

Honor	<p>Holding a safe space for patients to share life events that impact their well-being is a way of honoring who they are, where they've come from, what they've experienced, and how it impacts them.</p> <p>Acknowledging all aspects of a person is validating and normalizing.</p>	<p>Validate the presence of ACEs ["You've been through a lot." "I appreciate your openness to sharing difficulties you've faced."] AND the presence of resilience and positive experiences ["You're making it to school and holding a job." "You have friends you trust." "Basketball is important to you."]</p> <p>Normalize: Explain the commonality of ACEs in the US population and the link between ACEs exposure and health, therefore addressing ACEs is an important part of addressing an individual's health.</p> <p>Acknowledge the individual: "Thanks for sharing. Understanding your experiences helps me understand your health and make a plan that fits for you." "Thanks for sharing about ___ with me, I think I understand you better now."</p>
Educate	<p>Provide information about the negative impact ACEs can have on health; make sure to cover physical and behavioral health risks. Then, provide education on protective factors and ways to decrease chances of negative health outcomes and build on patient specific needs and interests.</p>	<p>Anticipatory guidance:</p> <ul style="list-style-type: none"> * Plant seeds for how they can set themselves up for a healthier future. * Connect present actions to future outcomes "Your desire to run track in college makes it really important to get enough sleep now. Sleep is an important part of strength training." <p>Make connections to healthy habits that build resilience. The Center for Youth Wellness recommends that providers work with patients to integrate seven domains of wellness into their care.</p> <p>Educate patient on all areas of health and healthy decision-making and how they interact and have tips ready.</p>
Advocate	<p>Advocate for changes that are within your patient's control (use Motivational Interviewing).</p> <p>Advocate for resources to support your patient (this may include advocating to other adults in the patient's life).</p> <p>Empower your patient to advocate for themselves.</p>	<p>Create a referral list for community resources (lists for internal use as well as to give to patients)</p> <p>Encourage student engagement in school and community activities</p> <p>Create opportunities for student engagement in the clinic through youth wellness councils, student advisory board, school wellness campaigns, etc.</p> <p>Connect to resources in the clinic and/or school who can help patients learn skills for communicating their needs</p>
Resource	<p>Connect your patient to resources as appropriate (health navigator, behavioral health provider, after school programs, local food bank).</p> <p>Help your patient to identify personal resources to tap into to build resilience (positive adult relationships, personal successes/strengths/character traits, community engagement opportunities, future goals).</p>	<p>Review Healthy Outcomes from Positive Experiences (HOPE) articles and handouts</p> <p>Consider the level of concern for risk if ACEs were identified, the presence of additional symptomology (physical health concerns as well as behavioral) and develop an appropriate resource response</p> <p>Remember non-clinical resources as referral options when appropriate. Not everyone needs referrals for counseling or follow-up physical care</p> <p>Add resources to build on strengths/increase resilience.</p>

