

Gonzaga University

The Repository of Gonzaga University

NURS 404/406 Research & Info Management

Nursing Student Scholarship

Spring 2024

Mindful Interventions for ACE Exposed Children

Anna Westlund

Sara Curran

Kiki Orozco

Michele Shaw

Follow this and additional works at: https://repository.gonzaga.edu/nursing404_406

Mindful Interventions for ACE Exposed Children

Anna Westlund, Sara Curran, Kiki Orozco, Dr. Michele Shaw, Department of Nursing, Gonzaga University

Research Question: How do psychological interventions impact health outcomes among children who have experienced ACEs?

Background:

64%

of U.S. adults reported they had experienced at least one type of ACE before age 18 (CDC, 2023)

- Adverse childhood experiences (ACEs) can have detrimental effects on growing adolescents.
- ACEs captured under three categories of childhood abuse – psychological, physical, and sexual.
- Examples of ACEs: bullying, divorce, witnessing parental violence, incarcerated family member.
- Studies indicate that art-based interventions improve self-confidence, self-esteem, social skills, and sense of belonging.

Intervention:

- Implement art therapy rooms in middle schools
- A licensed therapist is present to supervise
- The school nurse can administer ACE questionnaires to identify students who may need extra support

Implementation:

- Kids with ACEs have a scheduled weekly time
- During recess/free period, any student is free to go for support
- Students can choose any art form or simply talk with the therapist

Expected Outcomes:

- A 15% Improvement in stress levels in ACE exposed children
- An overall improvement in self-reported PTSD symptoms in ACE exposed children

