

BACKGROUND

- Adverse Childhood Experiences (ACEs) are traumatic events that occur in childhood that increase the risk of developing diseases later in life.¹
- Northeast Valley Health Corporation (NEVHC) seeks to expand their ACEs screen to include 6–11-year-old children to identify risks early and connect moderate- to high-risk children and their families to resources early that may reduce these children’s risk of developing associated diseases later in life.

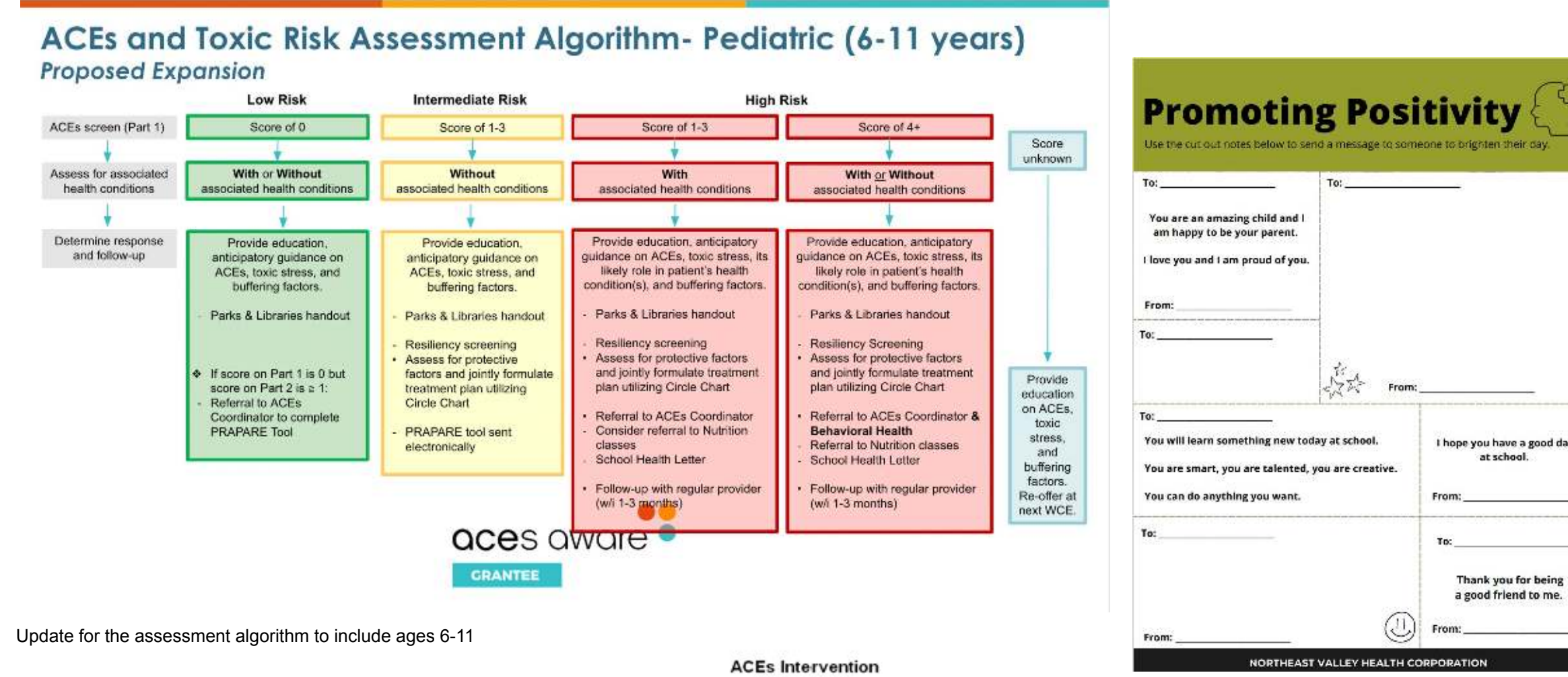
OBJECTIVES

- Identify age-appropriate pediatric resiliency screening questions which may be added to current ACE screenings.
- Create a grid explaining various resiliency and positive childhood experience (PCE) screens and validity.
- Identify resources for expanding ACE screenings to 6–11-year-old patients, and to determine which behavioral resources are available by health insurance plan.
- Revise NEVHC’s current circle chart for addressing children 0-5 years with ACEs to include children 6-11.

