



**Hyb
Cymorth
ACE**

**Hyrwyddo a
Herio dros
Newid**

**Champion &
Challenge
for Change**

**ACE
Support
Hub**

21 March 2018

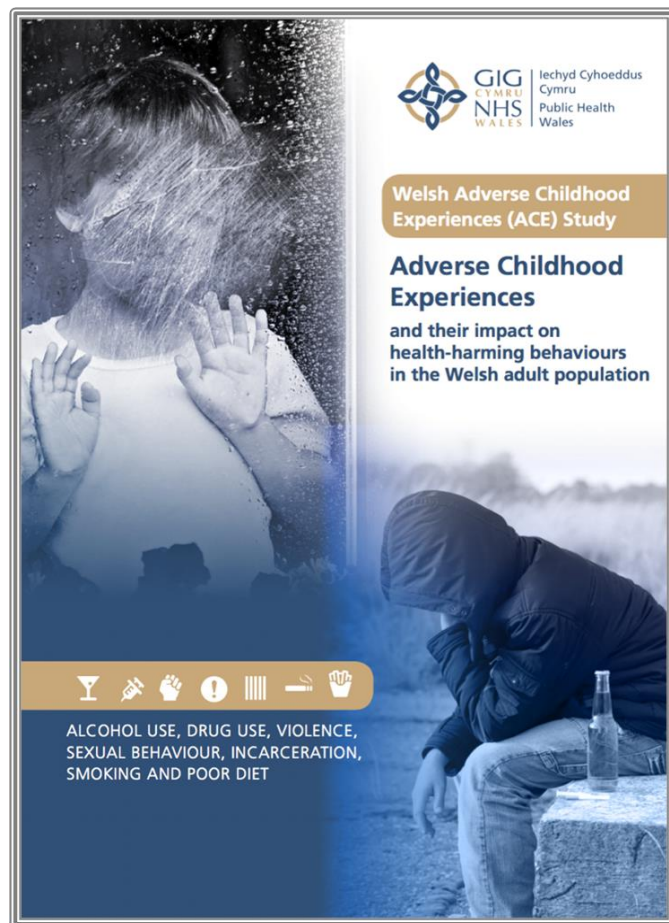
ACE Support Hub Wales: ACEs, Well-being and Educational Attainment

Presenter: Alyson Francis, Director ACE Support Hub

Today

- Wales ACE Study
- Into action – Wales ACE Hub &.....
- ACEs and Educational Attainment – our approach

ACE Study Wales



- Over 2,000 adults aged 18-69 years participated in two ACE's Studies for Wales
- Provided information on their exposure to ACEs before the age of 18 years and their health and lifestyles as adults.
- The study achieved a compliance rate of 49.1%
- The sample was designed to be representative of the general population in Wales
- Data were collected using an established questionnaire incorporating the short ACE tool developed by the US Centre for Disease Control based on work by Felitti *et al* (1998)



ACE Study Wales

How many adults reported each ACE in 2017?

Child maltreatment



Verbal
abuse
20%



Physical
abuse
16%



Sexual
abuse
7%

Household ACEs



Parental
separation
25%



Mental
illness
18%



Domestic
violence
17%

Neglect was measured for the first time in 2017. Most people who reported neglect had multiple ACEs.



