

## I. Expanded ACEs Measures

### 1. Philadelphia ACE Survey

- **Types of Exposures Assessed:** Original ACEs plus community violence, discrimination, bullying, witnessing violence, and unsafe neighborhoods.
- **Recommended Age Group/Demographic:** General population, with a focus on those exposed to various forms of adversity and violence.
- [Link to Philadelphia ACE Survey](#)
- **Recent Studies:**
  1. Purewal Boparai, S. K., Au, V., Koita, K., Oh, D. L., Briner, S., Burke Harris, N., & Bucci, M. (2018). Ameliorating the biological impacts of childhood adversity: A review of intervention programs. *Child Abuse & Neglect*, 81, 82-105.
  2. Merrick, M. T., Ford, D. C., Ports, K. A., & Guinn, A. S. (2018). Prevalence of adverse childhood experiences from the 2011-2014 Behavioral Risk Factor Surveillance System in 23 states. *JAMA Pediatrics*, 172(11), 1038-1044.

### 2. Pediatric ACEs and Related Life-events Screener (PEARLS)

- **Types of Exposures Assessed:** ACEs items and Experience of discrimination, Housing instability or homelessness, Food insecurity, Separation from parent or caregiver due to foster care or immigration, Living with a caregiver with a serious physical illness or disability, Death of a parent or caregiver.
- **Recommended Age Group/Demographic:** Children and adolescents.
- [Link to PEARLS](#)
- Recent Studies
  - Thakur, N., Hessler, D., Koita, K., Ye, M., Benson, M., Gilgoff, R., ... & Harris, N. B. (2020). Pediatrics adverse childhood experiences and related life events screener (PEARLS) and health in a safety-net practice. *Child abuse & neglect*, 108, 104685.
  - Albarran-Slovin, B. S. N. (2021). Identifying Adverse Childhood Experiences (ACEs) in a Federally Qualified Health Center using the Pediatric ACEs and Related Life Events Screener.

### 3. The Center for Youth Wellness - Adverse Childhood Experiences Questionnaire (CYW ACE-Q)

- **Types of Exposures Assessed:** A clinical screening tool that calculates cumulative exposure to Adverse Childhood Experiences (ACEs) in patients age 0 to 19. Available in three age-specific versions, and in English and Spanish.
- **Recommended Age Group/Demographic:** Child and teen versions; available in Spanish
- [Link to CYW ACE-Q](#)

#### 4. **Adverse Childhood Experiences International Questionnaire (ACEs-IQ)**

- **Types of Exposures Assessed:** The original ACEs study questionnaire that explores various types of abuse, neglect, and other potentially traumatic experiences. Family dysfunction; physical, sexual, and emotional abuse and neglect; peer and community violence; collective violence.
- **Recommended Age Group/Demographic:** General population
- [Link to ACEs-IQ](#)
  - **Recent Studies:**
    1. McCloskey, L. A., Eloff, I., & Doran, K. (2021). Determinants of intergenerational sexual relationships and HIV risk among South African women outpatients in Gauteng. *AIDS care*, 33(5), 654-662.
    2. Weiqiang, Y. U., Ruoyu, L. I., Yongling, H. U. A. N. G., Haiyan, H. E., Chunyan, P. E. N. G., Xinzhu, W. A. N. G., & Yuhui, W. A. N. (2022). Relationship between maternal adverse childhood experiences and preschool children's emotional and behavioral problems. *中国学校卫生*, 43(8), 1130-1133.

## II. **Culturally and Ethnically Informed Measures**

### 1. **Cultural and Ethnic Experiences Scale (CEES)**

- **Types of Exposures Assessed:** Cultural and ethnic discrimination, acculturation stress, and cultural identity conflict.
- **Recommended Age Group/Demographic:** Adolescents and Adults from diverse ethnic backgrounds.
- **Limitations:** May not capture the full range of cultural and ethnic experiences across all diverse groups.
- [Link to CEES](#)
- **Recent Studies:**
  1. Smith, T.B., & Silva, L. (2011). Ethnic identity and personal well-being of people of color: a meta-analysis. *Journal of Counseling Psychology*, 58(1), 42-60.
  2. Yip, T. (2005). Sources of situational variation in ethnic identity and psychological well-being: A palm pilot study of Chinese American students. *Personality and Social Psychology Bulletin*, 31(12), 1603-1616.

### 2. **Multigroup Ethnic Identity Measure (MEIM)**

- **Types of Exposures Assessed:** Ethnic identity exploration, resolution, and affirmation.
- **Recommended Age Group/Demographic:** Adolescents and Adults from various ethnic groups.
- **Limitations:** May not be suitable for individuals with low levels of ethnic identity exploration.

- [Link to MEIM](#)
- **Recent Studies:**
  1. Phinney, J.S. (1992). The Multigroup Ethnic Identity Measure: A new scale for use with diverse groups. *Journal of Adolescent Research*, 7(2), 156-176.
  2. Roberts, R.E., Phinney, J.S., Mase, L.C., Chen, Y.R., Roberts, C.R., & Romero, A. (1999). The structure of ethnic identity of young adolescents from diverse ethnocultural groups. *The Journal of Early Adolescence*, 19(3), 301-322.

