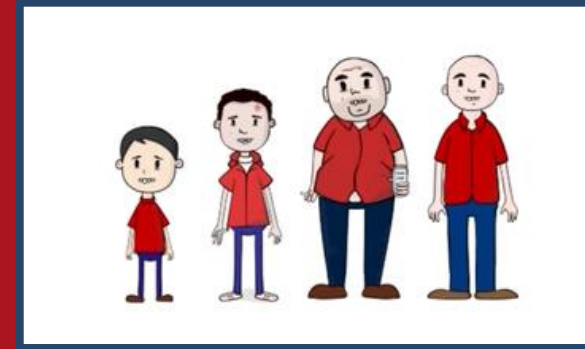


ACES



Adverse Childhood Experiences,
Resilience and Equity – Setting course
for a healthier Wales

Professor Mark A. Bellis

Director of Policy, Research and
International Development

Public Health Wales

Email m.a.bellis@bangor.ac.uk

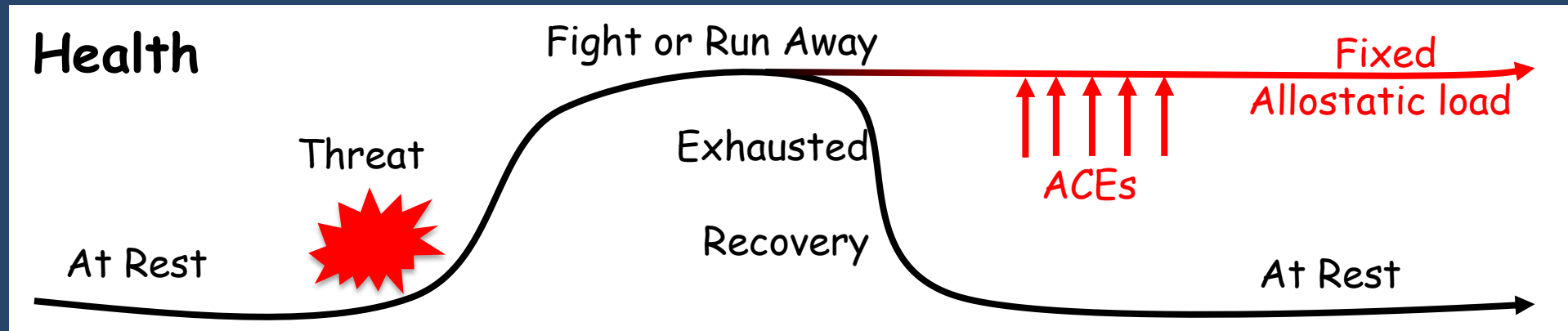


Early Life Experience and The Brain



Childhood

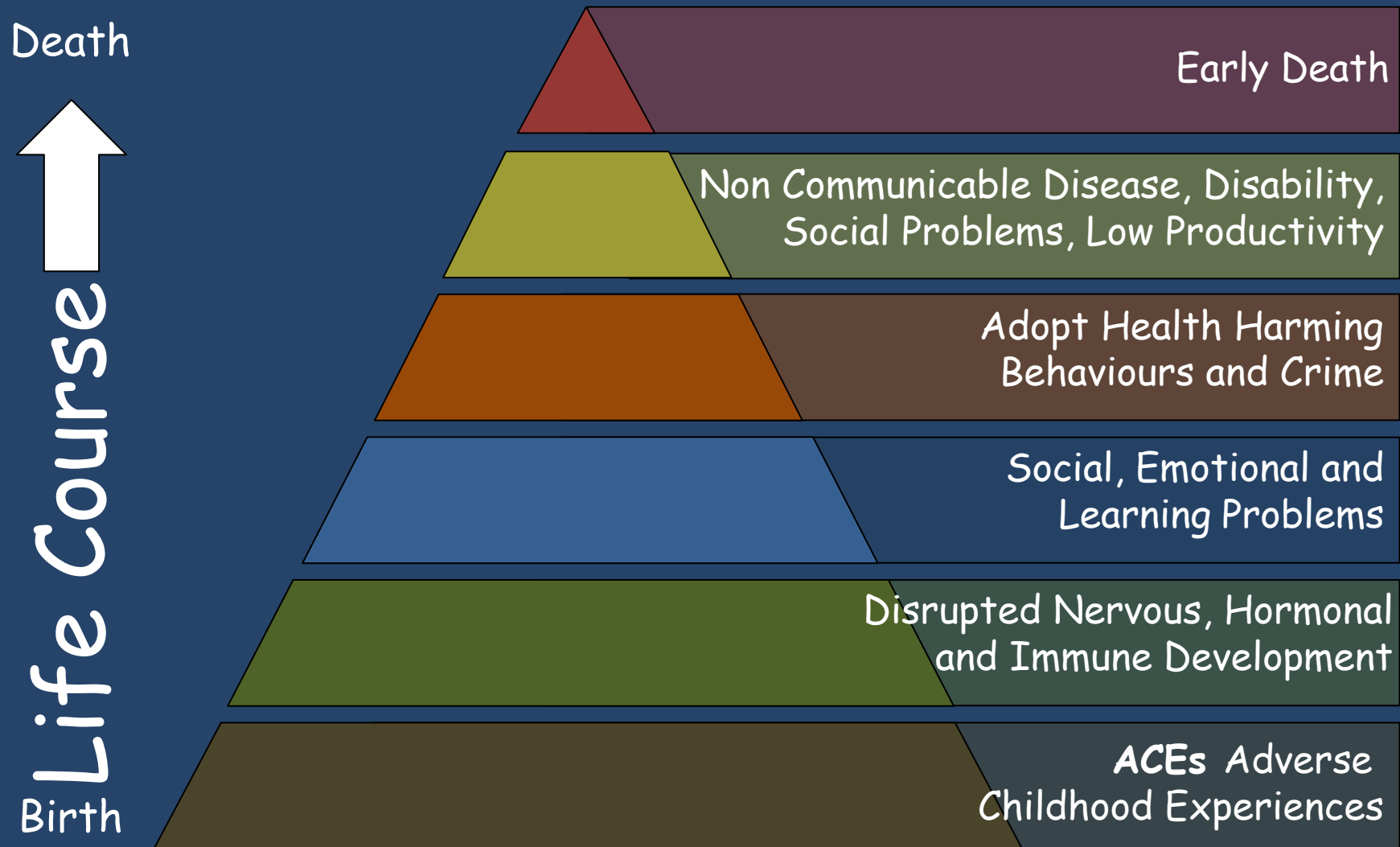
- First 2 years - baby's brain grows from 25% to 80% of adult size
- Critical restructuring continues through childhood for *empathy, trust, community*



Chronic Stress from ACEs

- Violence - over-develop 'life-preserving' brain
NEUTRAL CUES LOOK THREATENING
- School - anxious, disengaged, poor learner

Adverse Childhood Experiences ACEs - The Life Course



How many Adults in Wales have ACEs

Child Maltreatment



Verbal abuse
23%



Physical abuse
17%



Sexual abuse
10%

Childhood Household included



Parental
separation
20%



Domestic
violence
16%



Mental
illness
14%



Alcohol
abuse
14%



Drug
use
5%



Incarceration
5%

For every 100 adults in Wales, 47 have suffered at least one ACE and 14 have suffered four or more.