Emotional neglect
7%



Physical neglect
4%



Alcohol abuse
13%



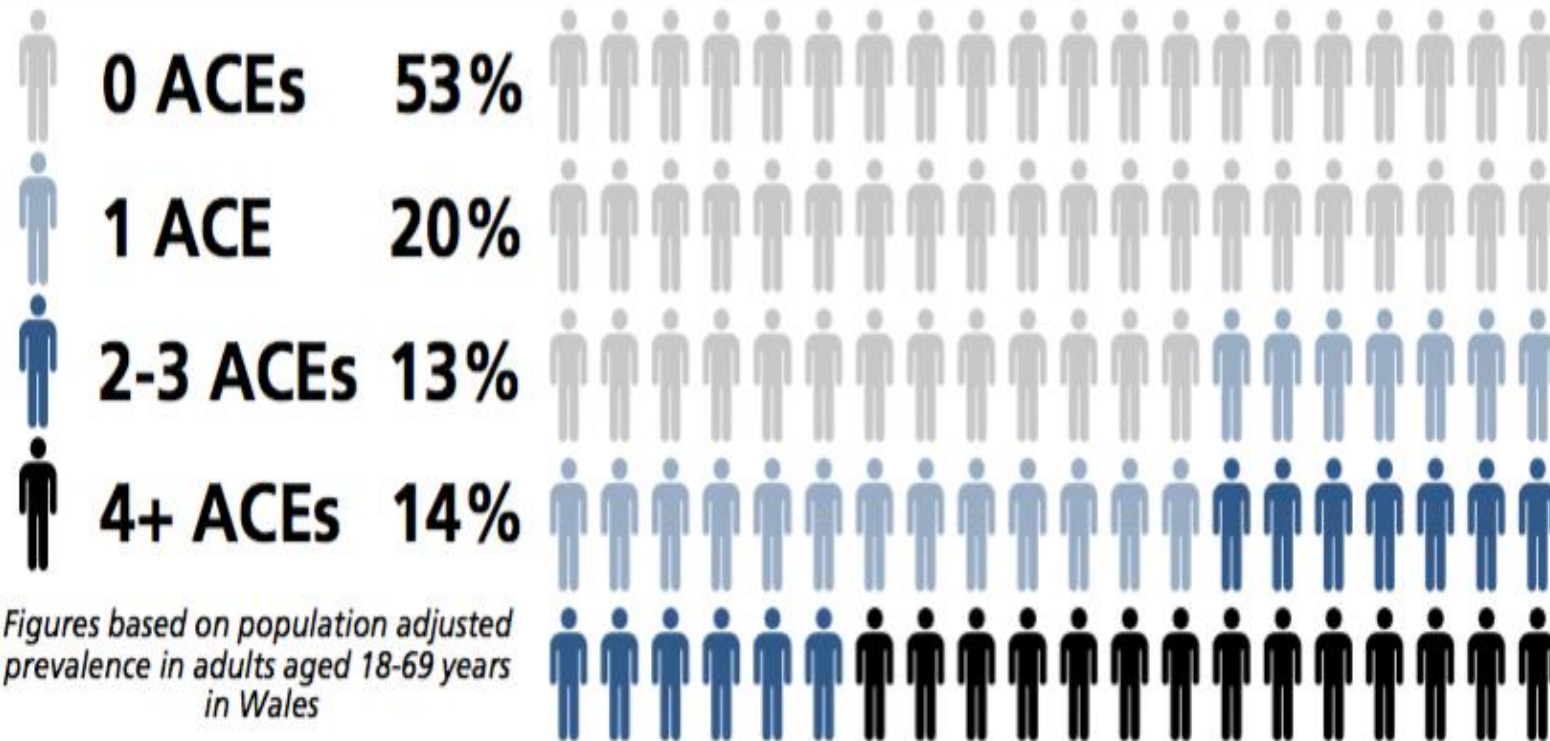
Drug abuse
6%



Incarceration
4%

Welsh ACE study - Prevalence

For every 100 adults in Wales 47 have suffered at least one ACE during their childhood and 14 have suffered 4 or more.



Prevalence

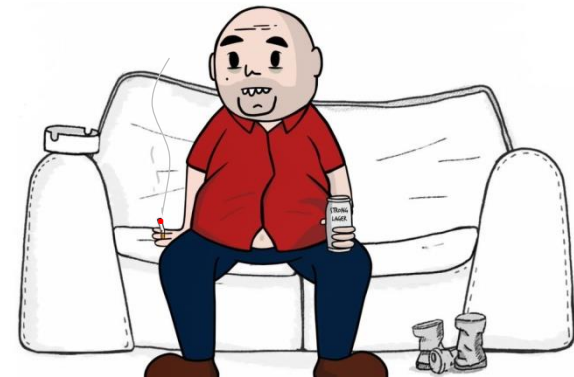
- ACEs don't occur alone...if you have one, there's an 87% chance that you have two or more.



ACEs – The Increased Risks

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

- 4 times more likely** to be a high-risk drinker
- 6 times more likely** to have had or caused unintended teenage pregnancy
- 6 times more likely** to smoke e-cigarettes or tobacco
- 6 times more likely** to have had sex under the age of 16 years
- 11 times more likely** to have smoked cannabis
- 14 times more likely** to have been a victim of violence over the last 12 months
- 15 times more likely** to have committed violence against another person in the last 12 months
- 16 times more likely** to have used crack cocaine or heroin
- 20 times more likely** to have been incarcerated at any point in their lifetime



ACEs – Mental well-being

Adults with 4+ ACEs were five times^s more likely to have low mental well-being than those with no ACEs

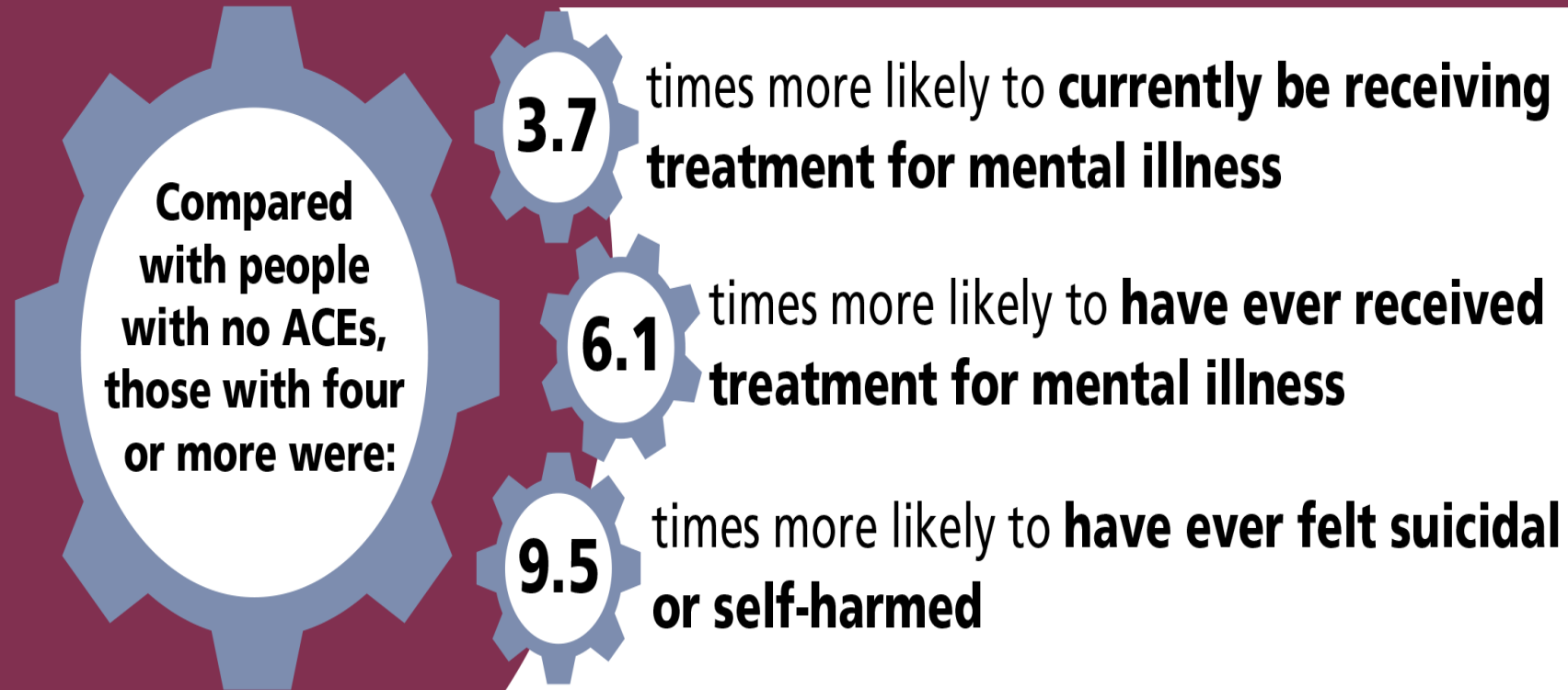
Over the past two weeks, compared to people with no ACEs, those with 4+ ACEs were also:

