

NON TRAUMA INFORMED

POWER OVER
 YOU CAN'T CHANGE
 JUDGING
 PEOPLE NEED FIXING FIRST
 OPERATE FROM THE DOMINANT CULTURE
 PEOPLE ARE OUT TO GET YOU
 RIGHT/WRONG
 HELPING
 "YOU'RE CRAZY!"
 COMPLIANCE/OBEDIENCE
 NEED-TO-KNOW BASIS FOR INFO
 PRESENTING ISSUE
 "US AND THEM"
 LABELS, PATHOLOGY
 FEAR-BASED
 I'M HERE TO FIX YOU
 DIDACTIC
 PEOPLE MAKE BAD CHOICES
 BEHAVIOR VIEWED AS PROBLEM
 WHAT'S WRONG WITH YOU?
 BLAME/SHAME
 GOAL IS TO DO THINGS THE "RIGHT" WAY
 PRESCRIPTIVE
 PEOPLE ARE BAD
 CONSIDER ONLY RESEARCH AND EVIDENCE

POWER WITH
 YOUR BRAIN IS 'PLASTIC'
 OBSERVING
 PEOPLE NEED SAFETY FIRST
 CULTURAL HUMILITY
 PEOPLE CAN LIVE UP TO THE TRUST YOU GIVE THEM
 MULTIPLE VIEWPOINTS
 LEARNING
 "IT MAKES SENSE"
 EMPOWERMENT/COLLABORATION
 TRANSPARENCY AND PREDICTABILITY
 WHOLE PERSON AND HISTORY
 WE'RE ALL IN THIS TOGETHER
 BEHAVIOR AS COMMUNICATION
 EMPATHY-BASED
 SUPPORT HEALING
 PARTICIPATORY
 PEOPLE WHO FEEL UNSAFE DO UNSAFE THINGS
 BEHAVIOR VIEWED AS SOLUTION
 WHAT HAPPENED TO YOU?
 RESPECT
 GOAL IS TO CONNECT
 CHOICE
 PEOPLE ARE DOING THE BEST THEY CAN
 CONSIDER ALSO LIVED EXPERIENCE

TRAUMA INFORMED CARE

ACES Questionnaire

Read each statement and circle Y (yes) or N (no) as it pertains to your life prior to age 18

1. Before your 18th birthday, did a parent or other adult in the household often or very often... swear at you, insult you, put you down, or humiliate you?
OR
act in a way that made you afraid that you might be physically hurt? Y N
2. Before your 18th birthday, did a parent or other adult in the household often or very often... push, grab, slap, or throw something at you?
OR
ever hit you so hard that you had marks or were injured? Y N
3. Before your 18th birthday, did an adult or person at least five years older than you ever... touch or fondle you or have you touch their body in a sexual way?
OR
attempt or actually have oral, anal, or vaginal intercourse with you? Y N
4. Before your eighteenth birthday, did you often or very often feel that... no one in your family loved you or thought you were important or special?
OR
your family didn't look out for each other, feel close to each other, or support each other? Y N
5. Before your 18th birthday, did you often or very often feel that... you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
OR
your parents were too drunk or high to take care of you or take you to the doctor if you needed it? Y N
6. Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason? Y N
7. Before your 18th birthday, was your mother or stepmother:
often or very often pushed, grabbed, slapped, or had something thrown at her?
OR
sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
OR
ever repeatedly hit over at least a few minutes or threatened with a gun or knife? Y N
8. Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? Y N
9. Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide? Y N
10. Before your 18th birthday, did a household member go to prison? Y N

Count the number of Y (yes) answers and put the total here: _____

(Your ACES score)

Source: <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

Thank you for your interest in the Devereux Adult Resilience Survey.

Authored by Mary Mackrain, the Devereux Adult Resilience Survey (DARS) is a 23-item reflective checklist that provides adults with information about their personal strengths. The information can be used to help individuals build on these strengths, such as creativity and setting limits, so that they can better cope with adversity and the stresses of daily life.

Statistical analysis shows that the DARS is an excellent tool for providing adults with an opportunity to gain valuable insights, particularly in these four areas:

Relationships: The mutual, long-lasting back-and-forth bond we have with another person in our lives.

Internal Beliefs: The feelings and thoughts we have about ourselves and our lives, and how effective we think we are at taking action in life.

Initiative: The ability to make positive choices and decisions and act upon them.

Self-Control: The ability to experience a range of feelings, and express them using the words and actions society considers appropriate.

The purpose of the DARS is not to compare individuals' scores to the population, but to give adults, more specifically teachers, the opportunity to become aware of personal strengths and areas of need. Upon completion of the Devereux Adult Resilience Survey, individuals are encouraged to use the *Building Your Bounce: Simple Strategies for a Resilient You* Adult Journal. This journal provides suggested strategies for strengthening adults' protective factors shown to support resilience.

It takes a fair amount of reflection and practice to change any negative thoughts we might have and to integrate new behaviors that are good for us. You are worth it. Even if you are already a strong, happy person you will want to continue building yourself up to maintain or increase your level of well-being.

Best wishes on your personal journey.

For questions and more information: <http://www.CenterForResilientChildren.org>

Take time to reflect and complete each item on the survey below. There are no right answers. Once you have finished, reflect on your strengths and then start small and plan for one or two things that you feel are important to improve. For fun and practical ideas on how to strengthen your protective factors, *Building Your Balance: Simple Strategies for a Resilient You* is a wonderful resource.

For more information about the Devereux Center for Resilient Children, including downloadable free access to the Devereux Adult Resilience Survey (DARS), please visit www.CenterForResilientChildren.org.

| Items | Yes | Sometimes | Not Yet |
|---|-----|-----------|---------|
| Relationships | | | |
| 1. I have good friends who support me. | | | |
| 2. I have a mentor or someone who shows me the way. | | | |
| 3. I provide support to others. | | | |
| 4. I am empathetic to others. | | | |
| 5. I trust my close friends. | | | |
| Internal Beliefs | | | |
| 1. My role as a caregiver is important. | | | |
| 2. I have personal strengths. | | | |
| 3. I am creative. | | | |
| 4. I have strong beliefs. | | | |
| 5. I am hopeful about the future. | | | |
| 6. I am lovable. | | | |
| Initiative | | | |
| 1. I communicate effectively with those around me. | | | |
| 2. I try many different ways to solve a problem. | | | |
| 3. I have a hobby that I engage in. | | | |
| 4. I seek out new knowledge. | | | |
| 5. I am open to new ideas. | | | |
| 6. I laugh often. | | | |
| 7. I am able to say no. | | | |
| 8. I can ask for help. | | | |
| Self-Control | | | |
| 1. I express my emotions. | | | |
| 2. I set limits for myself. | | | |
| 3. I am flexible. | | | |
| 4. I can calm myself down. | | | |