Challenges incorporating ACE screening and care into an internal medicine practice in Northern California

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A little bit about us:

- Each in practice ~20 years
- Work for Sutter Medical Group, Sacramento, CA
- Each have a significant other, at least 1 child and 3 dogs at home
- Neither knew about Adverse Childhood Experiences prior to January 2019
Our discovery of ACEs

- We’re tired & burnt out
- Dealing with EHR
- Dealing with patients on opiates and/or multiple symptoms
- We’re overworked…like ALL our colleagues
- Patient LG, trauma-survivor tells her story to Mike…
- “A-Ha”!
Our ACE scoreboard:
Our Journey

- Screening / ACE Scoreboard
- Conference calls with Sutter CMO’s (Chief Medical Officers)
- Presentations at Dept meetings, Sutter President and Behavioral Health
- ACE / TIC talk to office staff – the “BEST” meeting ever
- Introduction to Jane Stevens and Vincent Felitti & many others
- Discussions with members of Board of Ed, CA Health & Human Services, Senator & Congressional offices, Mayor Steinberg’s office
- Development of 8 week “Well Being” class
- Designed a study to look at Burnout and ACE screening
Our Challenges

- Time spent with patients
- The Learning Curve: what works and what is triggering
- Getting administration on board: grassroots vs Top Down
- Referral to ancillary services, or knowledge of next steps
- Patients’ self-awareness and willingness to self-reflect
- Our own self-awareness and ability to self-reflect
Our Mission & Future

We will continue to:

- Learn about the science
- Connect with leaders in the field
- Educate colleagues, administrators & staff
- Educate & connection outside of the medical community
- Advocate for ACE awareness and Trauma Informed Care approach
- Be creative and innovate
Current Projects

- Presentations to the Hospitalists, Depts of Neuroscience and Family Medicine
- Meeting at the OSG with Dr. Devika Bhushan & Jamie Mulligan
- Formation of Ad Hoc ACEs Committee with our local CMA
- Mindfulness Projects with Blue Cross & Harvard University
- Possible JAMA article
Questions?

Contact us with ideas, suggestions or collaboration

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