- 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 – Sources of Resilience – Mental Health

ACEs substantially increased risks of mental illness

1 in 3 adults reported having ever been treated for a mental illness



ACEs: Measuring Resilience

Childhood

12 item **Child and Youth Resilience Measure**

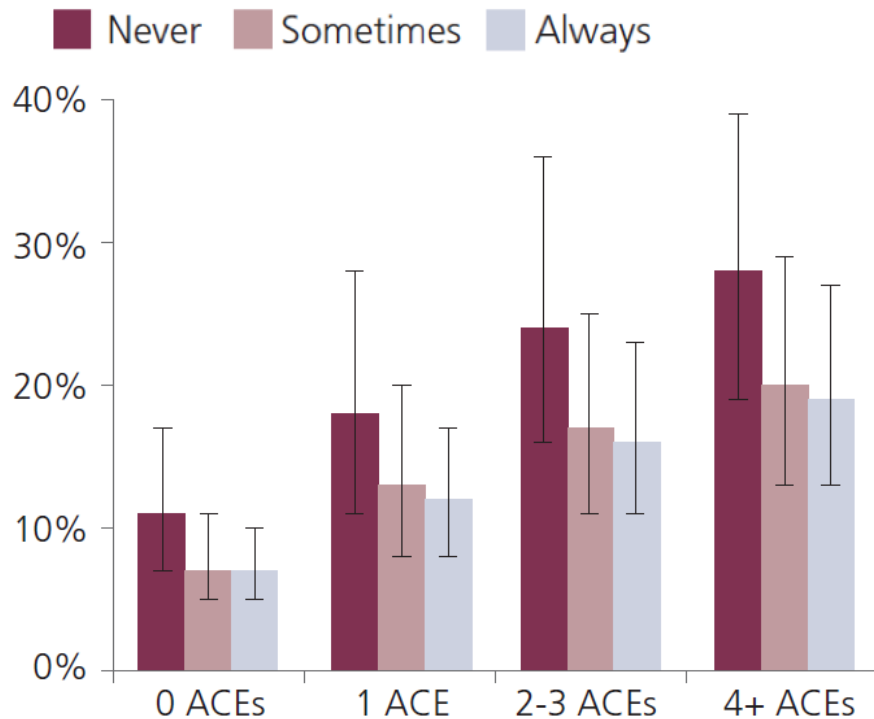
- Participation in **childhood social and leisure activities** (e.g. sports clubs/teams)
- **Childhood relationships with adults** (trusted adult and which adult figures [e.g. teacher] were important)

- 1. I had people I looked up to**
2. Getting an education was important to me
3. My parents/caregivers knew a lot about me
4. I tried to finish activities that I started
5. I was able to solve problems without harming myself or others
- 6. I knew where to go in my community to get help**
7. I felt I belonged in my school
8. My family would stand by me during difficult times
- 9. My friends would stand by me during difficult times**
- 10. I was treated fairly in my community**
11. I had opportunities to develop skills to help me succeed in life
- 12. I enjoyed my community's cultures and traditions**

ACEs: Trusted Adult Relationship

While you were growing up, before the age of 18, was there an adult in your life who you could trust and talk to about any personal problems?

