

# Adverse Childhood Experience (ACE) Questionnaire

## Finding your ACE Score

**While you were growing up, during your first 18 years of life:**

1. Did a parent or other adult in the household **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** ...  
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 \_\_\_\_\_
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**  
Try to or actually have oral, anal, or vaginal sex with you?  
Yes No If yes enter 1 \_\_\_\_\_
4. Did you **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 \_\_\_\_\_
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?  
**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 \_\_\_\_\_
7. Was your mother or stepmother:  
**Often** pushed, grabbed, slapped, or had something thrown at her?  
**or**  
**Sometimes or often** kicked, bitten, hit with a fist, or hit with something hard?  
**or**  
**Ever** repeatedly hit over 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 \_\_\_\_\_
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                      TOTAL** \_\_\_\_\_

## Resilience

This questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. Its purpose is limited to parenting education. It was not developed for research.

### RESILIENCE Questionnaire

Please circle the most accurate answer under each statement:

**1. I believe that my mother loved me when I was little.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**2. I believe that my father loved me when I was little.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**3. When I was little, other people helped my mother and father take care of me and they seemed to love me.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**6. When I was a child, neighbors or my friends' parents seemed to like me.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**8. Someone in my family cared about how I was doing in school.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**9. My family, neighbors and friends talked often about making our lives better.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**10. We had rules in our house and were expected to keep them.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**11. When I felt really bad, I could almost always find someone I trusted to talk to.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**12. As a youth, people noticed that I was capable and could get things done.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**13. I was independent and a go-getter.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

**14. I believed that life is what you make it.**

Definitely true      Probably true      Not sure      Probably Not True      Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?) \_\_\_\_\_

Of these circled, how many are still true for me? \_\_\_\_\_

Any positive memories that you feel has increased your ability to handle adversity? (Please explain)

## Resource Sheet

Character - a set of qualities that make a person, place or thing different from other people, places or things

### Character Strengths (KIPP)

- Work hard
- Be nice
- There are NO shortcuts
- Teamwork
- Empathy
- Self control
- Perseverance

### Non-cognitive Skills – their importance to Success

- James Heckman: [https://www.brookings.edu/wp-content/uploads/2012/12/NoncogSkillsSocioLearn\\_Brookings\\_STATIC\\_20121203b\\_mcp.pdf](https://www.brookings.edu/wp-content/uploads/2012/12/NoncogSkillsSocioLearn_Brookings_STATIC_20121203b_mcp.pdf)

### ACEs - Adverse Childhood Experience

- Common ACEs
  - physical, sexual, verbal abuse
  - physical and emotional neglect
  - a parent who's an alcoholic (or addicted to other drugs) or diagnosed with a mental illness
  - witnessing a parent experience abuse
  - losing a parent to abandonment or divorce
  - bullying
- ACEs can be totaled using a score card (see above)
- An ACEs score of >4 indicates a child at risk
- ACEs questionnaire developed by the CDC and Kaiser Permanente

### Community Organizations

- University of Washington Communities That Care: <http://www.communitiesthatcare.net>
- An example of a community-based program
- University of Vermont Family Wellness Center: <http://www.med.uvm.edu/vccyf/home>

### Teams

- Engage and empower student/athletes to take ownership
- Consider an alternative lens
- Look at actions and investigate causes
- No-punitive, consequence-based
- Restorative Justice
- Opportunities
- Skills
- Recognition
- Bonding
- Healthy behaviors

### Risk Factors (also called Toxic Factors) – Community (CTC)

– Identify your own community/team risk factors

- Availability of drugs
- Availability of firearms
- Community laws favorable to the above
- Media portrayals of “normal” behavior
- Extreme economic deprivation

### Protective Factors (CTC) – Identify/create your own community/team protective factors

- Opportunities
- Skills
- Recognition
- Bonding
- Clear Standards

### Lincoln Alternative High School – A New Lens: Trauma-informed education

- <https://acestoohigh.com/2012/04/23/lincoln-high-school-in-walla-walla-wa-tries-new-approach-to-school-discipline-expulsions-drop-85/>
- Paper Tigers movie - <http://kpjrfilms.co/paper-tigers/>

### Neuroplasticity - The ability of the brain to produce chemicals that result in a permanent change in brain function

- Stress induces negative changes in the brain
- Poor mental health induces negative changes in the brain
- Exercise induces positive changes
- Adaptations can occur in the brain just like the physiological system we train
- Regular exercise ensures that changes become permanent
- You are training the brain not just physiology

### Resilience –

- The capacity to recover quickly from difficulties; toughness
- The ability of a substance or object to spring back into shape; elasticity.
- Resilience movie - <http://kpjrfilms.co/resilience/>
- Resilience Questionnaire developed by Mark Rains and health advocates of Southern Kennebec Healthy Start, August Maine, 2006.

REMEMBER - The best way to overcome ACEs, build resilience, and provide a recipe for success is a compassionate, caring ADULT – its you, COACH!