

Wayfinding: Positive and Adverse Childhood Experiences (PACEs), Hope and Resilience: Co-morbidities and co-vitalities, compassionate new tools and narratives?

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Introduction: Positive and Adverse Childhood Experiences (PACEs) are gaining an increasing amount of attention in general awareness and research on a population level, but also as a way of identifying individuals and families in need of support. In Finland, these aims are included in the National Child Strategy and the Action Plan "Childhood without violence". Psychoeducation about (P)ACEs and identifying parents who may struggle with parenting due to ACEs of their own is crucial in order to stop intergenerational transmission of ACEs. Equally, it may be useful to screen children and young people directly. Further, it is pertinent and ethical to identify and support resiliency-factors and offer hope, in an attempt to develop a more holistic approach to parental support and offer parents a positive narrative of themselves and agency in utilizing (and if appropriate developing) positive parenting practices, as well as giving children and young people a sense of ownership of their own well-being and future. Methods: The Wayfinding project has adapted the PEARLS/ACEs Aware and HOPE tools and developed a novel ACE-screening tool (picture-assisted, colour coded and easy-to-read in order to serve diverse populations). The tool is piloted along with mental well-being (WEMWBS) and Hope-score screenings in the general- and child protection population to test for prevalence of ACEs and as well as co-morbidity and co-vitality factors. Results: I would like to present the novel tool as well as some preliminary data and experiences, and further open for discussion with participants. Conclusion: Feedback from both parents and professionals on whether these routine screenings are appropriate and advisable and if so, what they may offer both parents, professionals and the collaborative relationship between these have been interesting. This may boost work-satisfaction for professionals and service-user satisfaction as well as encourage parents to identify and openly discuss their possible needs for support.