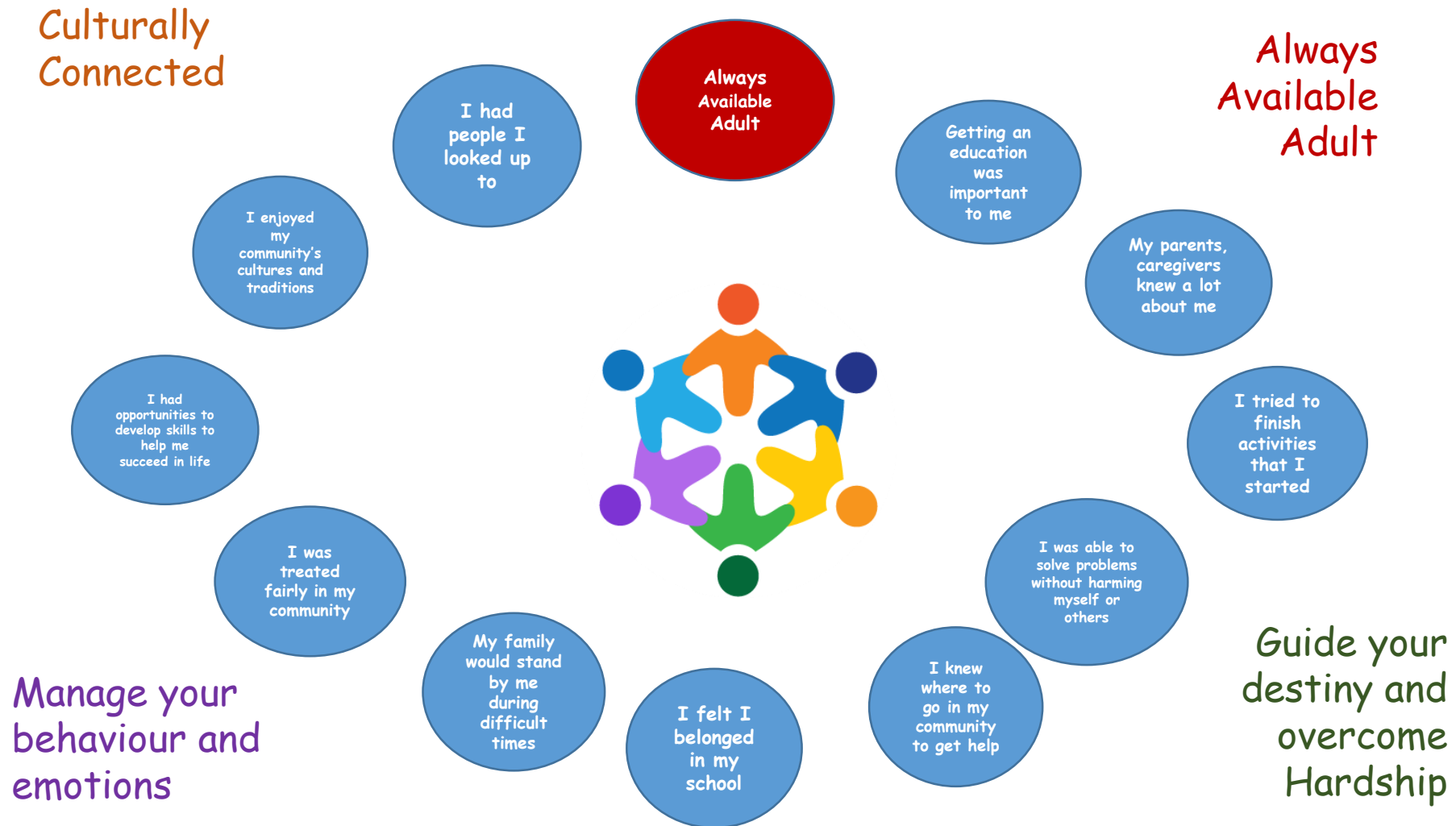
Trusted adult relationship



With four or more ACEs current mental illness was

- 28% in those **without** a trusted adult relationship
- 20% in those who **sometimes** had one
- 19% in those who **always** had a trusted relationship

Breaking the Cycle - Resilience



Some conclusions

1. ACEs are related to major increases in risk of mental ill health across the life course
2. Both childhood **and adult resilience** resources showed protective relationships with mental illness across ACE levels
3. 'Softer' support mechanisms facilitating networking and cultural engagement should be a factor in plans to enhance resilience and protect mental health
4. While further work is needed on causality the protection of existing community assets associated with resilience is important
5. There are strong relationships between resilience and sports participation in childhood and adulthood
6. Health messaging on sport should consider such links along with the more typical weight loss and cardio-vascular benefits
7. Those who require the most help may be the hardest to reach and least trusting of support services
8. Resilience factors may provide some protection, they do not entirely counter ACE related harms
9. Prevention, Resilience Building and Trauma informed services are required to ensure no one is left behind



