

ACE Study - Train the Trainers: A community-based approach

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Sharing ACE Study Findings with the Community-at-large

- *Make the information personally meaningful.*
- *Keep it simple.*
- *Keep it fun.*
- *Give examples.*
- *Be ready to answer questions.*

Make it meaningful.

- Use the ACE Score Calculator.
- Make the ACE Score “load” tangible (e.g. count-off, hula hoops, balls, stuffed animals, charts/graphs).
- Drive home the point that ACEs are common, not unusual.

10 Questions

If “yes, but” is the first thought that springs to mind, then don’t doubt yourself, go for the “yes”.

**The ACE Score Calculator:
During your first 18 years
of life:**

1. Did a parent or other adult in the household **often or very often**...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often or very often**...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____

The ACE Score Calculator

3. Did an adult or person at least 5 years older than you **ever**...
- Touch or fondle you or have you touch their body in a sexual way?
- or**
- Attempt or actually have oral, anal, or vaginal intercourse with you?
- Yes No If yes enter 1 _____
4. Did you **often or very often** feel that ...
- No one in your family loved you or thought you were important or special?
- or**
- Your family didn't look out for each other, feel close to each other, or support each other?
- Yes No If yes enter 1 _____

The ACE Score Calculator

5. Did you **often or very often** feel that ...
- You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
- or**
- Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
- Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
- Yes No If yes enter 1 _____

The ACE Score Calculator

7. Was your mother or stepmother:
- Often or very often** pushed, grabbed, slapped, or had something thrown at her?
- or**
- Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard?
- or**
- Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?
- Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
- Yes No If yes enter 1 _____

The ACE Score Calculator

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

Yes No If yes enter 1 _____

10. Did a household member go to prison?

Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____

This is your ACE Score.

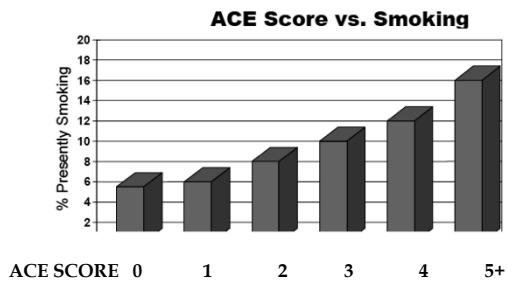
Make it tangible.

Count-off exercise: Ask attendees to count-off 1, 2, 3; 1, 2, 3; 1, 2, 3. Ask all the 1's and 2's to stand up. They represent the 2/3rds of the ACE Study participants who had ACEs.

Make it tangible.

Hula-hoop/Ball/Stuffed Animal Exercise: Bring 10 hula hoops, balls, or stuffed animals with you to the training. Ask the audience for 5 adult volunteers to stand in a line at the front of the room. The 1st volunteer represents an ACE Score of "0" and holds nothing. The 2nd, represents a "1" and wears or holds 1 hoop, ball, or animal. The 3rd represents a "2" and wears or holds 2. The 4th represents a "3" and wears or holds 3. The 5th represents a 4+ score and wears or holds 4. Say, "Now, imagine if your ACE Score is even higher than 4!...We go through life carrying this burden."

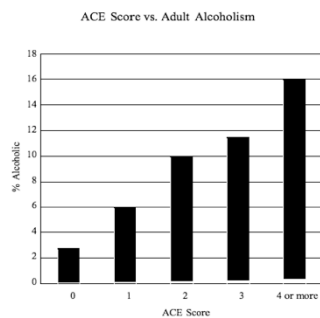
ACEs and Smoking



ACEs and Currently* Smoking

- Less than 6% of participants with an ACE Score of 0 reported being current smokers.
- Leapt to 16% with an ACE Score of 5+.

ACEs and Alcoholism



ACEs and Self-reported Alcoholism

- Less than 3% of participants with an ACE Score of 0 reported being alcoholic.
- Doubled to 6% with an ACE Score of 1.
- More than tripled to 10% with an ACE Score of 2.
- Leapt to 16% with an ACE Score of 4+.

Keep it simple.

- Use words that the community will understand.
- Break down concepts into smaller pieces.
- Speak to “the every-person”. Focus on the meaning, rather than the scientific method.

Keep it fun.

- Be familiar with local standards of humor.
- Use humor appropriately within those standards.
- Engage everyone in the group.
- Work with, not against, whatever happens. Keep it lively and upbeat.

Give examples.

- Tell stories that are real, interesting, and relevant...stories that “touch home”.
- Use comparisons that make sense.
- Be respectful of privacy issues; don’t use real names without permission. If you ask for an ACE Score show-of-hands, be sure to tell them it’s voluntary.

Be Ready to Answer Questions: The Top 10 Questions Asked

1. What does my ACE Score mean?
2. How can I get help for myself or a family member?
3. Why isn’t death of a parent included in the study?
4. Why “5 years or older” for the sexual abuse question?
5. Why isn’t paternal battering included in the study?
6. Why isn’t bullying included in the study?
7. How can I become one of the study participants?
8. What can I do to help?
9. How can I get more information?
10. Can I have permission to use the study materials?

What does my ACE Score mean?

The number of *categories* – not instances or intensity – of abuse experienced in the household prior to the age of 18 years. Generally speaking, the higher the ACE Score, the greater the risk of problems such as addiction, illness, violence, and poor relationships with other people.

How can I get help?

- Have a list of local, and nearby resources. Flyers with this information are very helpful.
- Include a variety of contacts (e.g. phone numbers as well as websites) to accommodate people who do not use computers.
- Double-check availability and contact info of resources before putting them on the flyer.

Why isn't death included?

The researchers didn't think of it. If the ACE Study were being conducted today, with hindsight, death would have been included.

Why 5 years or older?

The ACE Study questionnaires, that were originally used in the study, used questions that had already been tested by the scientific community. That community had established that a 5-year difference in age helped determine sexual contact as "abuse".

Why not dads being battered?

Domestic violence is better understood today than it was in the 1990's when the ACE Study was designed. Today we know that both males and females can be victims of domestic violence.

Why not bullying?

Bullying is more widely studied and better understood today than it was in the 1990's when the ACE Study was designed. If the ACE Study were being designed today, bullying would likely have been included.

How can I participate?

The information collected for the ACE Study has already been gathered from over 17,000 people who participated in the late 1990's. No new participants have been, or will be, sought for this study.

How can I help?

- Know your ACE Score and what it means to you and the way you live.
- Help other people in your life understand if/ how ACEs have contributed to who you are and how you live.
- Help them find their own ACE Scores or get more info, if they are interested.
- LISTEN to their stories, when they are ready to share.
- Accept people without judging.
- Treat everyone gently, with kindness.

More info?

- <http://cdc.gov/ace>
- <http://acestudy.org>
- Add your own, local contact information

Can I use ACE materials?

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Some materials are available to be shared/ distributed, without fee or special permission. Ask Carol: <http://acestudy.org>
