

DISCUSS & RESOLVE

The ACE Study includes only 10 commonly mentioned childhood traumas; however, there are many types of childhood trauma not listed in the study—watching a sibling be abused, losing a caregiver, homelessness, surviving a severe accident, etc. If you experienced other types of toxic stress over extended periods of time, your risk of adverse adult outcomes is likely increased.

Make an appointment with a trauma-informed medical or mental health provider to discuss your ACE score and to help resolve life issues that are affecting your physical, mental, and emotional well-being. For more information and a provider list, visit www.ticn.org

ABOUT US

Trauma Informed Care Network (TICN) is an organization founded in 2013 to provide networking, outreach, and education surrounding the topic of trauma in mental health, medical, and community settings. Our goal is to bring together mental and medical health professionals, members of the community, agencies, and organizations to increase awareness, provide resources, facilitate networking, and promote effective research-based interventions for clients and patients with a history of trauma.

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TRAUMA INFORMED
CARE NETWORK

**HOW ARE YOUR CHILDHOOD EXPERIENCES
AFFECTING YOUR HEALTH? TAKE THE QUIZ**

THE ADVERSE CHILDHOOD EXPERIENCES STUDY

The CDC's Adverse Childhood Experiences Study (ACE Study) uncovered a striking link between influential childhood experiences and negative lifelong health, emotional, physical, and behavioral outcomes. Adverse Childhood Experiences have been linked to conditions such as heart disease, lung cancer, diabetes, autoimmune diseases, depression, addictions, violent behavior, and becoming a victim of violence or suicide.

As the number of your ACE score increases, the risk of these negative outcomes elevates as well.

Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. Am J Prev Med. 1998;14(4):245-258

ACES QUESTIONNAIRE

FIND YOUR ACE SCORE YES = 1 NO = 0

Prior to your 18th birthday . . .

1. Did a parent or other adult in the household often swear at you, insult you, put you down, or humiliate you? Did they ever act in a way that made you afraid that you might be physically hurt?
YES NO _____
2. Did a parent or other adult in the household often push, grab, slap, or throw something at you? Did they ever hit you so hard that you had marks or were injured?
YES NO _____
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? Did they attempt or actually have oral, anal, or vaginal intercourse with you?
YES NO _____
4. Did you often feel that no one in your family loved you or thought you were important or special? Did you feel that your family didn't look out for each other, feel close to each other, or support each other?
YES NO _____

5. Did you often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Did you feel that your parents were too drunk or high to take care of you or take you to the doctor if you needed?
YES NO _____
6. Was a biological parent ever lost to you (through divorce, abandonment, etc.)?
YES NO _____
7. Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Was she often kicked, bitten, or hit? Was she ever hit for a few minutes at a time or threatened with a gun or knife?
YES NO _____
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
YES NO _____
9. Was a household member depressed or mentally ill, or did a household member ever attempt suicide?
YES NO _____
10. Did a household member go to prison?
YES NO _____

ACE SCORE TOTAL: _____