

ACEs and Resilience Resources

[ACE Quiz for your ACE "score"](#): You can take the 10 question survey to see what your score is, and learn a little more about ACEs. Be sure to then do the resilience survey, below, since an ACE score is just to help you understand what adversities you might have experienced.

[Adult Resilience Survey](#): This is a way to consider your own protective factors and how to make a plan to build them.

ACE Interface: <https://www.aceinterface.com/>. ACEs and Self Healing Communities experts. Dr. Robert Anda and Laura Porter.

Center for Disease Control and Prevention:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

The Resilience Champion Certificate: If you want to become a resilience “champion” to help move yourself, your organization or your community forward, check out this online training -<https://originstraining.org/trauma-informed-training/#resilience>

[The CDC-Kaiser Permanente ACE Study](#): The official ACE Study site, provided by the CDC.

[ACEsConnection.com](#) : A social network for people who are personally or professionally interested in ACEs.

To learn more about Adverse Community Environments/Experiences, visit -
<https://www.buildingresilientcommunities.org/home>.