National Study of ACEs in Wales (18-69 years)

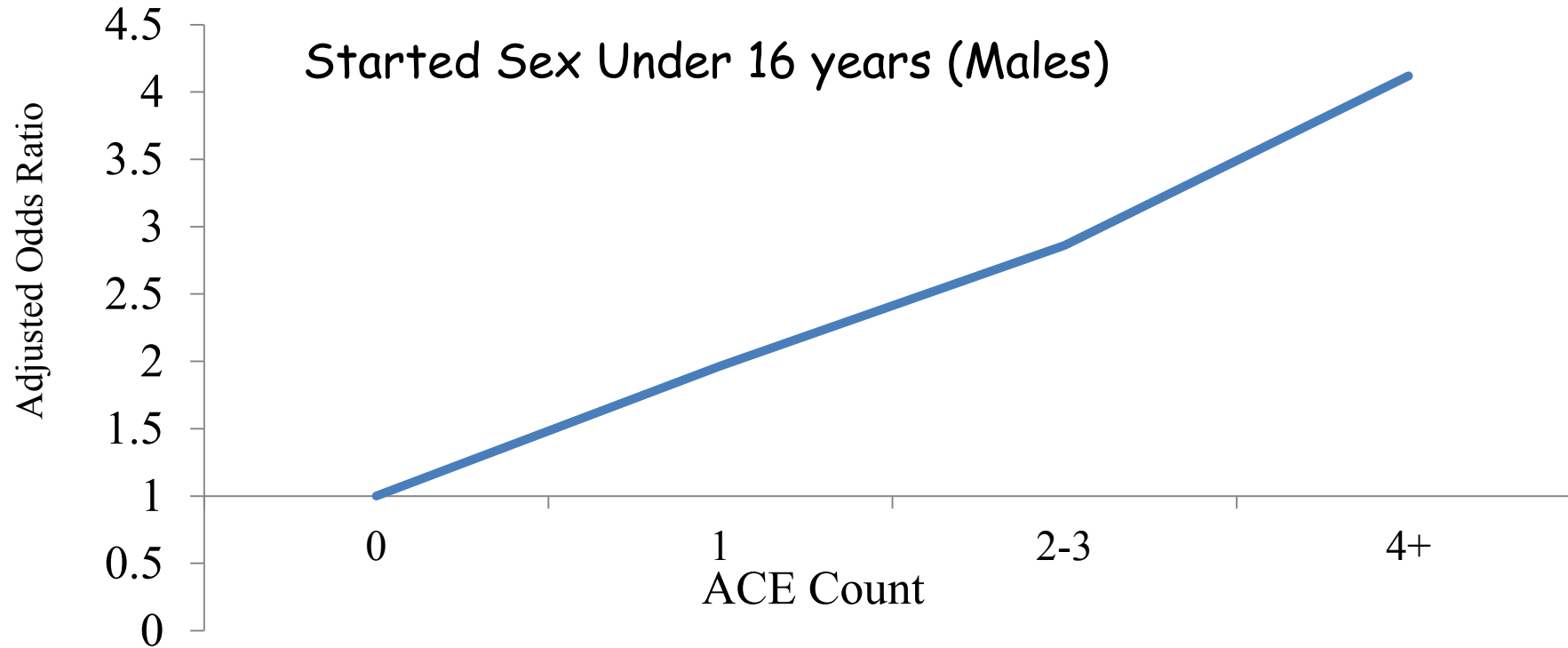
Compared with people with no ACEs, those with 4+ ACEs were:



- 4** times more likely to be a high risk drinker
- 6** times more likely to smoke tobacco or E-cigs
- 11** times more likely to have smoked cannabis
- 15** times more likely to have committed violence in last 12 months
- 16** times more likely to have used crack cocaine or heroin
- 20** times more likely to have been incarcerated in their life

