

**“THE ADVERSE CHILDHOOD EXPERIENCES STUDY:
HOW IT CAN HELP, AND HURT, CLINICAL PRACTICE” (A345)**

Videoconference Webcast

Original Broadcast Date: December 11, 2019

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

**Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213**

Multiple choice and TRUE/FALSE Questions

1. The ACE Study showed that the effects of adverse childhood experiences are limited to adolescence. TRUE/FALSE
2. The ACE Study retrospectively assessed abuse, neglect, and household dysfunction that participants experienced before the age of 18. TRUE/FALSE
3. Trauma-informed practices include giving everyone trauma treatment since we’ve all likely experienced at least one ACE. TRUE/FALSE
4. There are both risks and benefits of screening everyone for ACEs. TRUE/FALSE
5. Which of the following could be considered adverse childhood events?
 - a) witnessing domestic violence
 - b) growing up in a unsafe neighborhood
 - c) being bullied
 - d) all of the above
6. Which of the following was found to be one of the mental health outcomes of the ACE Study?
 - a) increased risk for depression
 - b) higher likelihood of suicide attempt
 - c) increased psychiatric hospitalizations
 - d) a and b are correct
7. ACEs were found to have long-term effects on a person’s
 - a) social aspects of life
 - b) medical health
 - c) both a and b are correct
 - d) parenting style

8. ACEs are believed to influence long-term outcomes through
 - a) disrupted neurodevelopment
 - b) adoption of risky behaviors
 - c) cognitive, social, and emotional impairment
 - d) all of the above
9. Toxic stress is
 - a) normal and adaptive
 - b) excessive and unbuffered
 - c) known to alter child brain development
 - d) both b and c are correct
10. A protective factor against the effects of ACEs include
 - a) multiple foster care placements if parents have a history of abuse
 - b) academic tutoring
 - c) a nurturing and supportive caregiver
 - d) none of the above
11. Which of the following is one of the benefits of universal screening of ACEs?
 - a) increased mental health stigma
 - b) decreased re-traumatization
 - c) sending more abusers to jail
 - d) decreased healthcare costs
12. Which of the following is one of the risks of universal screening of ACEs?
 - a) re-traumatization
 - b) stigmatization
 - c) unclear interventions
 - d) all of the above

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T345>

**“THE ADVERSE CHILDHOOD EXPERIENCES STUDY:
HOW IT CAN HELP, AND HURT, CLINICAL PRACTICE” (A345)**

Videoconference Webcast

Original Broadcast Date: December 11, 2019

**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR
General CEUs, CADC, NBCC, Psychologists, and
Social Work/LPC/LMFT (2.0 CREDIT HOURS)**

INSTRUCTIONS: In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address and email address below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature

Date Completed

PLEASE PRINT CLEARLY:

Mailing Address

Name

City

State

Zip Code

Phone #

Email address

TYPE OF CREDIT: *Please Indicate Your Certification Needs*

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

PAYMENT ENCLOSED:

\$30

Check # _____ (Check payable to OERP/WPH)

Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.