

Adverse Childhood Experiences, (ACEs), have long been recognised as a major contributing factor to poor health outcomes for our children and young people throughout the life course. Promoting resilience and raising awareness of ACEs is crucial in the battle to mitigate and prevent these outcomes.

ACEs

ADVERSE CHILDHOOD EXPERIENCES
We need to make Scotland the best place to grow up

Programme for Government

In the [Programme for Government 2017-2018](#) the Scottish Government set out it's commitment to prevent and mitigate ACEs in addition to supporting the resilience of children, young people and adults who have been negatively affected. They continued to build on this commitment in 2018-2019 where they set out 4 key areas for action and reiterated this in 2019-2020.

2/3s of children had experienced 1 or more ACE*

Areas for Action

- Support parents, families and children to prevent ACEs
- Mitigate the negative impact of ACEs for children and young people
- Develop adversity and trauma-informed workforce and services, supported by the National Trauma Training Programme
- Raise societal awareness about ACEs and support action across communities

For further information and details of the current Programme for Government see link [here](#)

Higher ACEs scores in low income and urban areas*

Resilience

During the summer of 2022, 28 South Lanarkshire Child-minders and 12 North Lanarkshire Council sports coaches took part in the screening of "Resilience: The Biology Of Stress And The Science Of Hope." the one-hour documentary that delves into the science behind how extreme or prolonged stressful experience in childhood can affect brain development, leading to health and social problems across the lifespan.

The screenings enabled practitioners to explore ACEs and understand how the knowledge of this area can facilitate a better understanding of the needs of the children, young people, and families they worked with, in addition to providing a connection to the wider health improvement areas to support local action.





ACEs & Resilience Workshop

Over 60
Child-
minders from
across
Lanarkshire
Attended

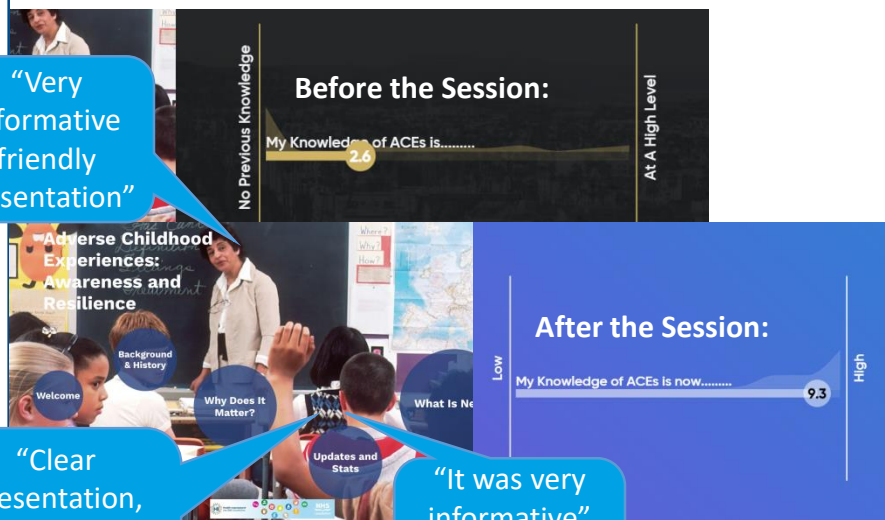
In order to compliment the screening of Resilience documentary and as part of the evolution of the ACEs and resilience awareness raising a new workshop was developed and piloted across Lanarkshire. The workshop is aligned to the National Trauma Framework and delivers key messaging at trauma informed practice level.

15 Students from
New College
Lanarkshire
Health & Social
Care department.

The workshop has contributed to key local actions imbedded within the North Lanarkshire Children's Services Plan 2021-23 under the outcome **"People"** where we *"Continue joint workforce development programmes in Trauma informed practice."*

Participants embarked on the training with little previous knowledge of ACEs & Trauma and once completed they reported a significant increase in knowledge, understanding, and confidence in discussing the topic, and identifying local & national supports. In addition they were also able to understand the importance of early intervention and building strong positive relationships with children, young people, and their families in order to prevent, mitigate, and undo the negative outcomes associated with exposure to ACEs.

What was your light bulb moment?



"Very
informative
friendly
presentation"

"Clear
presentation,
loads of great info
and engaging
slides"

"It was very
informative"
"Great
Learning"

