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### Caring for Adults that Faced an ACE

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# Caring for Adults that Faced an ACE

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## Background

- Adverse childhood experiences commonly referred to as ACEs
- Identifiable and screened for events
- Pertain to family or social factors in childhood
- Linked to lowered mental and physical health outcomes
- "64% of U.S. adults reported they had experienced at least one type of ACE before age 18" (CDC, 2023).
- Goal: prevent ACEs from occurring; implement interventions if they do occur

## PICOT Question:

How do previous ACEs affect the physical and psychosocial health of adults?

## EBP Intervention

- Group therapy is an effective EBP intervention for ACEs
- Provides a sense of community and connection
- Connects people with others who have faced similar challenges
- Share experiences and gain insight from others
- Promotes resilience and coping strategies
- Educated therapists ensure respectful discussion and addressing experiences appropriately
- Providers help manage emotions and support the formation of healthy relationships
- Safe space for participants to discuss their experiences and challenges



## Implementing EBP

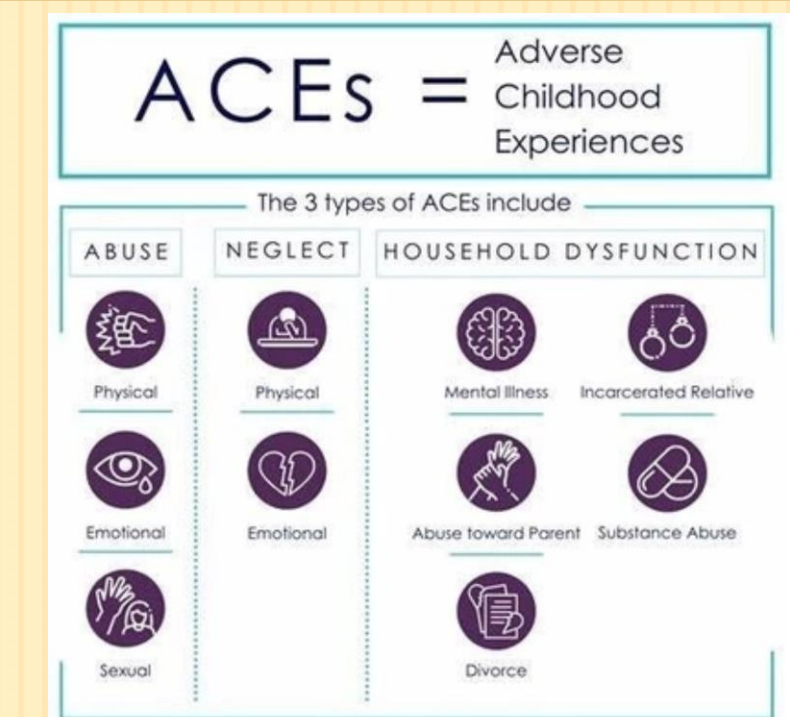
- Identify clients that have had an adverse childhood experience through screenings
- Caregivers can identify these individuals by asking about establishing a therapeutic relationship with their client and asking about their past
- Provide information about available resources and educate on group therapy and its benefits
- Therapy groups can be promoted in the workplace, primary care offices, and clinics

## Expected Outcomes

- Group therapy provides a sense of validation and reduces feelings of isolation
- Participants connect with others who have faced similar challenges, fostering trust, and meaningful relationships
- Education on the risk of ACEs
- Access to preventive resources are facilitated through group therapy

## Conclusion

- Adverse childhood experiences have long term mental health effects
- Properly screening for and addressing ACE's when they occur could help to prevent some of their extended effects
- By facilitating connections and providing an environment for individual to confront their experiences, group therapy can help limit the detrimental impacts of untreated trauma



## References