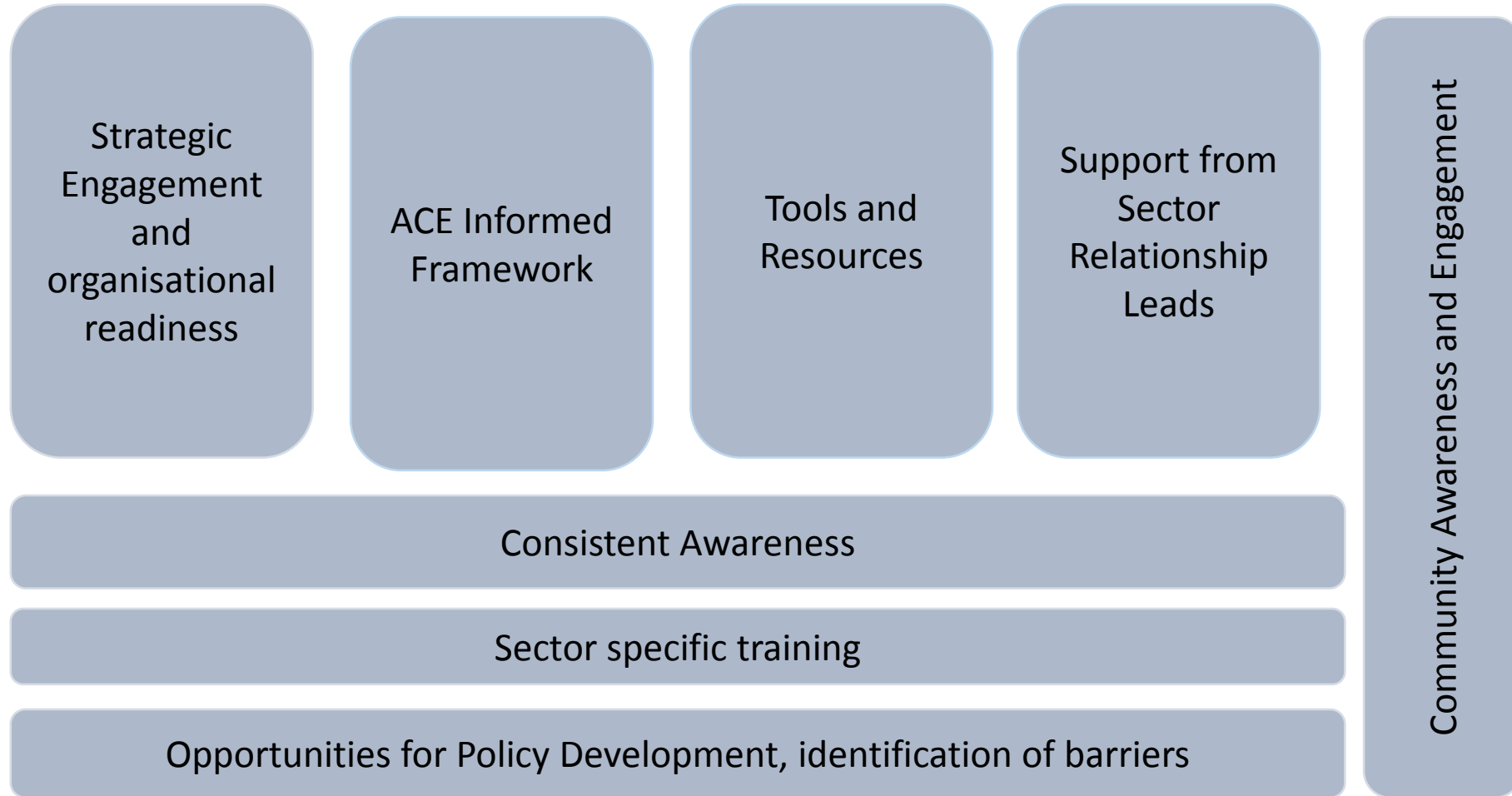
ACEs: What are we doing: the Hub



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- **Spreading information and knowledge about ACEs** enabling the voices of communities, children and families to co-design solutions that will work for them
- **Sharing evidence** about what organisations can do
- **Developing knowledge and skills** amongst professionals
- **Pulling learning** from individuals, communities, organisations and the wider system **and sharing it**
- **Driving change** at local and national levels

ACE Support Hub – Strategic Approach

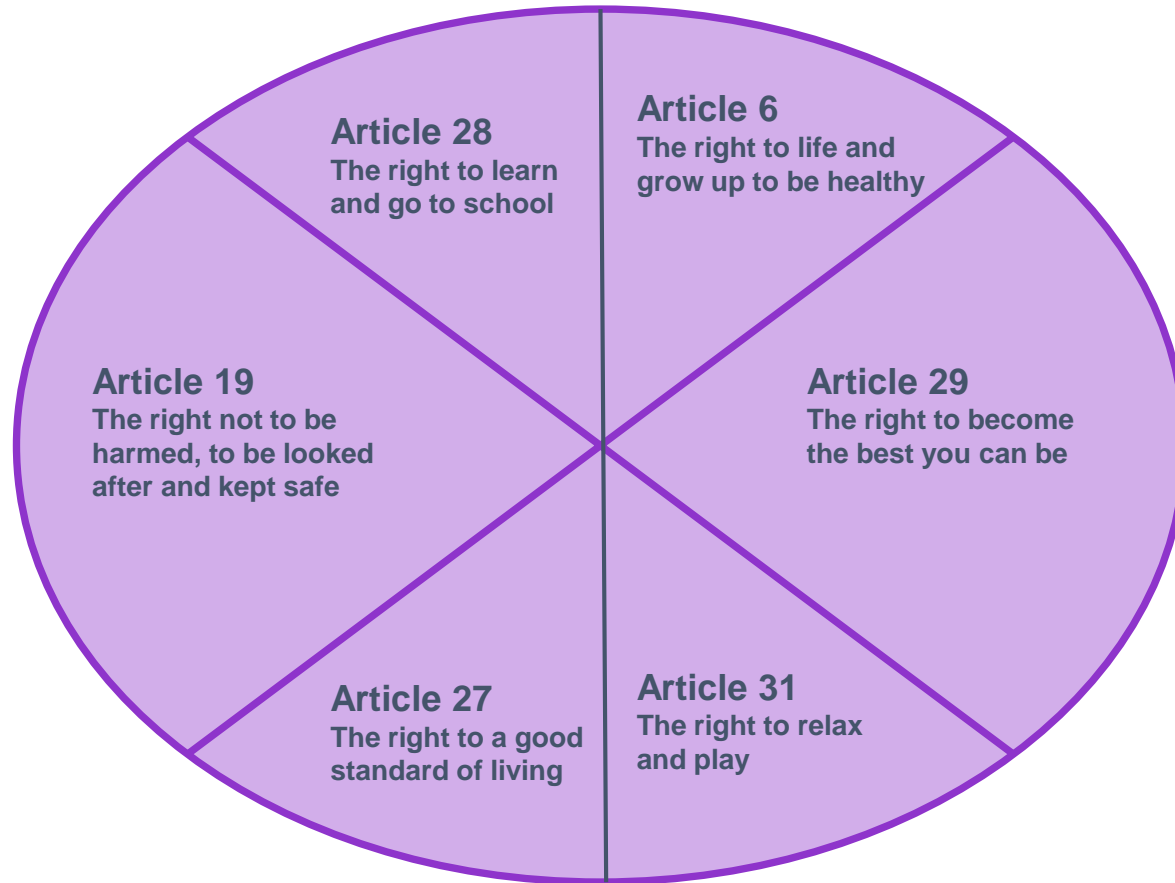


Raising Educational Attainment

Recognition in policy of the impact ACEs can have on learning

- Education Wales: Our National Mission – ACE informed workforce
- Successful Futures – The New Curriculum – working closely with Health and Wellbeing AOLE & Wellbeing Objective
- Keeping Learners Safe (2015)
- Well being of Future Generations (Wales) Act 2015
- Early Intervention and Prevention Project: Breaking the Generational Cycle of Crime

It's about Rights



ACE Informed Schools

Aim

Understand schools' readiness, identify resources to assist and support school staff to adopt an ACE-informed approach

Objectives

- Understand current provision and assets in schools around wellbeing, identify existing assets and resources and identify gaps
- Provide plan for how to support implementation of ACE-informed whole school approach
- Improve awareness, knowledge and skills of school staff when dealing with children affected by trauma and ACEs
- Provide resources to schools to support continued implementation of interventions as part of ACE-informed approach after the end of the project

