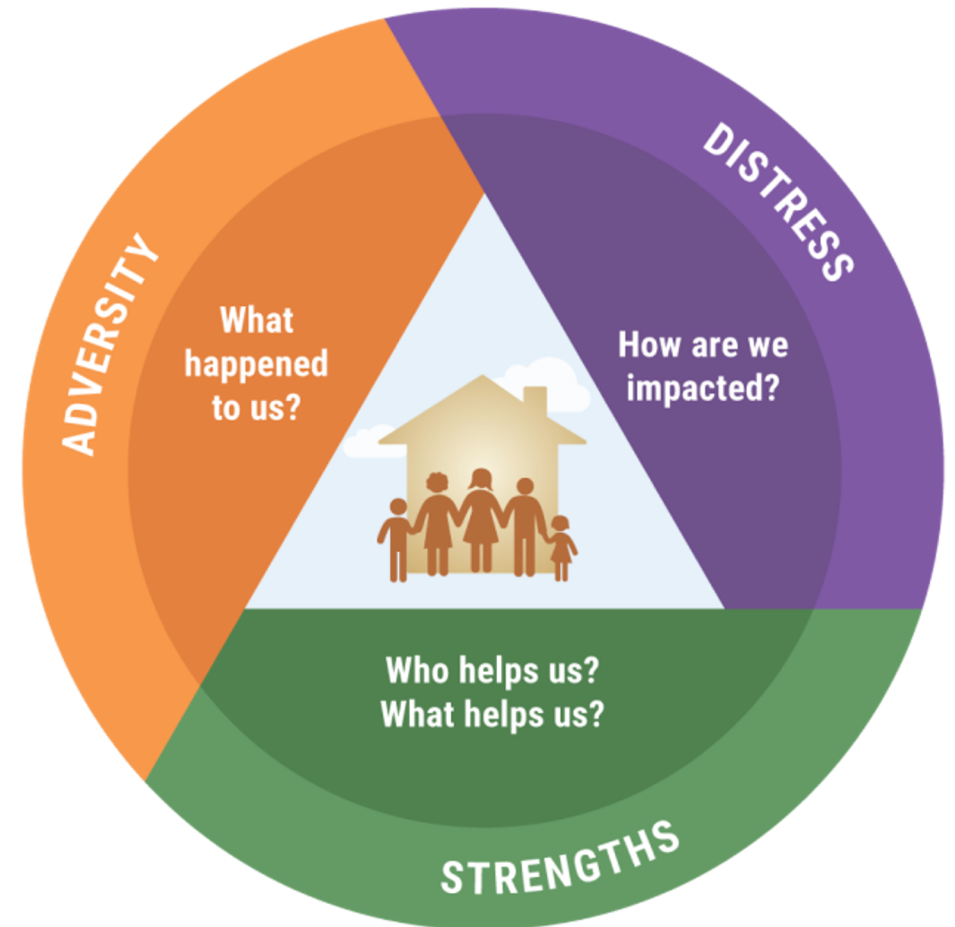


TRIADS: Trauma and Resilience-informed Inquiry for Adversity, Distress, and Strengths

Resilient Beginnings Network Community of Practice
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What is TRIADS?

- A framework to talk with patients and health care team members about Adverse Childhood Experiences (ACEs) and create healing relationships.
- An evidence-informed approach for ACE screening, education, and response in primary health care settings.



TRIADS Core Principles

- **Adversity** is a universal human experience that may have a negative impact on intergenerational health and wellbeing.
- **Trusting relationships** are at the core of all healing endeavors, including ACE screening and response.
- **Healthcare** should adopt a relational health approach that includes the social and emotional context of the whole person.

TRIADS Core Intervention Strategies

- **ACE Screening:** Empathic inquiry about the patient's experiences of adversity and trauma
- **Assessing Distress:** Supportive exploration of the possible links between the patient's ACEs and presenting physical and emotional health conditions
- **Highlighting Strengths:** Identification of personal characteristics, relationships, and community resources that support patient wellbeing

