



We all have a part to play in preventing adversity, promoting resilience and raising awareness of ACEs. Resilient communities have an important role in action on ACEs.

50% of people experienced 1 ACE

### Resilience Film



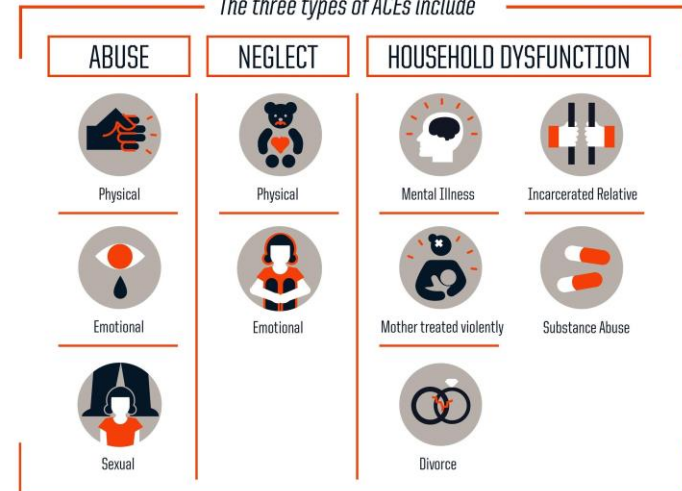
The Resilience DVD is an award winning documentary which investigates the science of ACEs and the detrimental effect toxic stress can have in childhood and beyond. The film follows controversial research which revealed the most important public health findings of a generation. It showcases pioneering individuals who looked at the ACEs research and the emerging science of Toxic Stress and asks "Why are we waiting?"

4+ ACEs increases odds of suicide x 12\*

14% experienced 4 or more ACEs

### What Are ACEs?

The three types of ACEs include



The term ACEs was originally developed in America for the Adverse Childhood Experiences study. This study concluded that as the number of ACEs increased, so did the risk of experiencing a range of health conditions in adulthood.

It's much more than scoring ACEs though. It's really crucial that we acknowledge adversities experienced in childhood for some children/young people and respond in an appropriate way by being more trauma informed in our work and lives. We have a duty to promote resilience and the importance of building meaningful positive relationships with trusted adults who can act as buffers which can help mitigate the impact of ACEs.

### ACEs research

Surveys of ACEs, undertaken across different countries, have commonly included the following adversities:

- being the victim of abuse (physical, sexual and/or emotional)
- neglect (physical and/or emotional)
- having a parent with a mental health condition
- having a member of the household in prison
- growing up in a household in which there are adults experiencing harmful alcohol and drug use
- having separated parents

In addition to these adverse experiences which are commonly measured in ACEs surveys, the Scottish Government recognises that there are a wide range of additional adverse experiences that can also negatively impact on children's healthy development – for example, bereavement, bullying, coercive control, homelessness and community violence. \*\*

\*\* <https://www.gov.scot/publications/adverse-childhood-experiences-aces/pages/aces-research>

\*V.J. Felitti et al., (1998) "Relationship of Childhood Abuse and Household Dysfunction to many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study" American Journal of Preventative Medicine 14, 4

28 Staff & Partners Attended

### Adverse Childhood Experiences (ACEs) Network Learning Day December 2021

**Aim:**

- To improve knowledge, skills and confidence to create awareness of Adverse Childhood Experiences.
- Review the learning from today in order to deliver future online or face-to-face training of the Resilience documentary and workshop.

**The Days Presentations:**

- Resilience Documentary Screening
- ACEs, Trauma and Resilience
- Mindful Awareness for Children and Families with a Trauma-Informed Lens
- Childhood Bereavement and Inequality
- Trauma Informed Practice, Planning and Resources
- Reflective workshops



Working together to improve health and wellbeing in the community – *with the community*



35 Staff & Partners Attended

### Adverse Childhood Experiences (ACEs) and Resilience Learning 2 Day Event March 2022

**Aim:**

Learning event to raise awareness of Adverse Childhood Experiences, Resilience and Trauma Informed Practice.

**The Days Presentations:**

Day 1;

- Resilience Documentary Screening
- The Benefits of Mindfulness for Children & Families
- Childhood Bereavement & Inequality
- My Family Support

Day 2;

- Trauma Informed Practice
- Who Cares? Scotland
- Contextual Safeguarding & The Promise
- Solihull Approach
- Side-by-Side: Making every Interaction Count

Events Credit: Claire Street-Mooney & Demi Stringfellow Mills

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