

Adverse Childhood Experiences (ACEs)



Prevention, Resilience and Trauma Informed Support

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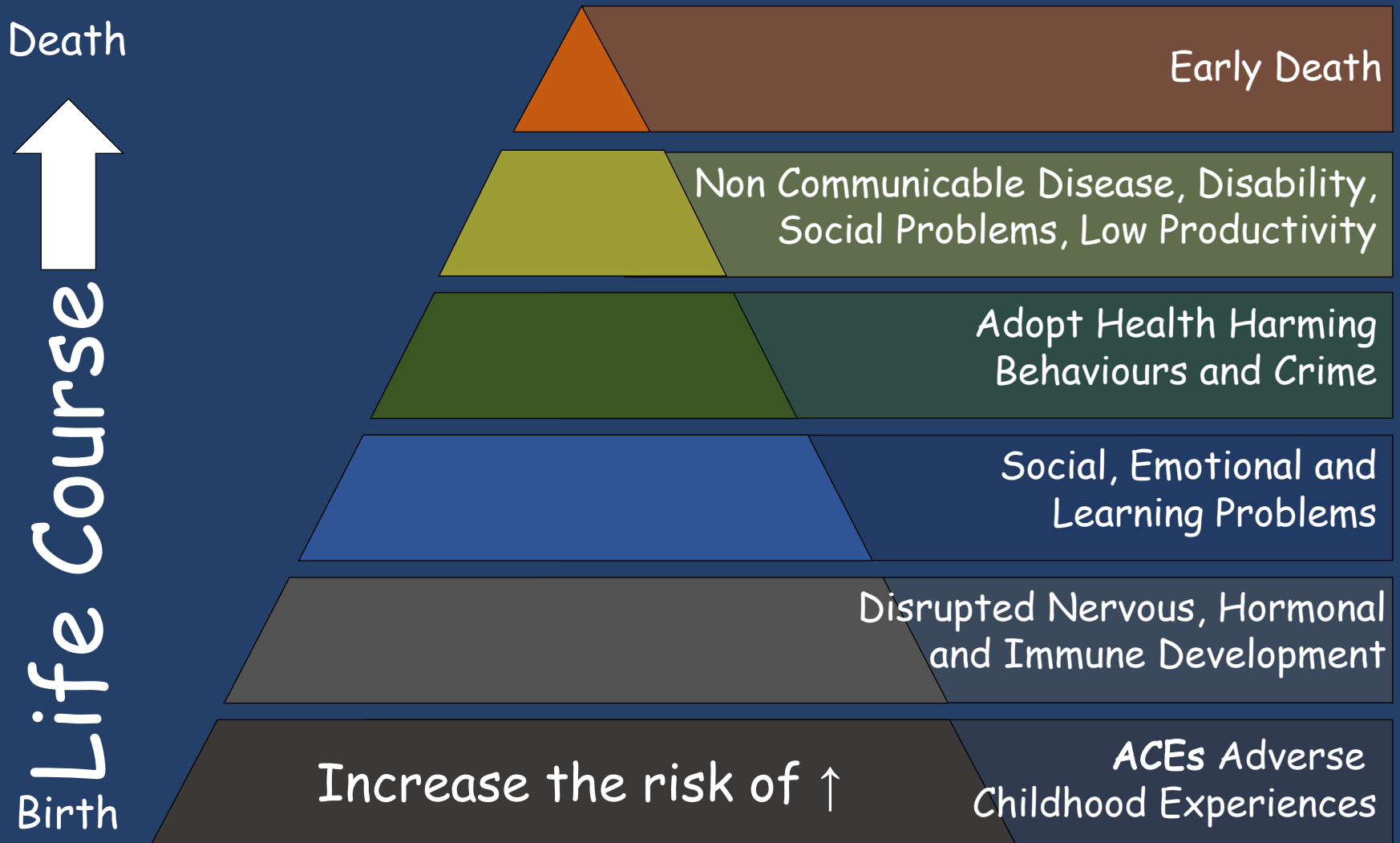
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**World Health
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Investment in Health and Well-being

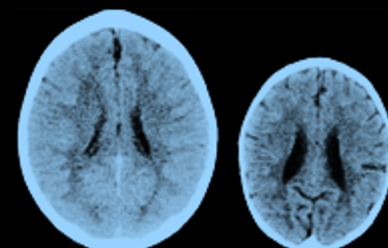
Adverse Childhood Experiences ACEs - The Life Course



- Probabilistic relationships and not Deterministic one
- Other factors can change the strength of the relationship

