

# What is ACE Response?

ACE-informed programming— designed to foster resilience and recovery— can defray costly ACE consequences and prevent ACE transmission to the next generation.



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[www.aceresponse.org](http://www.aceresponse.org)



# What is ACE Response?

We raise awareness of adverse childhood experiences (ACEs) to mobilize comprehensive responses to prevent ACEs and their consequences.

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## what are ACEs?

### ADVERSE CHILDHOOD EXPERIENCES

**An ACE is defined as surviving any of the following categories of abuse, neglect, or loss prior to age 18:**

- › Emotional abuse by a parent
- › Physical abuse by a parent
- › Sexual abuse by anyone
- › Emotional neglect
- › Physical neglect
- › Loss of a parent
- › Domestic violence
- › Growing up with an alcohol and/or drug abuser in the household
- › Living with a family member experiencing mental illness
- › Experiencing the incarceration of a household member

*An ACE Score is derived by adding the number of “yes” responses to these categories(0-10).*

The ACE Study reveals strong relationships between ACEs and many later-life health risks and conditions. For example, higher ACE Scores are associated with obesity, substance abuse, depression and lung, heart and liver disease. ACEs are also linked to homelessness and criminal justice involvement.

Integral Theory explains how ACEs can derail developmental processes as well as how community resources that foster resilience can help restore healthy development.

Risk behaviors, or ACE correlates such as depression or substance abuse, in parents are often ACEs for the next generation.

Service interventions that prevent ACE consequences could reduce high cost health and social problems, as well as inter-generational ACE transmission.

ACE-informed programs that promote resilience and recovery are likely to save high human, social, and health costs.

## what is RIS?

### RESTORATIVE INTEGRAL SUPPORT

**Restorative Integral Support (RIS) develops ACE-informed programs to foster resilience and recovery.**

RIS is a whole person approach to multiple problems associated with ACEs. Providers integrate services and strengthen social networks.

Agency leaders set an example to staff who provide relationship-building and role modeling for those served. Agency policies and procedures are adjusted to support restorative cultures.

RIS involves practical steps to unite services within diverse HEARTS (Healthy Environments And Relationships That Support):

- › Raise awareness of client/population ACE Score characteristics
- › Integrate knowledge of trauma, resilience & recovery
- › Prevent vicarious trauma and promote role modeling & relationship building by supporting staff self-care

- › Engage staff in articulating values and principles of ACE-informed programs
- › Strengthen social networks within and across agencies
- › Engage staff in connecting current services to prevention of ACEs or ACE consequences and considering best practices
- › Advocate for policies and funding streams to support comprehensive, whole person ACE Response
- › Develop team-based research partnerships to determine impact

RIS is a flexible model used to identify a program's own next steps, building on existing services. Comprehensive ACE Response is expected to improve program outcomes for a more powerful community impact.

*Learn more at [www.posttraumawellness.net](http://www.posttraumawellness.net)*

## what are HEARTS?

### HEALTHY ENVIRONMENTS AND RELATIONSHIPS THAT SUPPORT

**The whole community develops HEARTS. Social networks can support healthy behaviors, promote resilience, and foster recovery.**

HEARTS enhance services and involve the whole community for a more powerful impact. ACE-informed programs may have different types of services that address ACEs along the lifespan. For a whole person approach, interventions are integrated within intentionally developed HEARTS.

HEARTS emphasize leadership and promote the self-care of helpers. HEARTS can prevent vicarious trauma among providers and support effective service.

Leaders set an example in the culture and create policies to facilitate the development of HEARTS.

HEARTS can include any of the following:

- › Restorative cultures / healthy social networks
- › Therapeutic milieu / therapeutic community
- › Culture of Recovery / recovery-oriented systems of care
- › The Sanctuary Model®
- › Attachment, Self-Regulation, & Competency (ARC) Model®
- › Other organizational / community interventions for healthy climates, processes, systems, and policies

*Learn how RISing leaders integrate evidence-supported interventions and emerging practices within HEARTS at [www.posttraumawellness.net](http://www.posttraumawellness.net)*

## what is SOAR?

### SERVICE OUTCOMES ACTION RESEARCH

**SOAR is team-based research for evaluating combined interventions within comprehensive ACE Response.**

SOAR helps agency providers develop program logic models showing how processes and interventions are connected to expected outcomes.

A culture of inquiry is fostered as researchers work closely with practitioners to identify and implement treatment and client outcome measures.

Both quantitative and qualitative methods are used to create a data-informed practice process (DIPP).

Practice and program decision-making takes into account the data collected along with client characteristics, practitioner skills, and local context.

Data can be further applied in policy advocacy efforts to guide resources toward the development of programs responding to the ACE characteristics of those served.



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