INDEPENDENT OF POVERTY

ACEs Life Cycle - Children having Children



4+ ACEs vs. 0 ACEs
Mother ≤ 18 years when born



4+ ACEs vs. 0 ACEs
Got a girl pregnant when under 18 years



4+ ACEs vs. 0 ACEs
First child born under 18 years



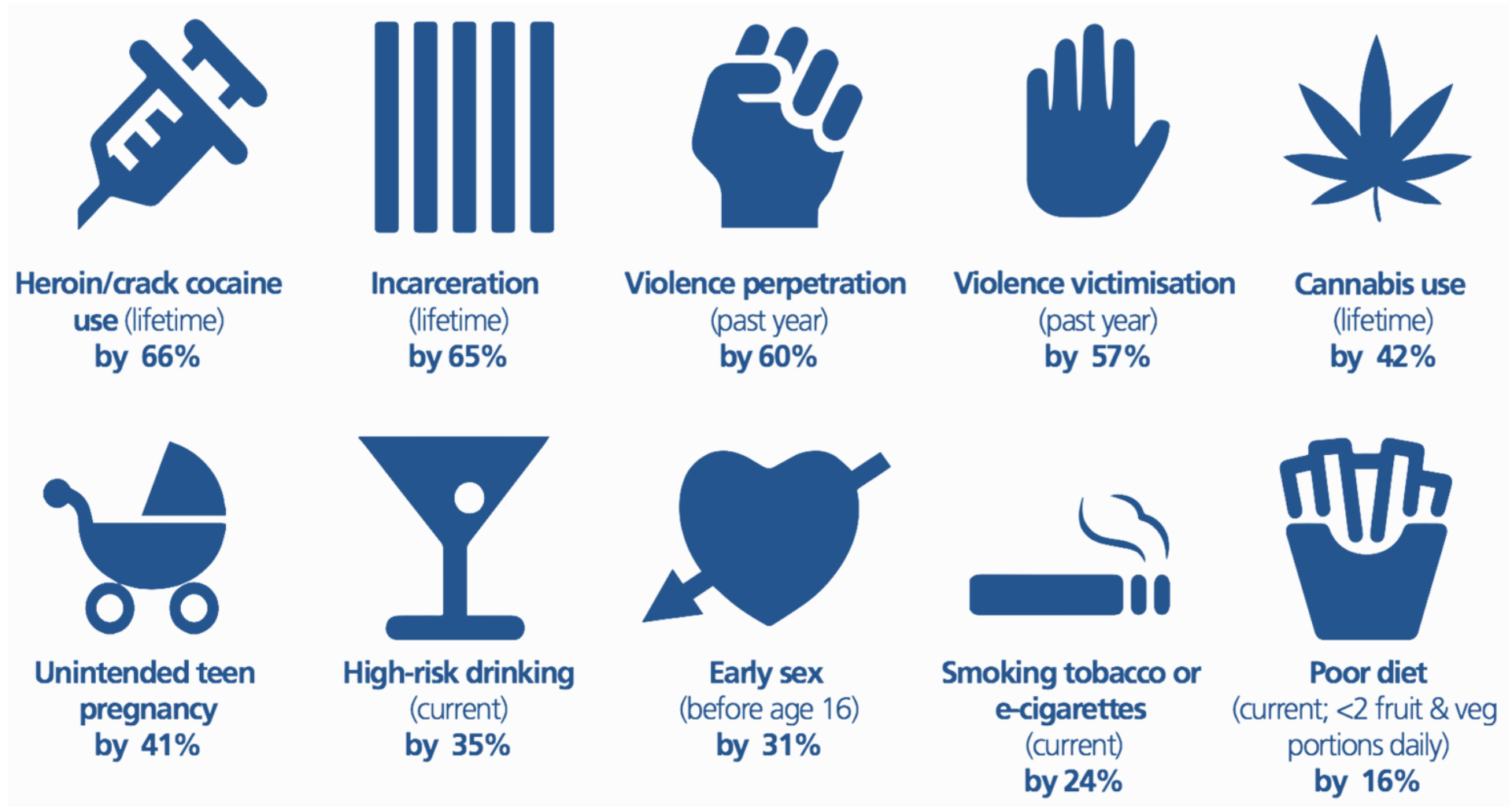
18-29 year olds

With no ACEs 3%
had hit someone in
the last 12 month

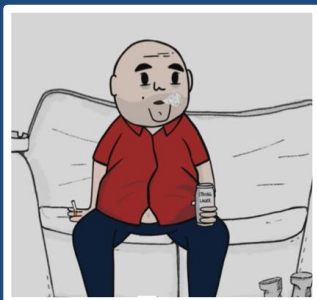
With 4 or more
ACEs 30% had hit
someone in the last
12 month



Preventing ACEs in Wales could reduce



in adults aged 18-69 years



Prevalence of low mental well-being in adults by the number of ACEs suffered in childhood

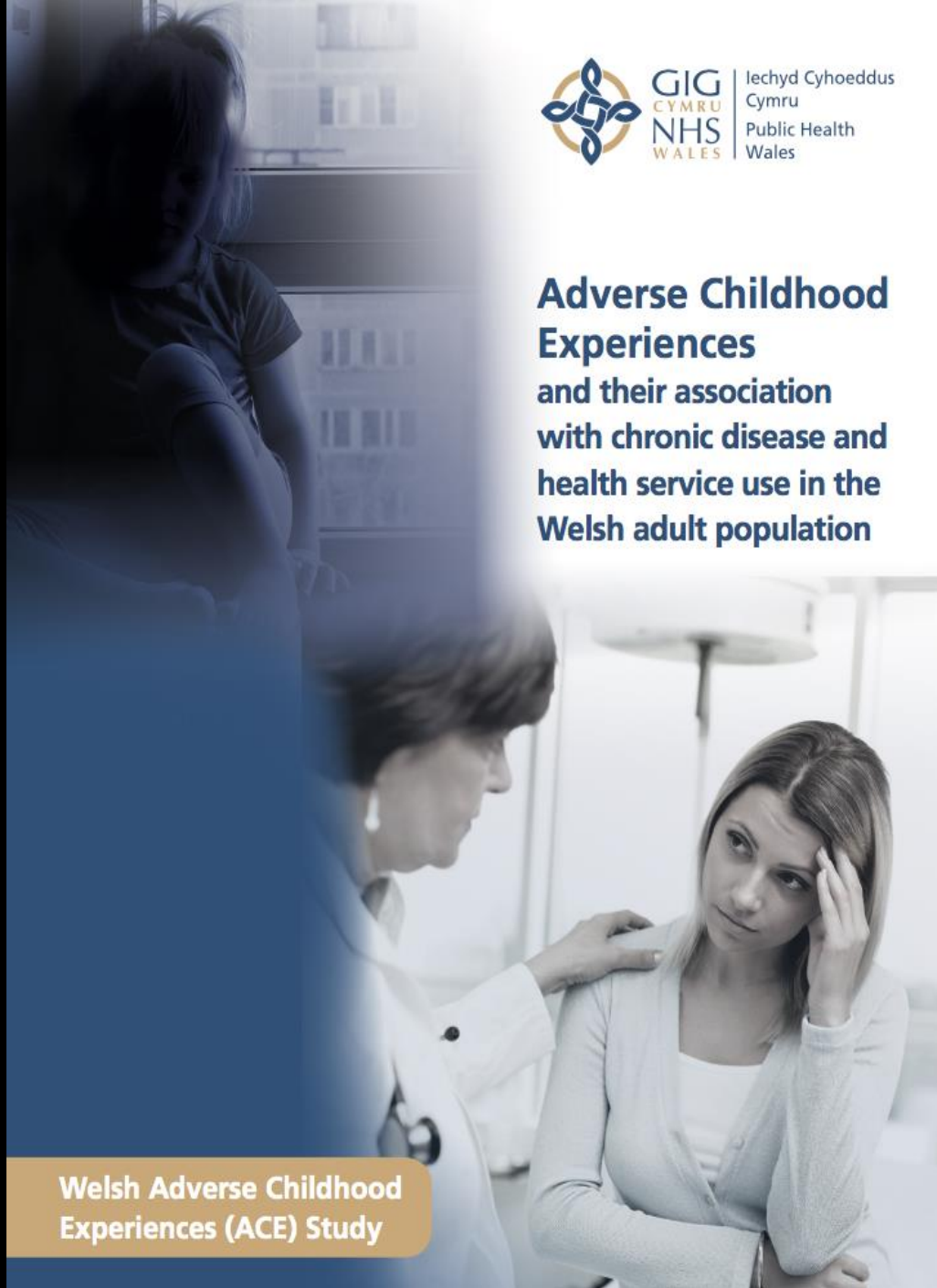
Over the past two weeks, compared to people with no ACEs, those with 4+ ACEs were also:

- 3 times more likely** to have never or rarely felt relaxed
- 3 times more likely** to have never or rarely felt close to other people
- 4 times more likely** to have never or rarely been thinking clearly
- 5 times more likely** to have never or rarely to have dealt with problems well
- 5 times more likely** to have never or rarely been able to make up their own mind about things
- 6 times more likely** to have never or rarely felt optimistic about the future
- 6 times more likely** to have never or rarely felt useful

ACEs - Part of Inequalities

- Deprived versus wealthiest 5th of people (England)
 - 3x more people suffered ≥ 4 ACEs in most
- Deprived or Affluent areas
 - **More ACEs = More smoking, alcohol misuse, early sexual activity and premature ill health across the life course**



