



Implementing ACE Screening: How-To Guide & Lessons from the Field



September 29, 2021



Introductions

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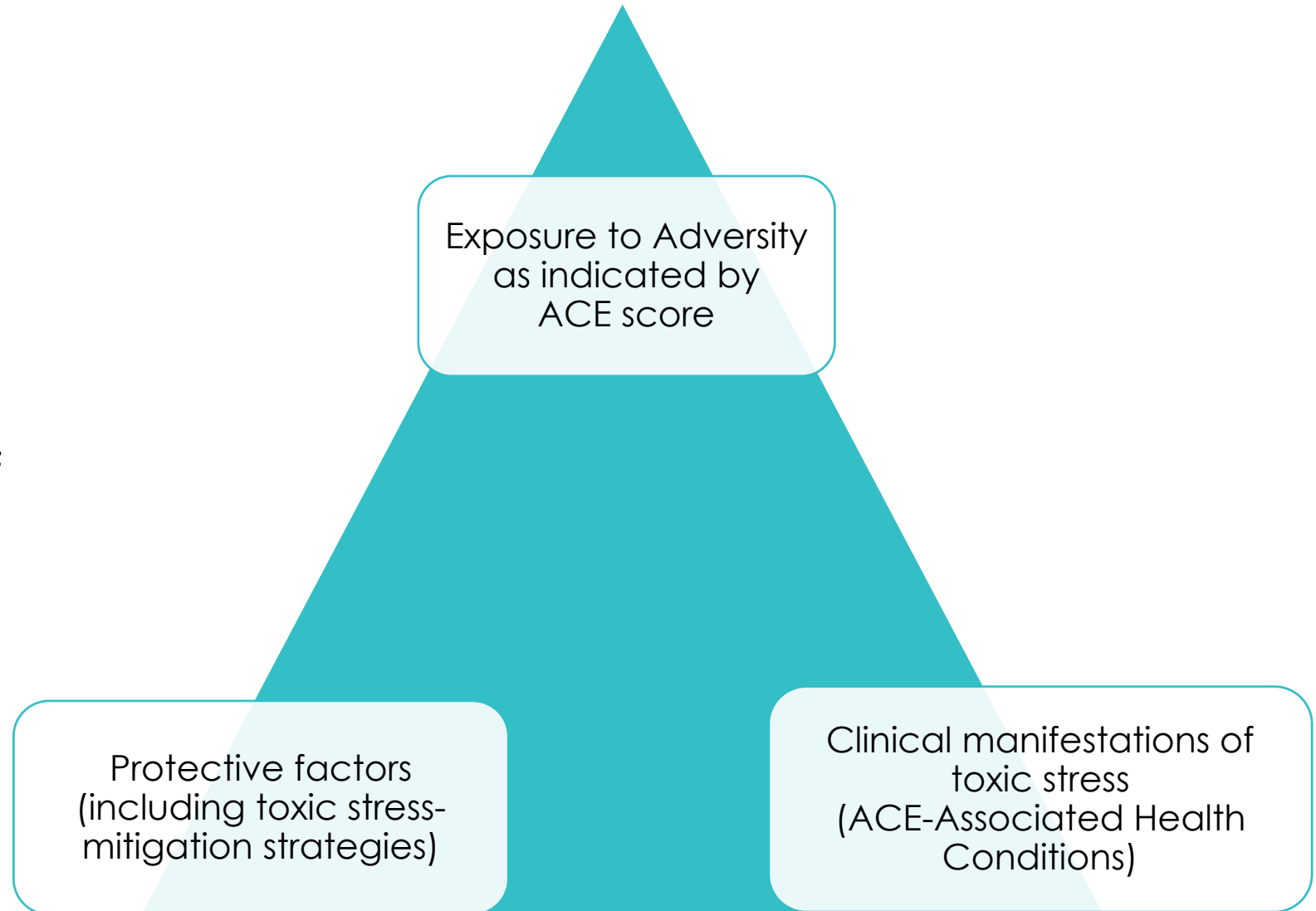
Today's Plan

1. How-To Guide Overview and Key Resources
2. Panelist Introductions
3. Panel Questions/Answers

Elements of a Complete ACE Screening

ACE Screening Purpose:

Determine clinical risk for toxic stress to guide an appropriately tailored treatment and follow-up plan (including referrals, if indicated).



