Moving beyond ACE scores

What is an ACE score?
An ACE score is a tally of specific childhood traumatic events that an individual has experienced.

What do ACE scores tell you?
Higher ACE scores are associated with poor health outcomes at the population level.

Why ACE scores are not effective clinically
Adversity is not destiny. ACE scores predict population outcomes, not individual outcomes.

Does NOT include or measure trauma...
- In all forms
- Severity
- Chronicity
- Frequency

Therefore, does NOT predict individual health

Does NOT include asking about protective factors in a child’s life

Provide Trauma-Informed Care
Move away from summing the suffering to building the buffering

GOAL
Fostering safe, stable, and nurturing relationships to build resiliency

Screen and treat for trauma-related symptoms

Create a safe environment

Use engagement strategies to build trust

Focus on strengths to empower patients and families

Have brief office-based approaches to promote growth mindset

For more information, visit: aap.org/PATTeR

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