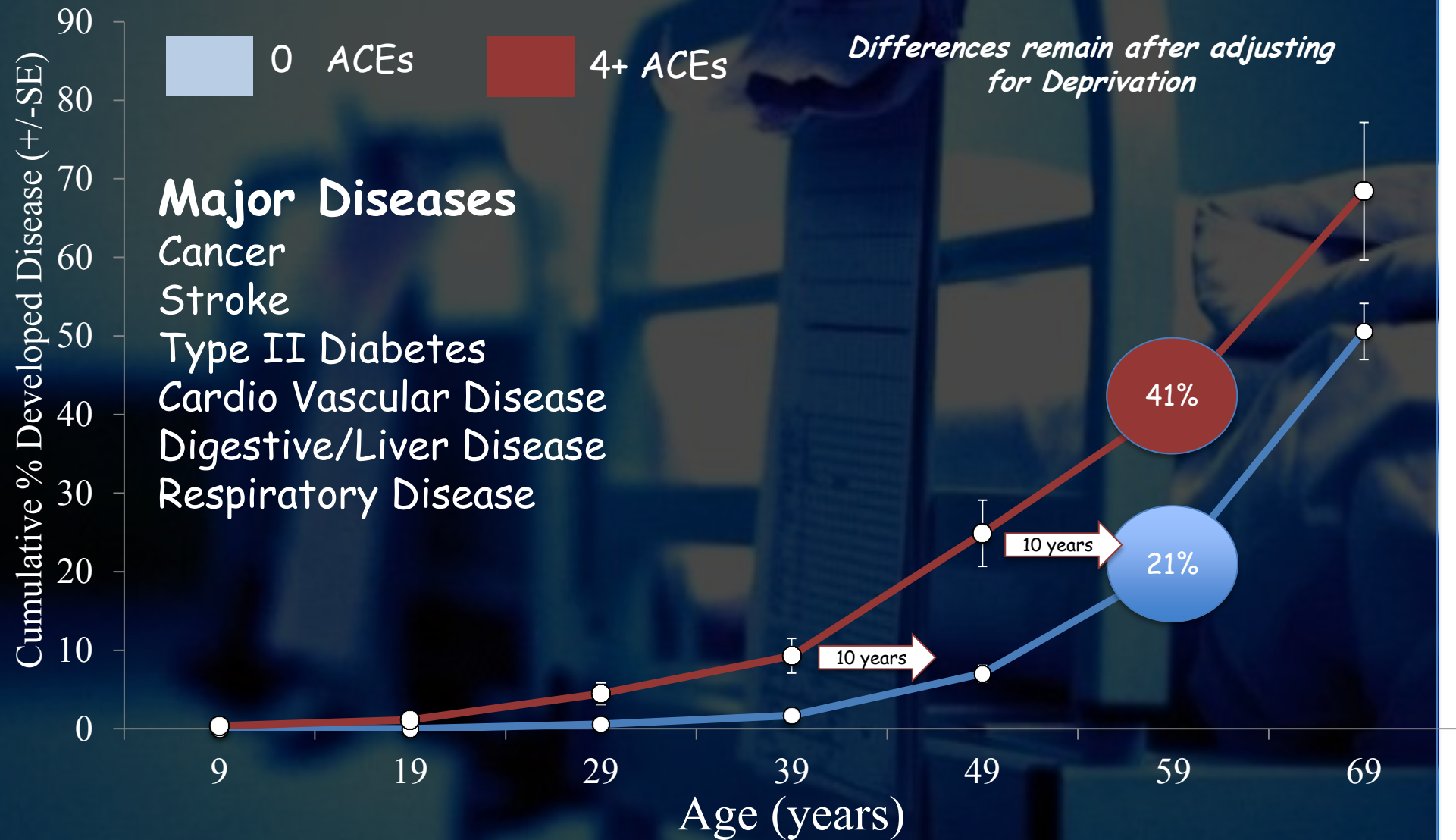


**Adverse Childhood
Experiences**
and their association
with chronic disease and
health service use in the
Welsh adult population

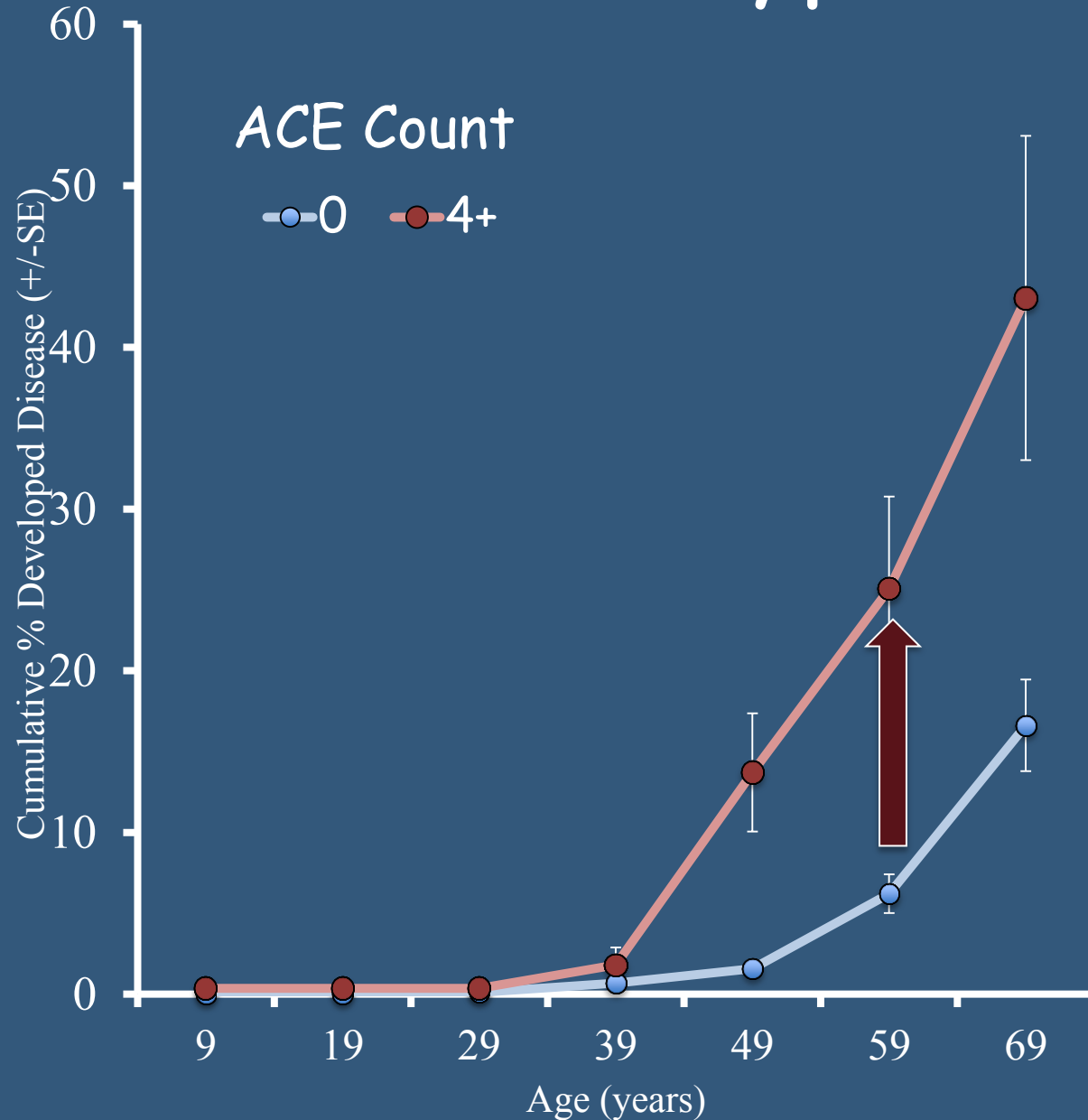
Welsh Adverse Childhood
Experiences (ACE) Study

Wales: Length of Healthy Life

Individuals Diagnosed with a Major Disease by Age (%)



Diabetes Type 2



4 or more vs.
No ACEs



4x
more likely to develop
Diabetes (Type 2)