Trauma-Informed Care Principles

The following key principles of trauma-informed care should serve as a guide for all health care providers and staff



- Establish the physical and emotional **safety** of patients and staff
- **Build** trust between providers and patients
- **Recognize** the signs and symptoms of trauma exposure on physical and mental health
- Promote **patient-centered, evidence-based care**
- Ensure provider and patient **collaboration** by bringing patients into the treatment process and discussing mutually agreed upon goals for treatment
- Provide care that is sensitive to the patient's **racial, ethnic, and cultural background, and gender identity**

ACE Screening Implementation How-To Guide Overview

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- Designed to facilitate the adoption of ACE screening, toxic stress treatment, and trauma-informed care
- Provides step-by-step considerations and resources to support clinics



Visit: www.acesaware.org/implement-screening

Stage 1: Prepare the Foundation

- Step 1.** Refresh your knowledge about ACEs and toxic stress, ACE screening, trauma-informed care, and evidence-based interventions
- Step 2.** Engage leadership and peers to generate support for screening
- Step 3.** Form an implementation team
- Step 4.** Develop a high-level implementation plan and timeline
- Step 5.** Review & reflect

Stage 1: Prepare the Foundation

Step 1. Refresh your knowledge about ACEs and toxic stress, ACE screening, trauma-informed care, and evidence-based interventions

- Why Should my Practice Screen for ACEs and Risk of Toxic Stress?
- How ACE Screening, Toxic Stress Treatment, and Trauma-Informed Care Work Together

Step 2. Engage leadership and peers to generate support for screening

- Making the Case to Clinic Leadership
- Finding & Engaging Champions and Key Decision-Makers

Stage 1: Prepare the Foundation

Step 3. Form an implementation team

- [Key Considerations for Forming an Implementation Team](#)

Step 4. Develop a high-level implementation plan and timeline

- [No One Size Fits All: Different Approaches to Piloting ACE Screening & Toxic Stress Treatment](#)

Step 5. Review & reflect

- [Worksheet: Stage 1 Reflection Exercise](#)

[Complete Stage 1 Checklist & Workbook!](#)

Stage 2: Select Your Approach



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Step 1. Determine Who & How to Screen

Resources:

[ACE Screening Sample Scripts for Pediatric Clinical Teams](#)

[Stage 2 Workbook](#)

i. Your Clinic is Ready to Offer Universal and Routine Screening

Our clinic will screen:

- ☐ At new patient intake
- ☐ For established patients, all children, and adolescents annually at the following well-child visits:

≤ 1 mo	2 mo	4 mo	6 mo	9 mo	12 mo	15 mo	18 mo	24 mo	30 mo	36 mo	4–18 yrs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Annually <input type="text"/>

- ☐ All adults once (per provider, per managed care plan)
 - ☐ At new patient intake
 - ☐ At annual physical exam
- ☐ All pregnant adults once
 - ☐ At prenatal visit

ii. Your Clinic is Starting with a Pilot

- ☐ Certain days of the week – e.g., Screen patients on Tuesdays and Fridays
- ☐ Certain times of the day – e.g., Screen patients in the morning during the attending physician's clinic or in resident clinics in the afternoon

Step 2. Prepare Your Clinical Response

Resources:

[ACE Screening, Clinical Assessment, and Treatment Planning for Toxic Stress](#)

[The Science of ACEs and Toxic Stress \(Part 3\) Webinar](#)



Gathering clinical information



Making a clinical assessment; applying ACE & Toxic Stress Risk Assessment Algorithm



Developing a treatment and follow-up plan

Tiered Clinical Response Framework



Primary Prevention efforts target healthy individuals and aim to prevent harmful exposures from ever occurring.

Secondary Prevention efforts involve screening to identify individuals who have experienced an exposure and aim to prevent the development of symptoms, disease, or other negative outcomes.

Tertiary Prevention efforts target individuals who have already developed a disease or social outcome, and aim to lessen the severity, progression, or complications associated with that outcome.

Resources: [A Tiered Clinical Response Framework for Addressing Toxic Stress, The Science of ACEs and Toxic Stress \(Part 3\) Webinar](#)

Outline Your Clinic's Existing Interventions & Support Services

Resource:
[Stage 2 Workbook](#)

Interventions and Support Services by Toxic Stress-Mitigation Strategy

Toxic Stress-Mitigation Strategy	Interventions and Support Services
Supportive Relationships	<i>Fill in – e.g., Talk, Read, Sing; Reach Out & Read; Home visiting program</i> <div></div>
High-Quality, Sufficient Sleep	<i>Fill in – e.g., Exercise, yoga, meditation class or app, medication, sleep specialist</i> <div></div>
Balanced Nutrition	<i>Fill in – e.g., Trauma-informed weight loss program, nutritionist, dietician, specialist</i> <div></div>
Regular Physical Activity	<i>Fill in – e.g., Sports team, yoga, martial arts, support group, clinic-based exercise program</i> <div></div>

