

Additional Resources

Adverse Childhood Experiences (ACEs)

Implementing ACEs Awareness



Try This	Instead of This
✓ Listen with empathy and without judgment	✗ Trying to fix
✓ Be aware of your own emotional and non-verbal reactions	✗ Arguing and confrontation
✓ Consider the prevalence of trauma and connection to chronic health conditions	✗ Minimizing someone's feelings or experience
✓ Ask how the person feels early life trauma impacts their health	✗ Engaging in a power struggle
✓ "Roll with resistance" (Motivational Interviewing)	✗ Telling someone what they should do/feel
✓ Support optimism and healing strategies	✗ Overly identifying with a person's story
✓ Highlight the person's own resiliency	✗ Over-reacting to a person's story
✓ Increase knowledge and learning about ACEs and resiliency theory	✗ Creating overstimulating spaces

Resources for Deeper Knowledge

Centers for Disease Control and Prevention: CDC Kaiser Permanente ACE Study Research and Resources
<https://www.cdc.gov/violenceprevention/acestudy/index.html>

ACEs Too High: A news site that reports on **research about adverse childhood experiences**, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress.
<https://acestoohigh.com/>

ACEs Connection: Companion social network to ACEs Too High. The most active, influential **ACEs community** in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.
<https://www.acesconnection.com/>

Books:

[Trauma Stewardship](#), Author: Laura van Dernoot Lipsky with Connie Burk

[Life After Trauma](#), Author: Dena Rosenbloom, PhD

[The Body Keeps Score](#), Author: Bessel van Der Kolk, MD

ACEs Questionnaire: Ten questions used to determine the ACE score of an individual.

- [English](#)
- [Spanish](#)

Life Event Checklist: This tool has no scoring. It is an interview tool for the DSM-V.

Abbreviated PCL-C: Shortened version of PTSD Checklist- Civilian (PCL-C)

Brief Resiliency Scale



Instructions: Check one box for each statement to indicate how much you disagree or agree with each of the statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I tend to bounce back quickly after hard times.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
3. It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5. I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring the Brief Resiliency Scale

Add the scores for each of the six questions and divide by six to determine the overall BRS score.

$$\frac{\text{(Total Score)}}{6} = \text{(BRS Score)}$$

BRS score	Interpretation
1.00-2.99	Low resilience
3.00-4.30	Normal resilience
4.31-5.00	High resilience

Source: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.