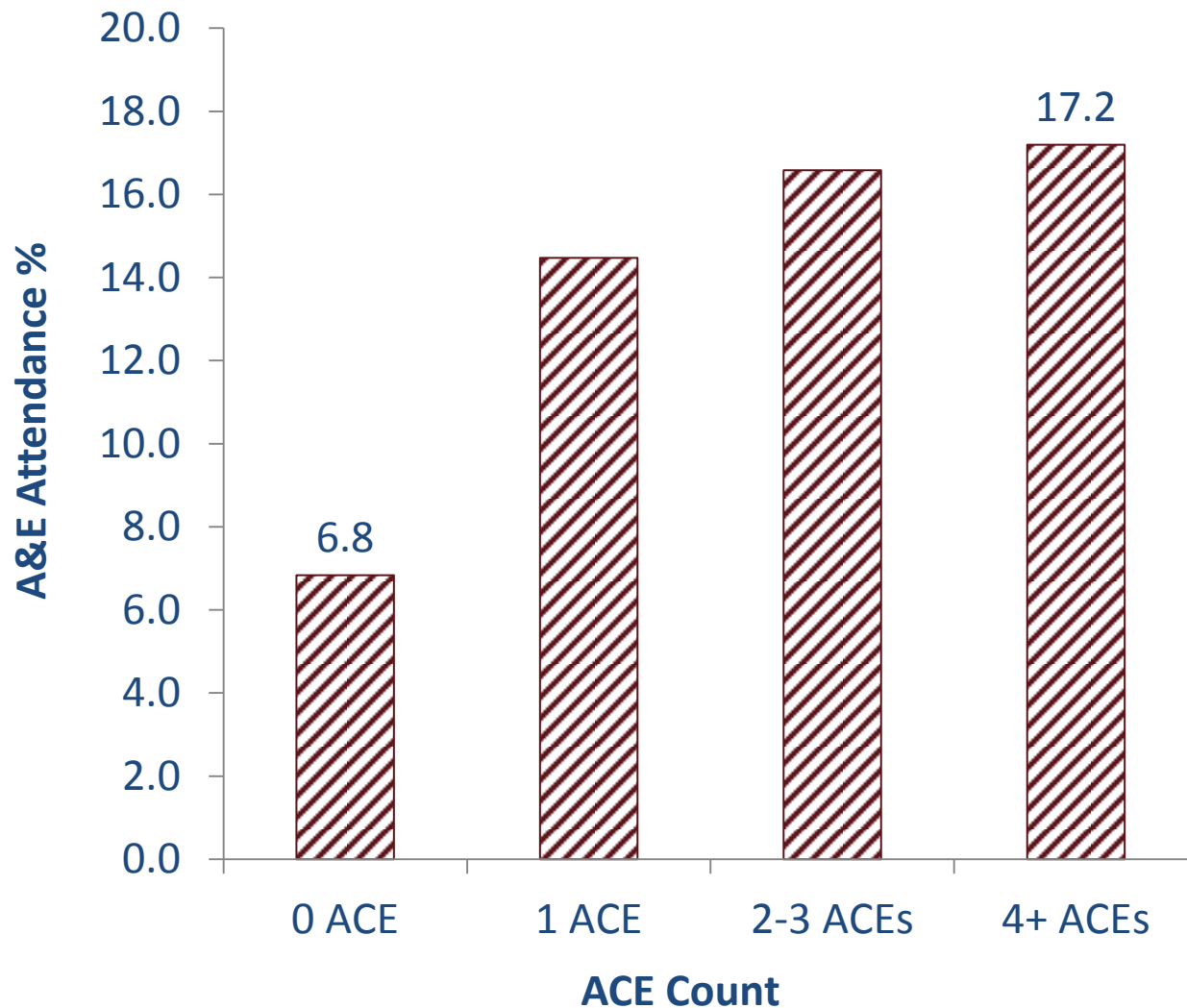


3x
more likely to develop a
Respiratory Disease



3x
more likely to develop
Heart Disease

Ever attended A&E in Last 12 Months



4 or more vs.
No ACEs

3x



more likely to have
attended A&E

2x



more likely to have
frequently visited a GP**

3x



more likely to have stayed
overnight in hospital

**Visited a GP six or more times over the past 12 months

What works?

