

Checklist for Preparing for Resilience and ACEs screen

Checking in

- Ask questions about room temperature, comfort in chair, thirsty
- Teach SUDS scale (1-10)

Offering tools to focus on during questions

- Having something available for parents to do with their hands (ex: crayons, stress balls, markers, etc.)

Ground rules and setting expectations

What I am going to be asking about?

Skills you have, bad chapters in life, good chapters in life, experiences of your family

Why am I asking?

Explain ACEs and Resilience

Normalize prevalence of ACEs

Use the "Partnering with Parents" booklet to aid in discussion

When will I "tell" this information to someone (mandated reporting)?

If gives permission or if someone is in danger (including them)

Who is going to see this?

Explain where this information will be housed and who sees that information

Book chapter titles, not book contents

Safety signal if beginning to feel too overwhelmed

Ex: Hand Signal, "I don't want to answer that"

Begin Brief Resilience Interview

- Show Resilience Cards vs Adversity Cards (poster or cards)
- Have parent pick skills he/she has (5-6)
- Lay out ACE cards as these last questions are asked, what ACEs would they pick out that they have experienced in their family
- Have parent pick skills he/she would like to develop (5-6)
- Have parent pick skills he would want his/her family to develop (5-6)

Give information sheet about resources