ACEs and Education

Readiness
tool

Training
pack

Resources
to
support
learning

Skills and
Knowledge
Framework



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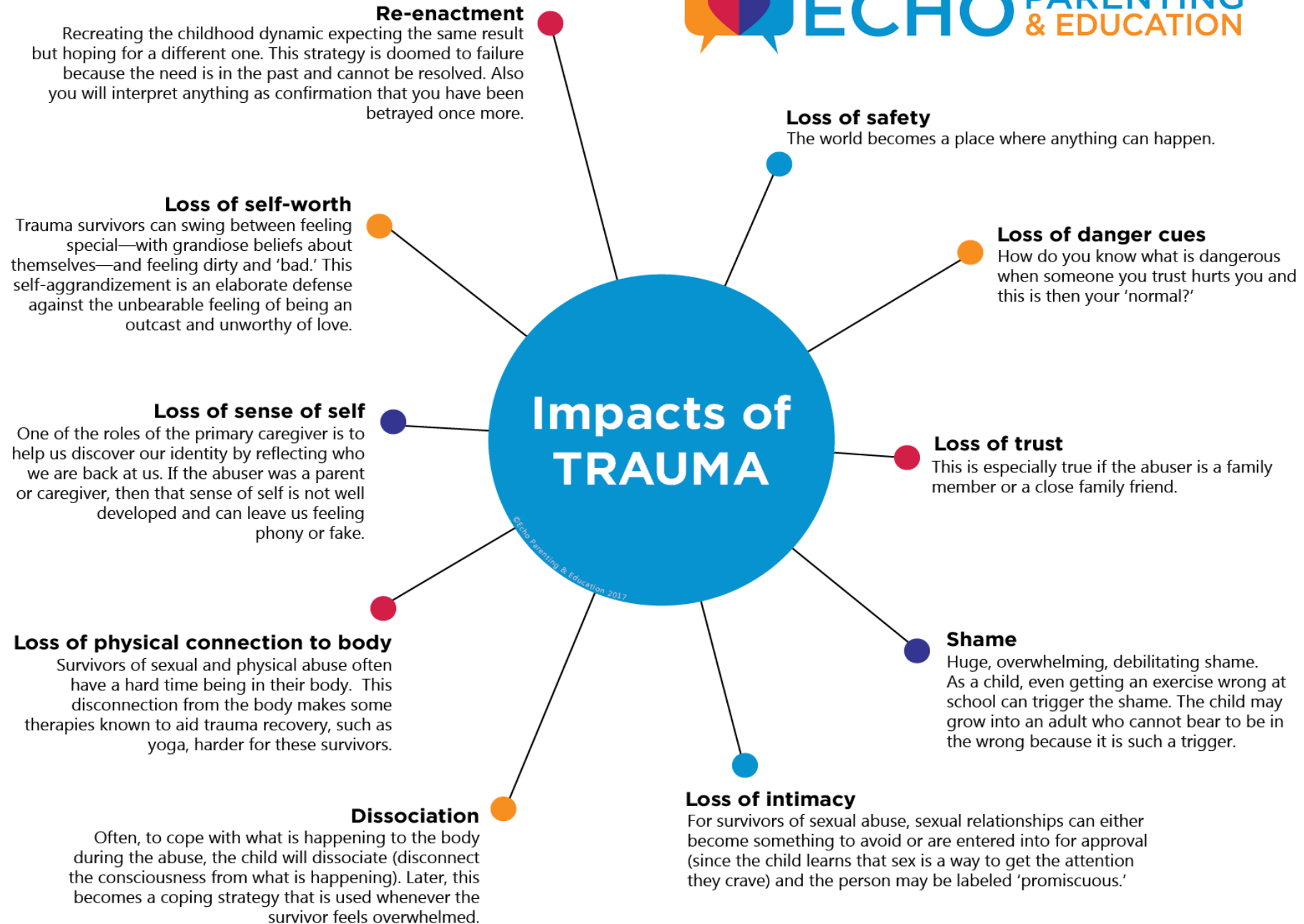


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A system that understands toxic stress

- Understands the impact of toxic stress on children and on staff
- Recognises that stress causes us to revert back to old habits that may have been overcome in the past.
- Learning about the psychobiology of toxic stress is liberating... it provides an explanation for some puzzling, often destructive behaviours we engage in and the feelings that can come to dominate us.







Long-term outcomes

- Improved pupil attainment
- Improved attendance
- Increased pupil wellbeing
- Fewer school exclusions
- Improved behaviour
- Improved attitudes to learning
- Learning informs broader programme of work on ACE-Informed Schools across Wales

And there's more...

Housing and ACEs

Shelter Cymru research
in to the rise of rough
sleeping in Cardiff,
Swansea and Wrexham

Knowledge and Skills
'framework'