1. Informed Professionals &

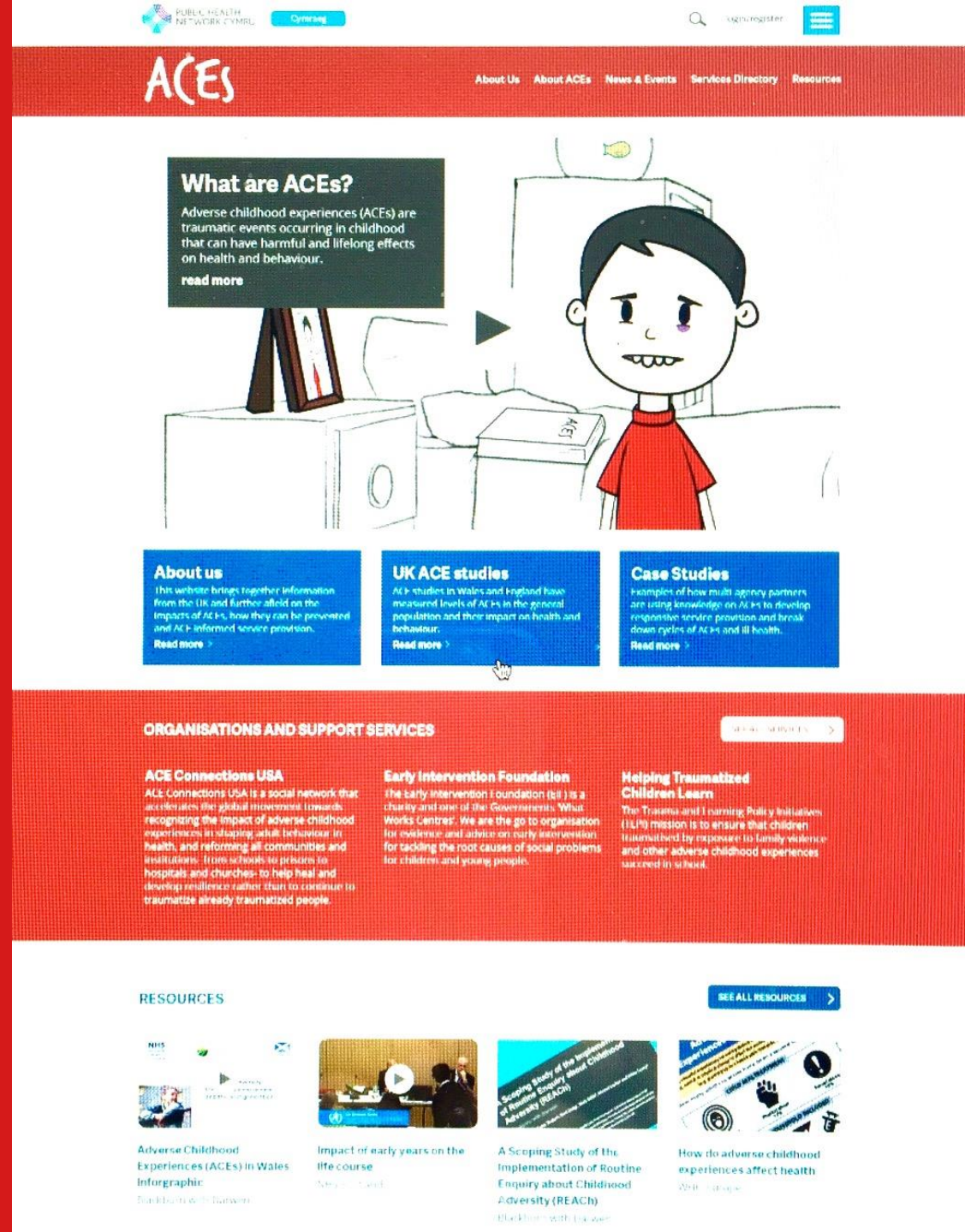
Public

Why can be more important than how

ACEs

Adverse childhood experiences

National ACE Summit & Launch 15th March 2017



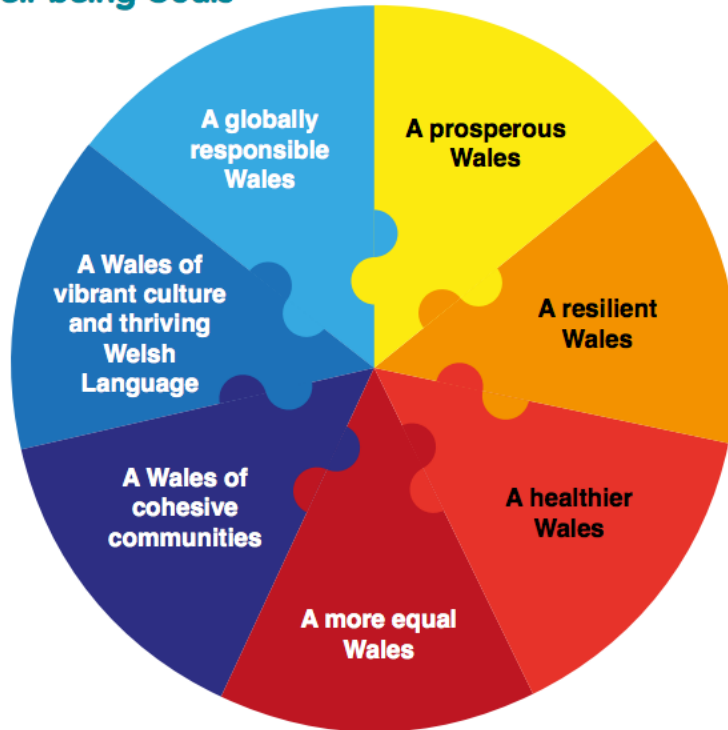
The screenshot shows the homepage of the ACEs website. At the top, there is a navigation bar with the ACEs logo and links for 'About Us', 'About ACEs', 'News & Events', 'Services Directory', and 'Resources'. A search bar and 'sign/register' link are also present. The main content area features a large illustration of a young boy in a red shirt standing in a room. To the left of the boy is a dark box with the text 'What are ACEs? Adverse childhood experiences (ACEs) are traumatic events occurring in childhood that can have harmful and lifelong effects on health and behaviour. read more'. Below this are three blue boxes: 'About us' (linking to information from the UK), 'UK ACE studies' (linking to studies in Wales and England), and 'Case Studies' (linking to multi-agency partner examples). A red banner below these boxes is titled 'ORGANISATIONS AND SUPPORT SERVICES' and contains three columns of text: 'ACE Connections USA', 'Early Intervention Foundation', and 'Helping Traumatized Children Learn'. At the bottom, a 'RESOURCES' section is titled 'SEE ALL RESOURCES' and contains four resource cards: 'Adverse Childhood Experiences (ACEs) in Wales Infographic', 'Impact of early years on the life course', 'A Scoping Study of the Implementation of Routine Enquiry about Childhood Adversity (REACH)', and 'How do adverse childhood experiences affect health?'. The website has a red and white color scheme.

What works?

**2. An Enabling Policy
Framework**

Well-being and Future Generations Act

Well-being Goals



Long Term



Prevention



Integration



Collaboration



Involvement

Local Well-being Plan

Public Service Boards must prepare and publish a plan setting out its objectives and the steps it will take to meet these

Social Services and Well-being (Wales) Act 2014

The Essentials



Llywodraeth Cymru
Welsh Government

www.gov.wales



Llywodraeth Cymru
Welsh Government



Well-being



People



Partnership &
Integration



Prevention

Welsh Government

Taking Wales Forward

2016-2021

“Support families and parents to reduce adverse childhood experiences which can have lifelong effects.”

gov.wales

What works?

3. Screening

Identifying and addressing the risk factors



SEEKTM
Safe Environment for Every Kid

Safe Environment for Every Kid

lowers rates of child abuse and neglect and harsh parenting

- Parental depression
- Substance abuse
- Major stress
- Intimate partner violence
- Food insecurity



You need to feel good about yourself to be a good parent.

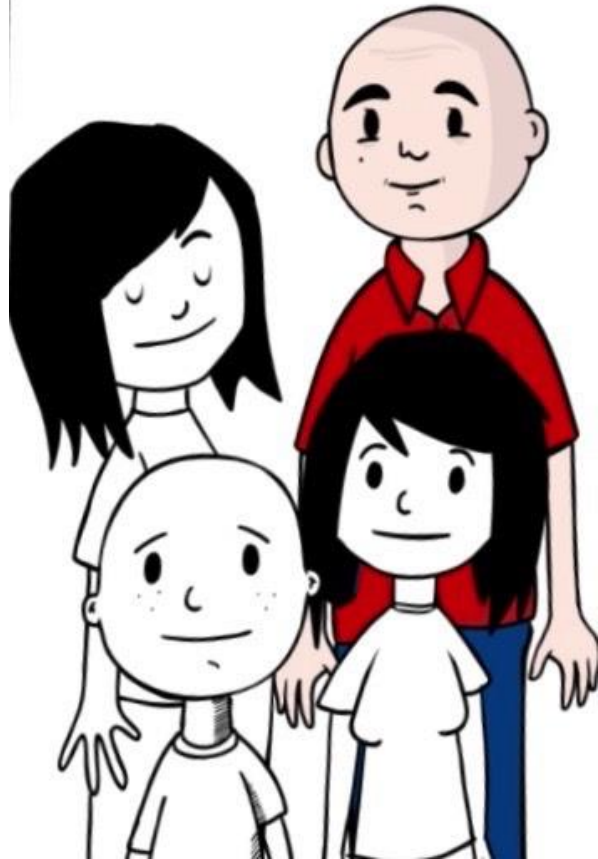
Multi-agency project focussed on preventing ACEs in the first 1000 days of life, when the greatest impact can be achieved

What works?

