

## Why are we asking about Adverse Childhood Experiences (ACE's)?

Most brain development happens between the ages of 0-5 years. Trauma can disrupt this development. High levels of stress can harm a child's developing brain. A child that has experienced excess stress or trauma may develop long-term health problems, which are often passed from parent to child.

Taking the ACE Survey gives families and healthcare providers the opportunity to work together to create a healthier future for our children and our community.

When you take the ACE Survey, **you do not need to provide answers to each question.** Our patient care team will **only look at your total score.** If you have a high score, we will offer you the opportunity to meet with one of our Behavioral Health Consultants (BHC), with whom you may discuss your score in further detail.

### **Give yourself 1 point if you can answer YES to any part of each question.**

While you were growing up, during your first 18 years of life:	Parent 1	Parent 2
1. Did a parent or other adult in the household <b>often or very often</b> ... Swear at you, insult you, put you down, or humiliate you? <b>OR</b> Act in a way that made you afraid that you might be physically hurt?		
2. Did a parent or other adult in the household <b>often or very often</b> ... Push, grab, slap, or throw something at you? <b>OR Ever</b> hit you so hard that you had marks or were injured?		
3. Did an adult or person at least 5 years older than you <b>ever</b> ... Touch or fondle you or have you touch their body in a sexual way? <b>OR</b> Attempt or actually have oral, anal, or vaginal intercourse with you?		
4. Did you <b>often or very often</b> feel that... No one in your family loved you or thought you were important or special? <b>OR</b> Your family didn't look out for each other, feel close to each other, or support each other?		
5. Did you <b>often or very often</b> feel that... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? <b>OR</b> Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
6. Were your parents ever separated or divorced?		
7. Was your mother or stepmother... <b>Often or very often</b> pushed, grabbed, slapped, or had something thrown at her? <b>OR Sometimes, often, or very often</b> kicked, bitten, hit with a fist, or hit with something hard? <b>OR Ever</b> repeatedly hit at least a few minutes or threatened with a gun or knife?		
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?		

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?		
10. Did a household member go to prison?		
	<b>Total</b>	<b>Total</b>
<b>Now add up your "Yes" answers. This is your ACE Score.</b>		