METHODOLOGY

- Reviewed the literature regarding ACEs, PCEs, the Health Outcomes from Positive Experiences (HOPE) framework for resiliency building and the We are Resilient model for building resilience.
- Developed a pending list of screening questions for resilience by age and validity.
- Reviewed the current NEVHC algorithm and training for ACE screening for 0–5-year-old patients and extended the algorithm to include 6–11-year-olds.
- Revised current circle chart to include 6–11-year-olds.

RESULTS



Update for the assessment algorithm to include ages 6-11

Example resiliency screen

1. Do you share with people around you?
2. Do you know how to get help if you need it?
3. Do you know how to get help if you need it?
4. Do you know how to get help if you need it?
5. Do you know how to get help if you need it?
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15. Do you know how to get help if you need it?
16. Do you know how to get help if you need it?
17. Do you know how to get help if you need it?
18. Do you know how to get help if you need it?



Healthy Relationships
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• What challenges do you have with your family?
Offer – suggestions:
• Play together.
• Eat at least one meal together each day.
• Tell your child you love them.
• Spend one on one time with children.
• Be Available. Make time to talk to your child without any distraction.
• Create an electronic free hour.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

What my child eats
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• How do you feel about what your child is eating now?
Offer – suggestions:
• Prepare at least one meal at home daily.
• Make a healthy snack together.
• Offer every day one healthful food choice.
• Attend Eat Healthy/Live healthy class or Grocery store tours.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Sleep
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• How do you feel about your child's sleep?
Offer – suggestions:
• Nightly reading with your child.
• Use the bed only for sleeping.
• Find a comfortable object to help you sleep (Blanket, Stuffed Animal, Night Light).
• Keep a comfortable sleeping environment.
• Meditation.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Active Play
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• How do you feel about how active your child is?
Offer – suggestions:
• Walk for at least 20 minutes a day without electronic devices.
• Spend 1-2 days a week doing group exercise with your family (bike riding, | jogging, a hike).
• Register for an extracurricular activity (for example: martial arts, swim lessons, dance classes, sports).
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Mindfulness
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• How do you feel about your child's emotions?
Offer – suggestions:
• At the end of each day, reflect on what made the day unique.
• Practice mindful breathing – inhale slowly through your nose and exhale slowly through your mouth. Repeat five times.
• Once a week, try a mindful activity with your child. See resource list for ideas and tips.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Mental Health
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• What questions do you have about your child's emotions?
Offer – suggestions:
• Share your feelings. Practice expressing how you feel with your family at the end of the day.
• Twice a week, try different activities to relieve stress with your child. (See resource list for examples of activities).
• Share your thoughts and emotions with someone.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Access to Nature
Explore – possible opening questions:
• Tell me more about why you chose this topic.
• How do you feel about your child exploring nature?
Offer – suggestions:
• Once a week, walk in the park, on the beach, or a hiking trail.
• Spend some time outside in nature and journal what you saw, smelled, and how you felt.
• Draw your favorite nature scene from walking or hiking.
Explore – closing options:
• What do you think about this information?
• What are your next steps? What will you do with what we talked about today?

Promoting Positivity
Use the cut-out notes below to send a message to someone to brighten their day.

To: _____
From: _____

You are an amazing child and I am happy to be your parent.
I love you and I am proud of you.

To: _____
From: _____

You will learn something new today at school.
You are smart, you are talented, you are creative.
You can do anything you want.

To: _____
From: _____

I hope you have a good day at school.
Thank you for being a good friend to me.

LEARNING, PLAY, & FUN!

Find events for kids, reading challenges, book fairs, interactive and animated e-books, language learning, and more!

WANT TO BE SURPRISED?
Reserve a Book Bundle To Go and see what you find!

EXPLORE LA WITH DISCOVER AND GO!
Get free and discounted passes to museums, science centers, zoos, theaters, and other cultural destinations.

FIND FUN EVERYWHERE!

Links to free resources for children at all risk levels following assessment

CONCLUSION

- Using the ACEs screen and algorithm to determine risk, age-appropriate activities and resources corresponding to circle chart topics are suggested to parents and children accordingly.
- Four resilience tools were recommended to the providers and is pending confirmation based on length and readability for children ages 6-11.

RECOMMENDATIONS

- Update Risk Assessment and Treatment algorithm for age-appropriate interventions; resources, resiliency screening, referral protocols, enrollment in support programs, school health letter from provider
- Determine which circle chart activities patients are most inclined to pursue and the corresponding efficacy
- Further research for a shorter **validated** screen in children ages 6-11 would be ideal for a quick determination of a child’s resilience to ACEs.

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References
1. ACEs Aware. (2022). The Science of ACEs & Toxic Stress. <https://www.acesaware.org/ace-fundamentals/the-science-of-aces-toxic-stress/>