4. Early Life Support

A Safe and nurturing start for all children

Supporting Parents Preventing ACEs & Developing Resilience



Nurse Home Visiting

Parenting Programmes

Preschool Enrichment

↓ Child maltreatment
↓ Child injury



↑ High School completion



↓ Violent offences
↑ Employment in mid 20s

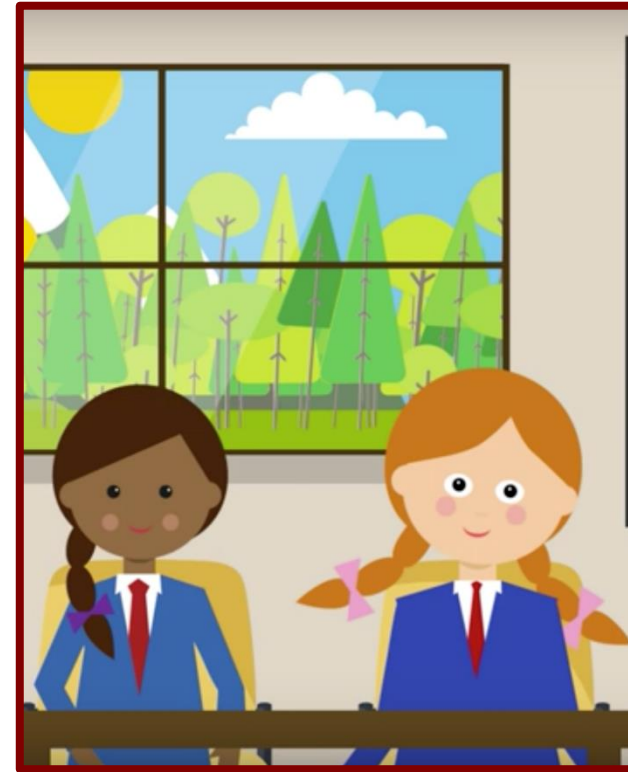
Multi-agency project focussed on preventing ACEs in the first 1000 days of life, when the greatest impact can be achieved

Children's Zones?

Ministerial led initiative bringing together organisations to prevent ACEs and build resilience

Principles

- *Long-term, shared, strategic focus*
- *Based on community's strengths*
- *Local freedom and autonomy*
- *Multiagency approach System*
- *Clarity of place*



Organisations must be able to talk to each other and share information about children and families

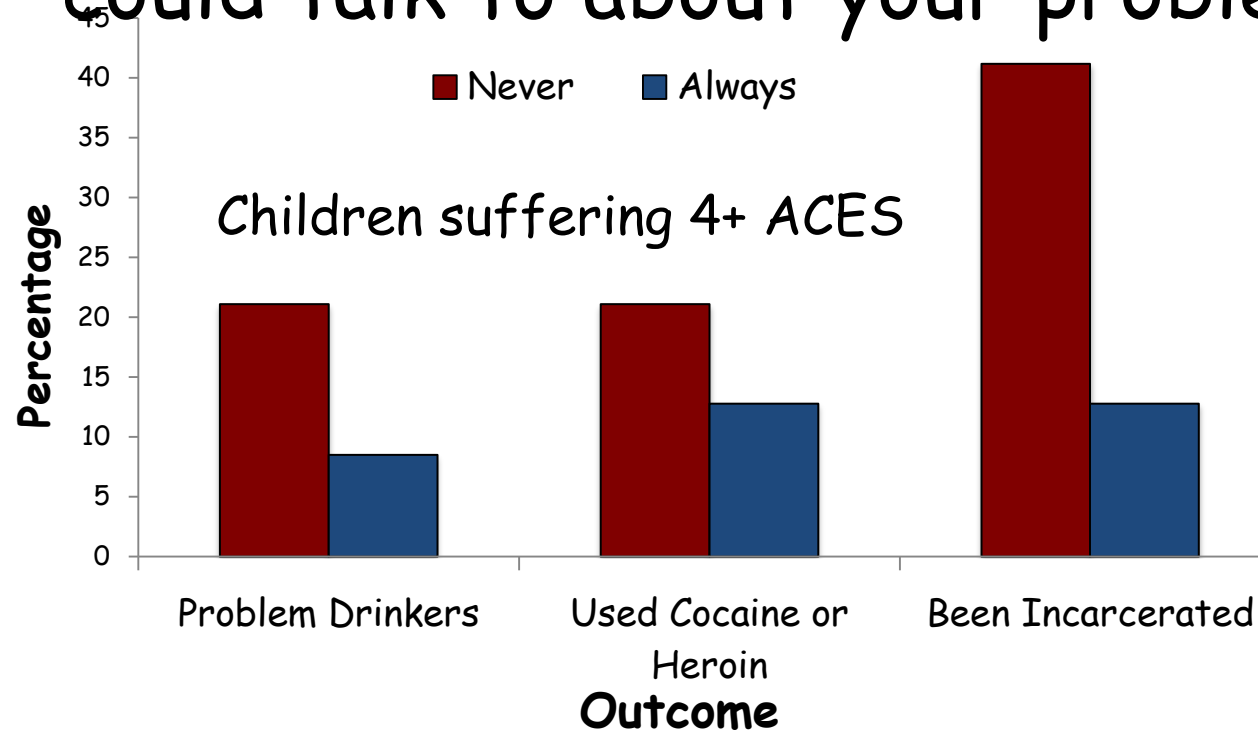
What works?

5. Developing Resilience

*Developing the ability to turn toxic
stress into manageable stress*

Building Resilience - Helping people cope with ACEs

As a child, there was adult you trusted and could talk to about your problems?



- Family Resilience Assessment Tool for Health Visitors (Wallace, University of South Wales)
- Focus on how being part of 'Community Wales' can add resilience

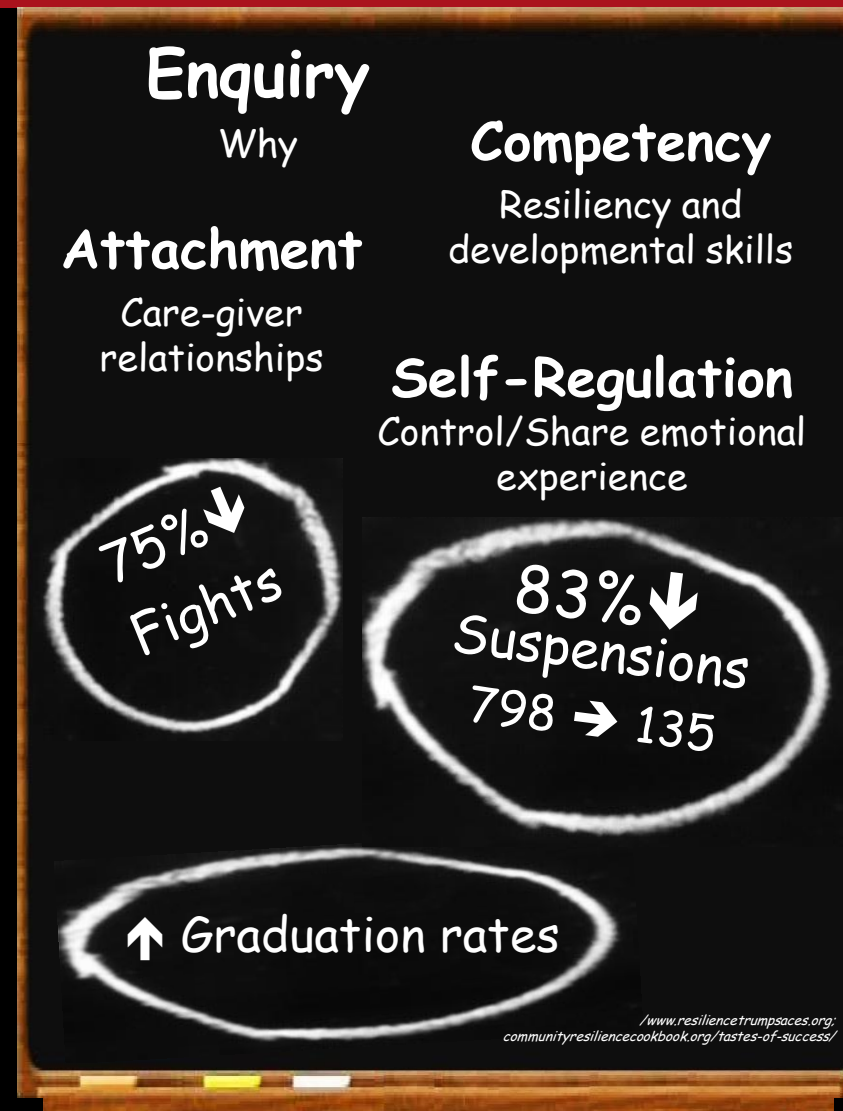
What works?