ACE informed youth
workforce



Public Services Boards
Wellbeing Objectives

Police Transformation
Fund

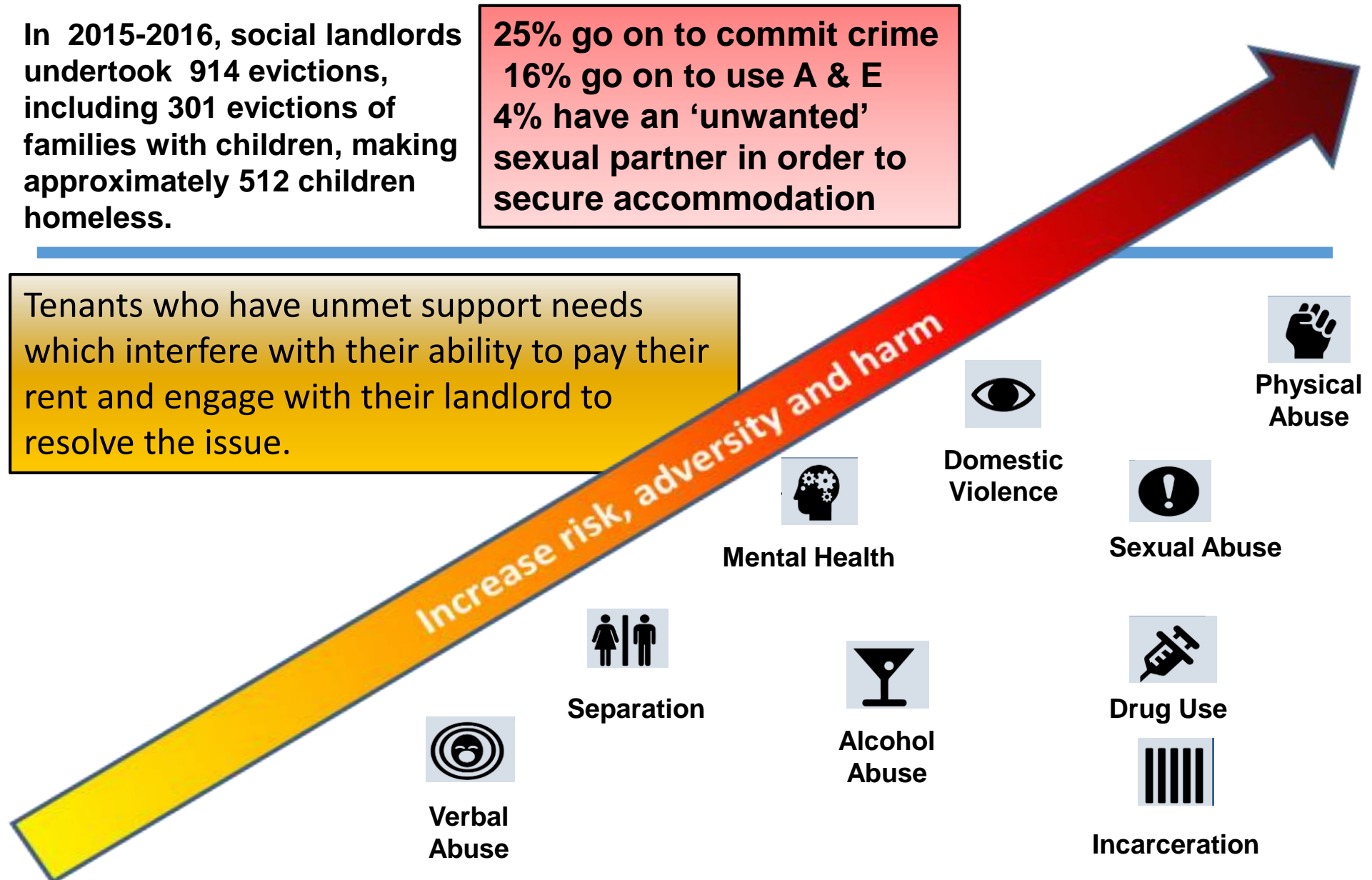
Vision of an ACE
Informed Wales

ACEs and Housing

In 2015-2016, social landlords undertook 914 evictions, including 301 evictions of families with children, making approximately 512 children homeless.

25% go on to commit crime
16% go on to use A & E
4% have an 'unwanted' sexual partner in order to secure accommodation

Tenants who have unmet support needs which interfere with their ability to pay their rent and engage with their landlord to resolve the issue.



ACEs and Youth Workforce

Aim: provide practitioners with a range of tools to support resilience and self-regulation which will support existing practice. Learning materials and training course has been developed to raise awareness of Adverse Childhood Experiences (ACEs), their impact on behaviour.

This learning has been developed for:

- Local Authority Youth workers
- Youth Offending Team staff
- Third Sector Youth Services
- Other workers who engage with young people