Patient Examples

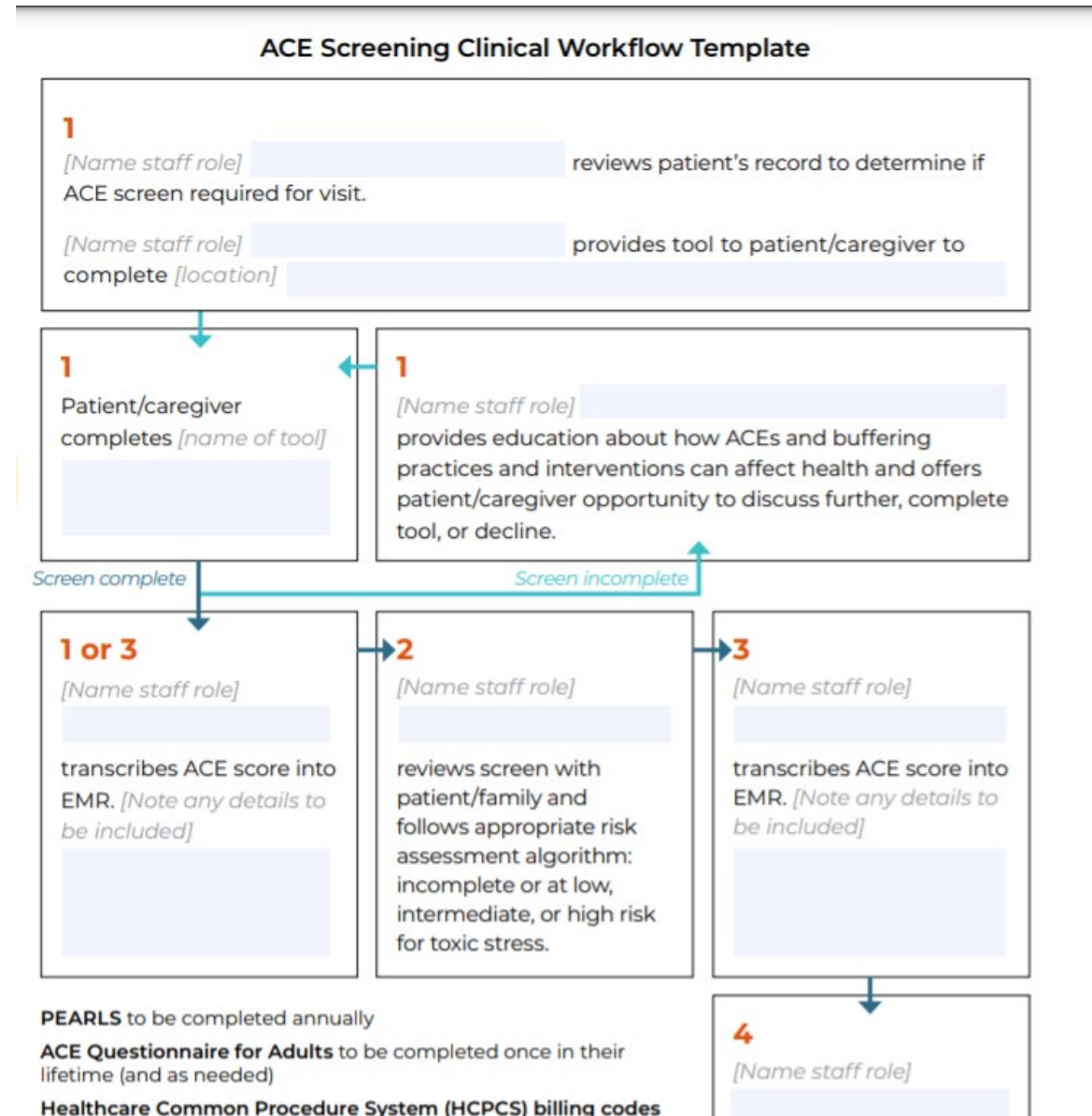
- **13-year old with asthma & ACE score of 3**
- **6-month-old infant crying and failure to thrive**
- **Adult with obesity**

Table 2. Patient Case Example: Age 13, male (continued)³

Screen	Document
Clinical Assessment	<p>13-year-old male who presents for a well-child exam. Moderate persistent asthma - poorly controlled. Mild anxiety symptoms (GAD-7 score of 8). Mild depressive symptoms (PHQ-9 score of 9). High risk of toxic stress (ACE score of 3, + ACE-Associated Health Conditions – asthma, mild anxiety and mild depressive symptoms).</p> <p>Strengths: Sleep is adequate and he is motivated to play basketball again.</p> <p>No mindfulness practice at this time. Little- no time in greenspace. Lack of supportive relationships. Nutrition – fair.</p>

Step 3. Integrate ACE Screening into Your Workflow

Resource:
[Stage 2 Workbook](#)



Panelist Introductions



Questions & Discussion

Next Steps

- Check out the [ACE Screening Implementation How-To Guide](#)
- Watch [The Science of ACEs and Toxic Stress \(Part 3\)](#)



Thank You!