**6. Multiagency
Responses**

ACEs in Challenging High Schools

Example from Washington State Family Policy Council

- **ACEs**
 - 1/3 of class had 4+ ACEs
 - Best predictor of health, attendance, behaviour
 - Educational success related more to ACEs than income
- **Change**
 - Public Health and others inform staff about impacts of ACEs



- School Pilot in Wales (2017)
- Linkage with Health Schools network (in process)

ACEs and the Police

- 9 in 10 police contacts complex welfare, safety & vulnerability



**Roll out Police and Public Health Wales
Memorandum of Understanding**

...Ensure that from the earliest possible age individuals are supported to follow a health benefiting and crime free life course...

- Develop an ACE informed response with Police
- Plan to roll out to all forces across Wales (2017)

What works?

**7. Trauma Informed
Services**

Tackling hidden reasons for accessing Health Care

- Pre-examination completed ACE survey
- At examination asked, *How have ACEs affected you in later life?*
- Preliminary Results
 - General Practice ↓35%; Emergency Department ↓11%

Trauma Informed Practice

- Workforce Development
- Trauma Screening
- Practice Change
- Inter-Agency Working



The Long Reach of Childhood Trauma, Arielle Levin Becke, 2015

Machtiger et al. 2015, Lang et al. 2015, Sethi et al, 2010

- Testing the introduction of routine enquiry into ACEs into primary care setting in Wales (in progress)

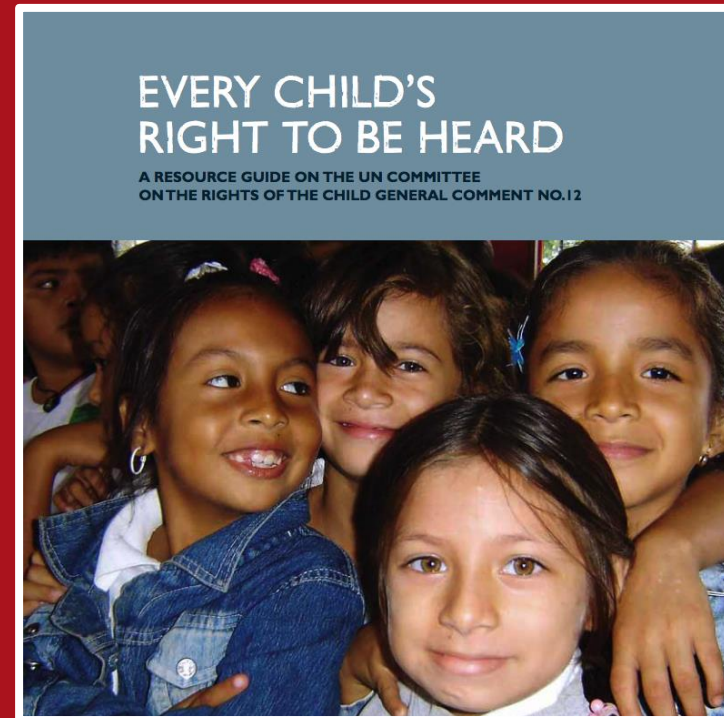
What works?

8. Monitoring Progress



Health Behaviour in School-aged Children Survey

- ACE Module
 - 4 EU Countries use some or all of it
- The Right of the Child to be Heard (UN Rights of the Child No. 12)



Public Health Outcomes Framework

What works?

9. Aligned Research & Development

Multi-disciplinary Agenda for Prevention & Resilience Research

Corpus Callosum

Infancy
Language,
Maths

Neglect

8-10 Years
Social cues
Sexual Abuse



Cortex

First 2-3 years
Judgment

All Maltreatment

8-10 Years
Reasoning

Witnessing
Domestic Violence

Hippocampus Amygdala

Ages 3-5, Fear, Panic

Understanding Emotion

Sexual Abuse

*Based on Washington State Family Council;
Nash, 1997; Early Years Study, 1999; Shonkoff, 2000*

Towards a Multi-disciplinary R&D Agenda

- Police, Schools, Primary Care, National Surveys
- Youth Justice Boards - ACE Informed Enhanced Case Management
- Social Housing and ACEs
- Healthwise Wales
- World leaders in safe and nurturing childhoods with a bit of 'silo busting'

What works?

10. A co-designed approach and a coordinating function

Why have a Hub?

- **Co-designing** - solutions with children and families
- **Sharing** - Providing organisation specific evidence
- **Training** - Building champions, ambassadors and practitioners
- **Linking** -multiple organisations to key policies, local and national

Wales Multi-agency ACE Hub

Evidence building and dissemination

Lift off
to
April 2017

Awareness raising
Training on ACEs
Developing and sharing tools
Test and action learning projects

Scale & Pace
April 2017
March 2018

Scaling up support
ACE informed public services
Helpline - public and professional
Community champions for social movement

Established
System
On going

Whole-systems approach
Working with PSBs and regional groups
Embedding ACE informed practice
National Bodies supporting an all-Wales response

International Networks

How many Adults in Wales have ACEs

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23%



Physical abuse
17%



Sexual abuse
10%

Childhood Household included



Parental
separation
20%



Domestic
violence
16%



Mental
illness
14%



Alcohol
abuse
14%



Drug
use
5%



Incarceration
5%

As well as healthier, happier children, Preventing ACEs in Wales could reduce



**Heroin/crack cocaine
use (lifetime)
by 66%**



**Incarceration
(lifetime)
by 65%**



**Violence perpetration
(past year)
by 60%**



**Violence victimisation
(past year)
by 57%**



**Cannabis use
(lifetime)
by 42%**



**Unintended teen
pregnancy
by 41%**



**High-risk drinking
(current)
by 35%**



**Early sex
(before age 16)
by 31%**



**Smoking tobacco or
e-cigarettes
(current)
by 24%**



**Poor diet
(current; <2 fruit & veg
portions daily)
by 16%**

**Increase mental well-being and employability and
reduced inequalities and non-communicable disease**



Professor Mark A. Bellis
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UK Focal Point to WHO for Violence and Injury Prevention
Email m.a.bellis@bangor.ac.uk