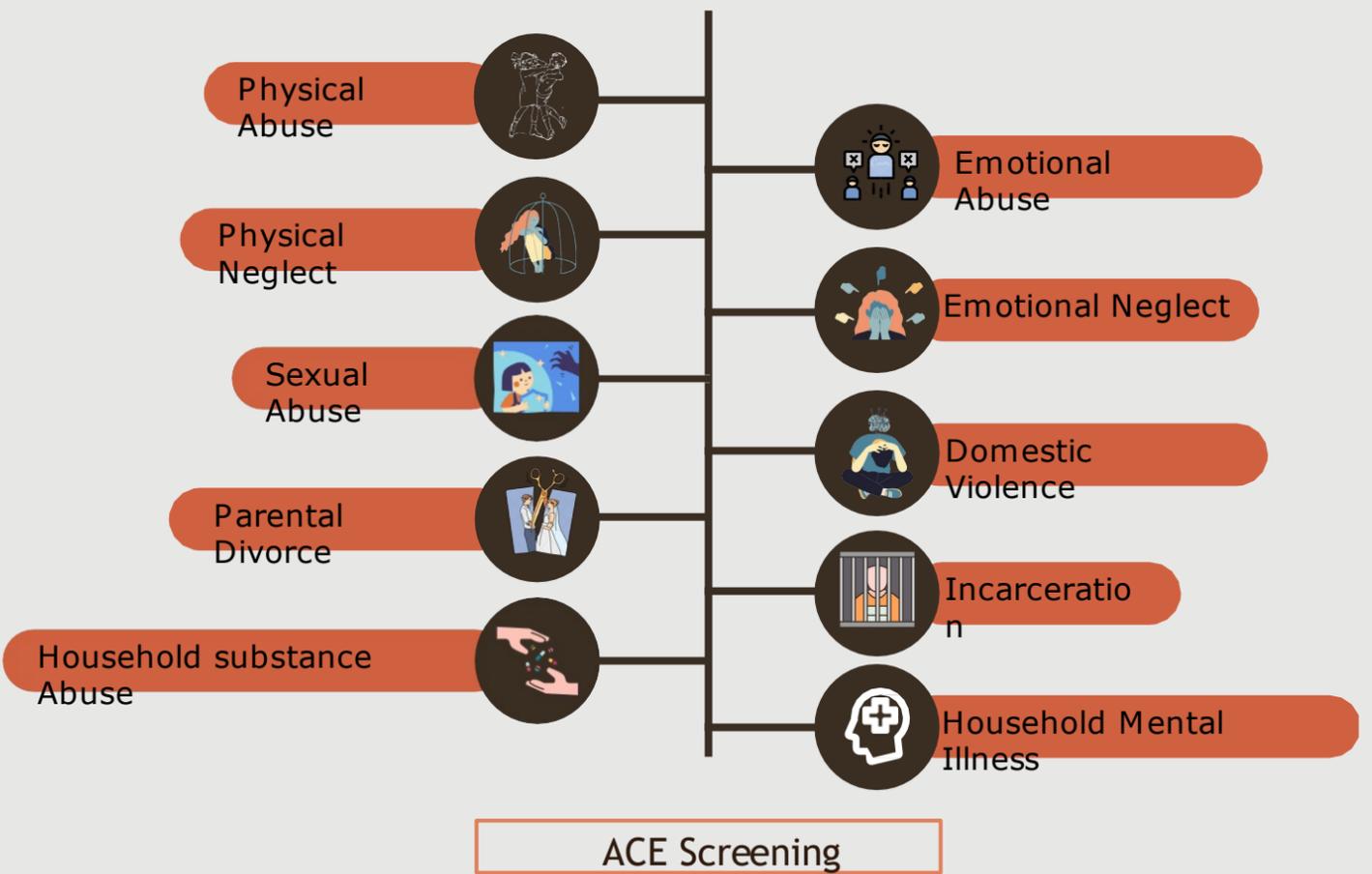
Physical Health Implications

ACEs can increase the risk of physical health problems such as heart disease, diabetes, and obesity in adulthood.

Mental Health Implications

ACEs can increase the risk of mental health problems such as depression, anxiety, and post-traumatic stress disorder (PTSD) in adulthood.

Types of ACES



The ACE questionnaire is a valid screening tool that can be used in primary care settings to assess the impact of ACEs on an individual. You can access the ACE questionnaire here: <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>

Trauma-Informed Care

Trauma-informed care is essential for primary care providers who work with children or youth who have experienced ACEs.

Strategies for Working with Children or Youth who have Experienced ACES



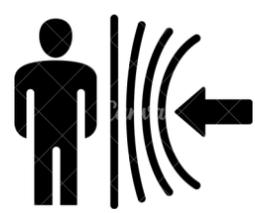
EstAbliSh Safety and trust

Trauma-informed care requires creating a safe and supportive environment where children feel safe to share their experiences and build trust with their care providers.



Provide Specific care

Trauma-informed care requires providing evidence-based care that is tailored to the specific needs of the individual child or youth based on their ACEs.



FoSte resilience

Trauma-informed care requires promoting resilience by helping children and youth develop positive coping skills and building supportive relationships with caregivers.

StrategieS Specific to Primary Care

• ProviderS:

- Screen for ACEs during routine visits using the ACE questionnaire.
- Build trust and establish a supportive environment where children and youth feel comfortable sharing their experiences and concerns.
- Provide evidence-based care and collaborate with mental health providers to ensure comprehensive care.



REFERENCES

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