Recommended Strategies

Adverse Childhood Experiences

- Implement a trauma-informed approach in primary care settings.
- Implement trauma-informed approaches in communities, including child care settings, schools, and law enforcement.
- Ask the ACEs questions and use the information to inform treatment plans.
- Encourage and support healthy living, including sleep, nutrition, and physical activity.
- Incorporate self-care for healthcare providers and those in the helping professions, who often experience secondary trauma and compassion fatigue.