

Becoming ACEs Aware in California

California Chapter 1, AAP Informs and Inspires Local Pediatricians

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Background/Methods

In July 2020, the Office of the California Surgeon General and the California Department of Health Care Services granted funds to AAP California Chapter 1 to extend the reach and impact of the ACEs Aware initiative. This multi-year statewide campaign encouraged screening for adverse childhood experiences and the adoption of trauma-informed care. The goal of the initiative is to reduce ACEs and toxic stress by half in one generation.

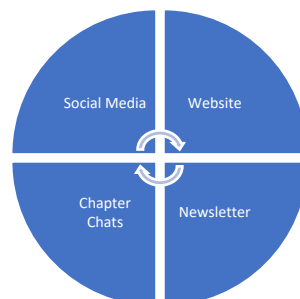


The Chapter recruited a “Think Tank” of pediatricians with interest in, and knowledge of trauma-informed care to develop messaging and informative materials giving providers the tools needed to promote adoption of trauma-informed care and ACE screenings.



Process

Think tank members used knowledge regarding barriers and facilitators to adopting ACE screening, and motivational interviewing principles to develop a communications framework of values-based messages



Using the messages, social media posts were sent out frequently with information about ACEs, toxic stress and trauma-informed care. Links were provided to resources on our website. We emailed newsletters twice a month to over 4700 pediatricians with topical articles, upcoming trainings and events, and resources for parents and providers.

WE ARE IN A UNIQUE POSITION TO PREVENT AND AMELIORATE MANY CHRONIC CONDITIONS IN OUR PATIENTS BY SCREENING AND ADDRESSING ACES AND SOCIAL DETERMINANTS OF HEALTH OFTEN THROUGHOUT CHILDHOOD.



Evening Chapter Chats presented multi-disciplinary panelists followed by participant discussion of the topic.



Results and Conclusions

Pediatricians are very interested in learning about ACEs and trauma-informed care.

Over 1200 pediatricians opened each Chapter ACEs email. Social media posts resulted in up to 400 people accessing the website that day. Over 200 pediatricians attended ACEs evening Chapter Chats.

A communications framework based upon goals and values facilitates acceptance of changes in practice

Messages

1. Asking and listening is an effective intervention
2. Strengthening families counteracts childhood adversity
3. Pediatricians and families already have what they need to make a change
4. Rewarding pediatric practice is possible, and trauma informed care benefits pediatricians
5. Building knowledge and advocating together can strengthen our communities, our practice and ourselves
6. When we address the root causes of adverse childhood experiences, we take a preventative approach to our pediatric care.

Pediatricians are more likely to implement changes in trauma-informed care before implementing ACE screening

In an evaluation survey completed by 75 pediatricians, more than 1/3 of pediatricians reported performing trauma-informed care practices with families, with fewer reporting actual ACE screening. 49% of respondents reported they completed the 2-hour California training on ACE screening.

Answer Choices	Performing
Offering more advice and support regarding parents	48%
Offering referrals for childhood trauma	44%
Asking parents more questions about their parenting experiences	41%
Providing more emotional support for staff members and providers	38%
Offering referrals for social determinants of health (e.g. housing insecurity)	37%
Offering strategies for regulating stress responses for patients	36%
Offering education on childhood trauma and toxic stress	33%

Surveyed providers noted further support was needed.

Keep ~~home~~ parents patients make community work ~~ACES~~
 Continue ~~sent~~ resources practice
 screening help support focus need time
 training later Provide to care

Our work created a community that modeled the support of trauma-informed care. It helped to know that you were not alone in adopting practice changes.