The Dundee Approach to addressing ACEs

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Aims

We would like to share our...

- Strategic approach to raising awareness of ACEs
- Partnership approach
- Next steps...





Strategic approach to addressing ACEs



Scottish Public Health Network (ScotPHN)

'Polishing the Diamonds'

Addressing Adverse Childhood Experiences in Scotland

Sarah Couper Phil Mackie

May 2016

Strategic approach to addressing ACEs

- Create awareness of ACEs
- Policy to prevent, and mitigate, ACEs
- Parenting programmes
- Promote secure attachment in children and young people
- Explore routine enquiry about ACEs
- Develop trauma-informed approaches





Strategic approach to addressing ACEs

- Mapping existing work on addressing ACEs
- 'Addressing ACEs in Tayside' Event Sept 2017 fully booked & waiting list
- Presentations and discussions about ACEs with professional and strategic groups
- Supporting professional groups to raise awareness of ACEs in their professions





Strategic approach to raising awareness of ACEs - Education

- City wide in-service 500 staff
- Screening of 'Resilience'
- ► https://vimeo.com/214183672

Evidence based approach





Strategic approach to raising awareness of ACEs - Education

- Planned rollout Film made available for cluster screenings in each of our 8 clusters
- ► Follow up Guidance issued to reflect feedback gathered at city wide event
- Support made available to clusters and individual schools
- Schools encouraged to use self evaluation to determine their own next steps





Strategic approach to raising awareness of

ACEs - School level

Review language used Extracurricular opportunities

Miss Kendra style charter based on SHANARRI

Review behaviour/ relationships policy

Mindfulness

Nurture Framework

> Daily Feelings check - in

Targeted support through SFDW with ACEs in mind





Mentors in Violence Prevention Programme

Good Morning/ Welcome policy

Strategic approach to raising awareness of

ACEs

Resilience / vulnerability matrix

Resilient child High adversity

Resilience

Good attachment, Good self esteem, Sociability, Intelligences, Flexible temperament, Problem solving skills, Positive parenting Resilient child Protective environment

Adversity

Life events / crises, serious Illness, loss / bereavement, Separation / Family breakdown, Domestic violence, Asylum seeking status, Serious parental difficulties - e.g. substance misuse, Parental mental illness, Poverty



Protective environment

Good school experience, One supportive adult, Special help with behavioural problems, Community networks, Leisure activities, Talents and interests

Vulnerable child High adversity

Vulnerability

Poor attachment, Minority status, Young age, Disability, History of abuse, Innate characteristics in child / challenge development, A Ioner / isolation, Institutional care, Early childhood trauma, Communication differences, Inconsistent, neglectful care

Vulnerable child Protective environment

Variables:

Timing and age, Multiple adversities, Cumulative protectors, Pathways, Turning points, A sense of belonging

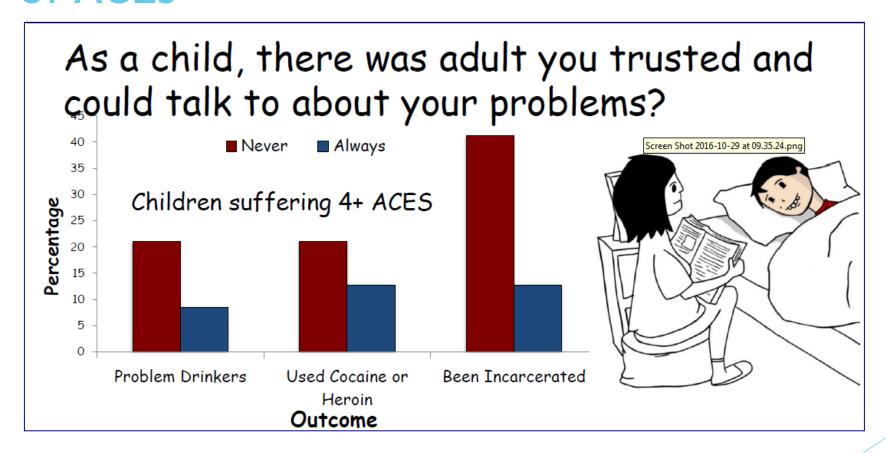
Interventions

Strengthen protective factors and resilience, Reduce problems and address vulnerability, Achieve initial small improvements





Strategic approach to raising awareness of ACEs



Based on Strengthening the Foundations of Resilience, Harvard, 2015; Wales ACE Survey, 2015, n=2028, unpublished data

Source: Bellis, M (2016), Adverse Childhood Experiences, Resilience and Equity - Setting course for a healthier Wales. Public Health Wales NHS Trust.

Strategic approach to raising awareness of ACEs

Focus on trusted adult

► Who was your trusted adult?





Partnership approach

- Education
- ► Health
- Focus at all levels on shared responsibility we can make the biggest difference together
- Who are your key partners?





Next steps...

- Sharing event for senior management across sectors
- Steering group to widen our scope
- Building capacity
- Protective factors across the community
- Evaluation to track the impact





Reflection

- Where are you on your journey?
- What are your next steps?
- Questions or comments?





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