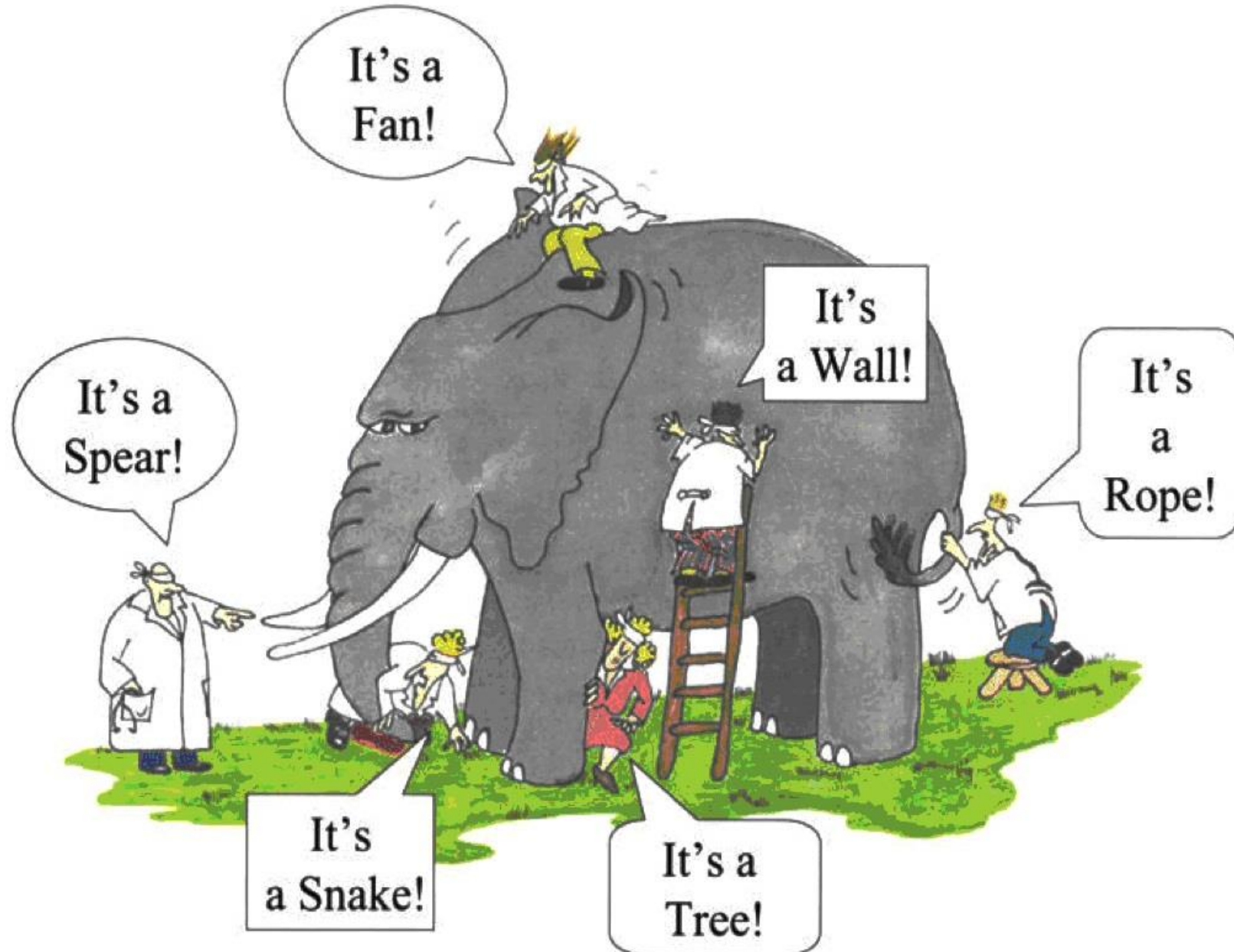


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SYSTEM RETRAUMATISING THE INDIVIDUAL



Organisations and ACEs



Safety

- How do you promote safety? (for staff and children/tenants/service users)
- How safe do your buildings feel?
- How safe is to express your feelings? (as a child/young person/parent/tenant/service user or as a staff member)
- Is it safe to make mistakes?

Resilience

- How are you asset based in your work?
- Are there choices? (for you, for children/young people/parents/tenants, service users?)
- Is there creativity?
- Is there collaboration?

Relationship

- How do children/parents/tenants/service users /colleagues experience you?
- How involved and connected are you to your organisation? Are others connected to you and/or their community? Are others at the centre of decision making?
- How do you think your organisation is understood and experienced by children/young people/tenants/service users?
- If different departments are working in different ways with different agendas, how is this explained?

Trauma organised systems

Service users	Staff	Organisation
Feel unsafe	Feel unsafe	Is unsafe
Aggressive	Punitve	Punitive
Helpless	Helpless	Stuck
Hopeless	Hopeless	Missionless
Hyperaroused	Hyperaroused	Crisis Driven
Fragmented	Fragmented	Fragmented
Overwhelmed	Overwhelmed	Overwhelmed
Confused	Confused	Valueless
Depressed	Demoralised	Directionless



You can be affected indirectly by trauma

- **Vicarious trauma**: can occur when you hear about and see the effects of trauma on the lives of others
- **Compassion fatigue**: Can cause errors in judgment, detachment from work, avoidance
- **Burnout** : Usually characterised by: lack of enthusiasm; sense of stagnation; feelings of frustration; apathy toward your job and the people there



So many 'key' messages and so little time....

It's not another
thing/service/int
ervention

Brave
leadership

It's never too
late

Not "engaging"
is engaging

Care for
the
workforce

Silos

“The evidence has huge implications:

what you do and how you

do it fundamentally

matters

and individuals and their life

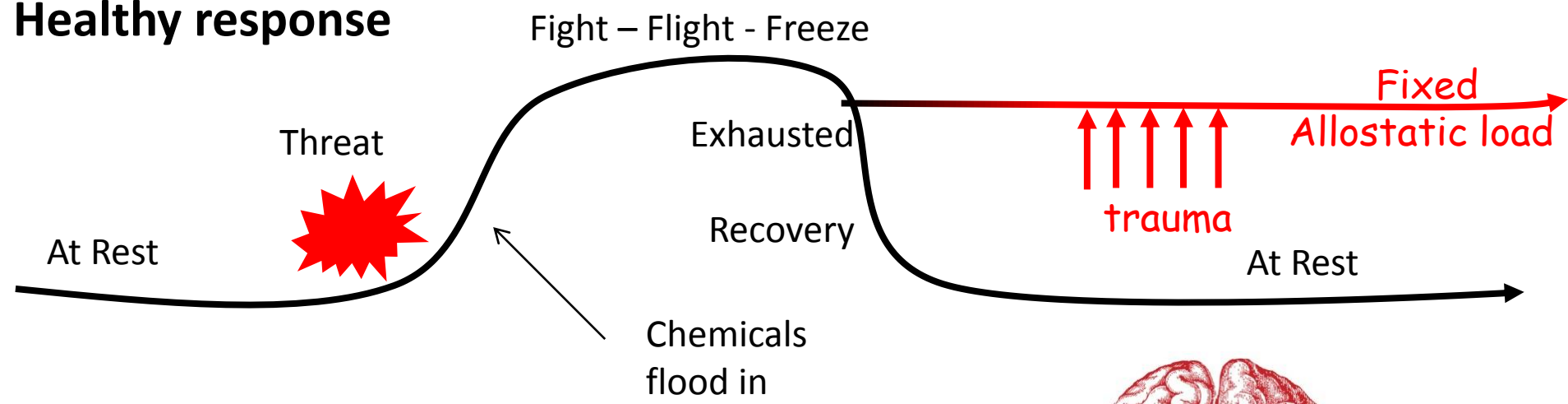
trajectories can

improve....”

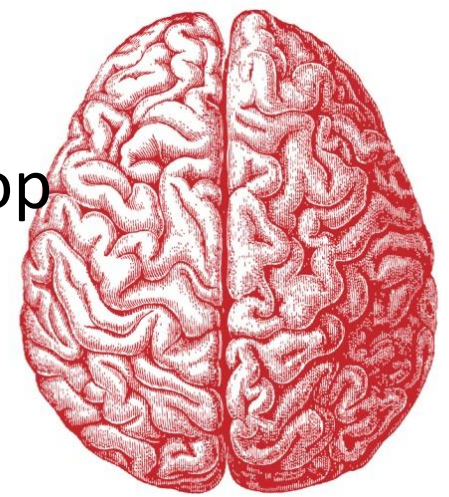
Trauma – Brain Development

Trauma response and the impact on brain development

Healthy response



Toxic Stress from trauma will over-develop 'life-preserving' part of the brain.



ACE Support Hub: Get in touch



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