

# Moving beyond ACE scores

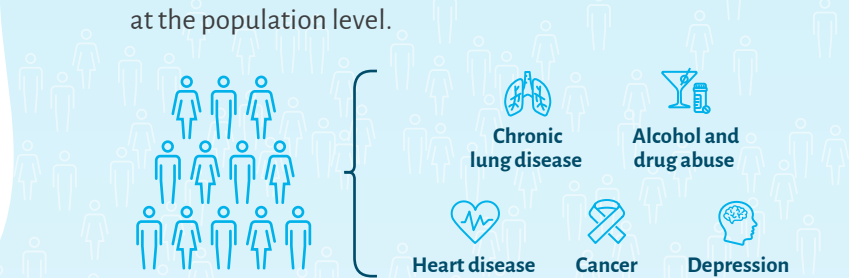


## What is an ACE score?

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...



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