### 3. **Racial and Ethnic Microaggressions Scale (REMS)**

- **Types of Exposures Assessed:** Microaggressions and subtle forms of racism experienced by individuals of color, including African Americans.
- **Recommended Age Group/Demographic:** African American Adolescents and Adults, but also applicable to other racial and ethnic minorities.
- **Limitations:** While it is designed to be inclusive of various racial and ethnic groups, individual experiences of microaggressions may vary widely, and not all experiences may be captured.
- **Link to REMS, [option 1](#) and [2](#)**
- **Recent Studies:**
  1. Nadal, K. L., Wong, Y., Griffin, K. E., Davidoff, K., & Sriken, J. (2014). The adverse impact of racial microaggressions on college students' self-esteem. *Journal of College Student Development*, 55(5), 461-474.
  2. Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A. M. B., Nadal, K. L., & Esquilin, M. (2007). Racial microaggressions in everyday life: Implications for clinical practice. *American Psychologist*, 62(4), 271-286.

### 4. **Hispanic Stress Inventory - Adolescent Version (HSI-A)**

- **Types of Exposures Assessed:** Acculturative stress, experiences of discrimination, and family and environmental stressors among Hispanic adolescents.
- **Recommended Age Group/Demographic:** Hispanic Adolescents.
- **Limitations:** Specific to Hispanic adolescents and may not capture the full range of stressors experienced by other age groups or ethnicities.
- [Link to HSI-A](#)
- **Recent Studies:**
  1. Cervantes, R. C., Fisher, D. G., Córdova, D., & Napper, L. E. (2012). The Hispanic Stress Inventory–Adolescent Version: A culturally informed psychosocial assessment. *Psychological Assessment*, 24(1), 187-196.
  2. Romero, A. J., Edwards, L. M., Fryberg, S. A., & Orduña, M. (2014). Resilience to discrimination stress across ethnic identity stages of development. *Journal of Applied Social Psychology*, 44(1), 1-11.

### III. Resilience / Protective Factors

#### 1. Positive Childhood Experiences (PCE)

- **Types of Exposures Assessed:** 11 items assessing family, peer and community support
- **Recommended Age Group/Demographic:** General population, including children and adolescents.
- [Link to PCE](#)
- **Recent Studies:**
  1. Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). Positive childhood experiences and adult mental and relational health in a statewide sample: Associations across adverse childhood experiences levels. *JAMA pediatrics*, 173(11), e193007-e193007. Leitch, L. (2017). Action steps using ACEs and trauma-informed care: a resilience model. *Health & Justice*, 5(1), 5.
  2. Baglivio, M. T., & Wolff, K. T. (2021). Positive childhood experiences (PCE): Cumulative resiliency in the face of adverse childhood experiences. *Youth violence and juvenile justice*, 19(2), 139-162.

#### 2. Protective Factors Survey (PFS)

- **Description:** The PFS is a pre-post evaluation tool designed for use with caregivers receiving child maltreatment prevention services. It is a self-administered survey measuring protective factors in five areas: family functioning/resiliency, social support, concrete support, nurturing and attachment, and knowledge of parenting/child development.
- **Recommended Age Group/Demographic:**
- **Types of Exposures Assessed:** Family functioning/resiliency, social support, concrete support, nurturing and attachment, and knowledge of parenting/child development.
- [Link to PFS User Manual](#)
- **Recent Studies:**
  1. Counts, J. M., Buffington, E. S., Chang-Rios, K., Rasmussen, H. N., & Preacher, K. J. (2010). The development and validation of the protective factors survey: A self-report measure of protective factors against child maltreatment. *Child Abuse & Neglect*, 34(10), 762-772.
  2. Bendau, A., Plag, J., Kunas, S., Wyka, S., Ströhle, A., & Petzold, M. B. (2021). Longitudinal changes in anxiety and psychological distress, and associated risk and protective factors during the first three months of the COVID-19 pandemic in Germany. *Brain and behavior*, 11(2), e01964.

## IV: Recommendations and Resources for Practitioners and Educators

1. **Training:** Ensure that all staff and volunteers undergo training on ACEs and Trauma-Informed Care.
2. **Follow-Up:** After using an ACEs tool, have a system in place for follow-up support and service linkage
3. **Safe Environment:** Create a safe and supportive environment where individuals feel comfortable sharing and addressing their experiences.
4. **Continuous Learning:** Stay updated with the latest research and tools related to ACEs to provide the best support.

### Further Reading and Resources

1. [The National Child Traumatic Stress Network](#)
2. [ACEs Connection - A Community of Practice](#)
3. [SAMHSA's Trauma and Justice Strategic Initiative](#)
4. [Trauma Free World](#)
5. [Child Opportunity Index](#)