Bio-molecular Developments

- Brain Development and Neglect



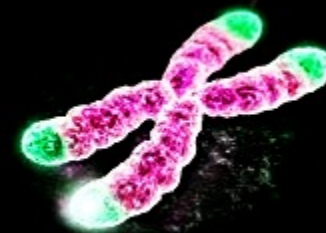
- Physical and Sexual Abuse

- C-reactive protein (**Liver**) - Deals with pathogens and damaged cells
- Interleukin 6 - **Immune system** linked to tissue damage
- Linked Diabetes II, Cardiovascular disease



- Telomere length

- Length is a marker of cell ageing
- Physical Abuse, Parental alcohol and drug use



Physical abuse
Sexual abuse
Domestic violence
Parental separation
Emotional neglect
Physical neglect
Mental ill health
Alcohol problem
Street drug user
Incarcerated

Adverse Childhood Experience

Parental death
Homelessness
Bullied
Displacement

Household Anxiety ↑
Domestic Violence?

Poverty ↑

Poverty
Discrimination
Poor housing
Local Violence
Lack of Opportunity

Adverse Community Environments



Child Health and Concurrent ACEs

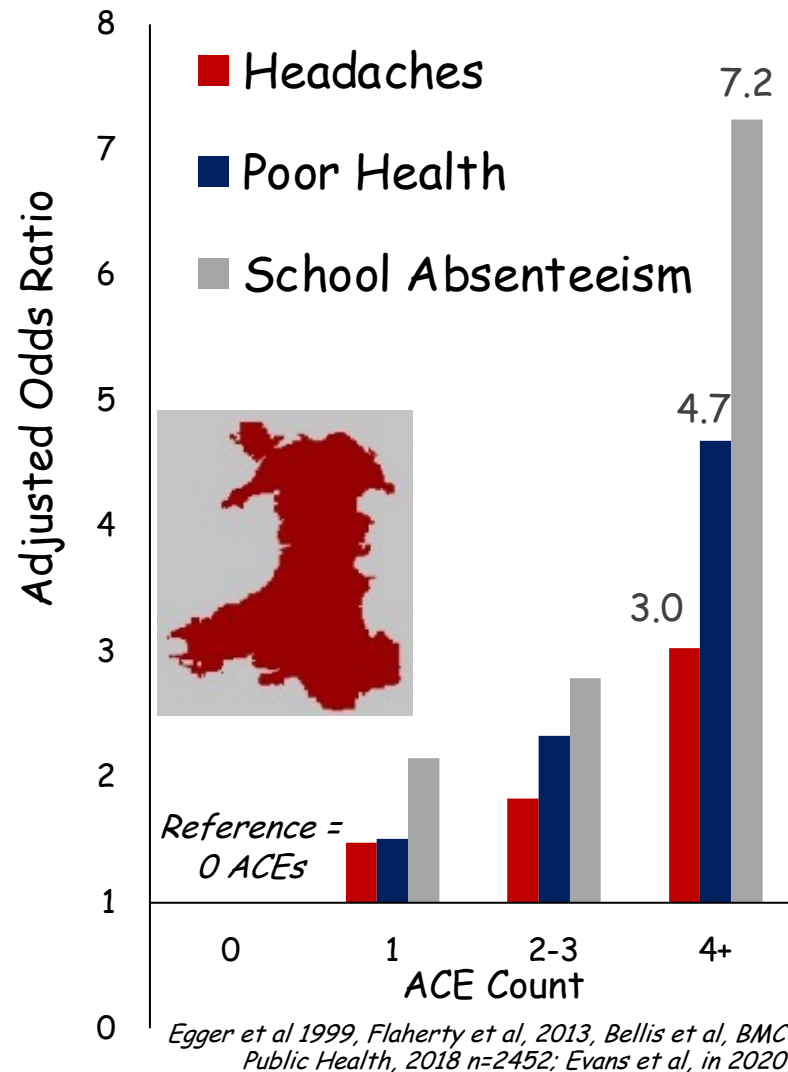
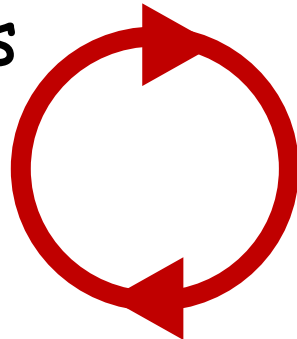
(Age under 18 years)

- Somatic complaints
 - Include - Headaches, Digestive problems, Skin disorders
- Child victims of abuse
 - Age 6-7 years 58%↑ risk of not achieving basic language & maths
 - Independent of deprivation



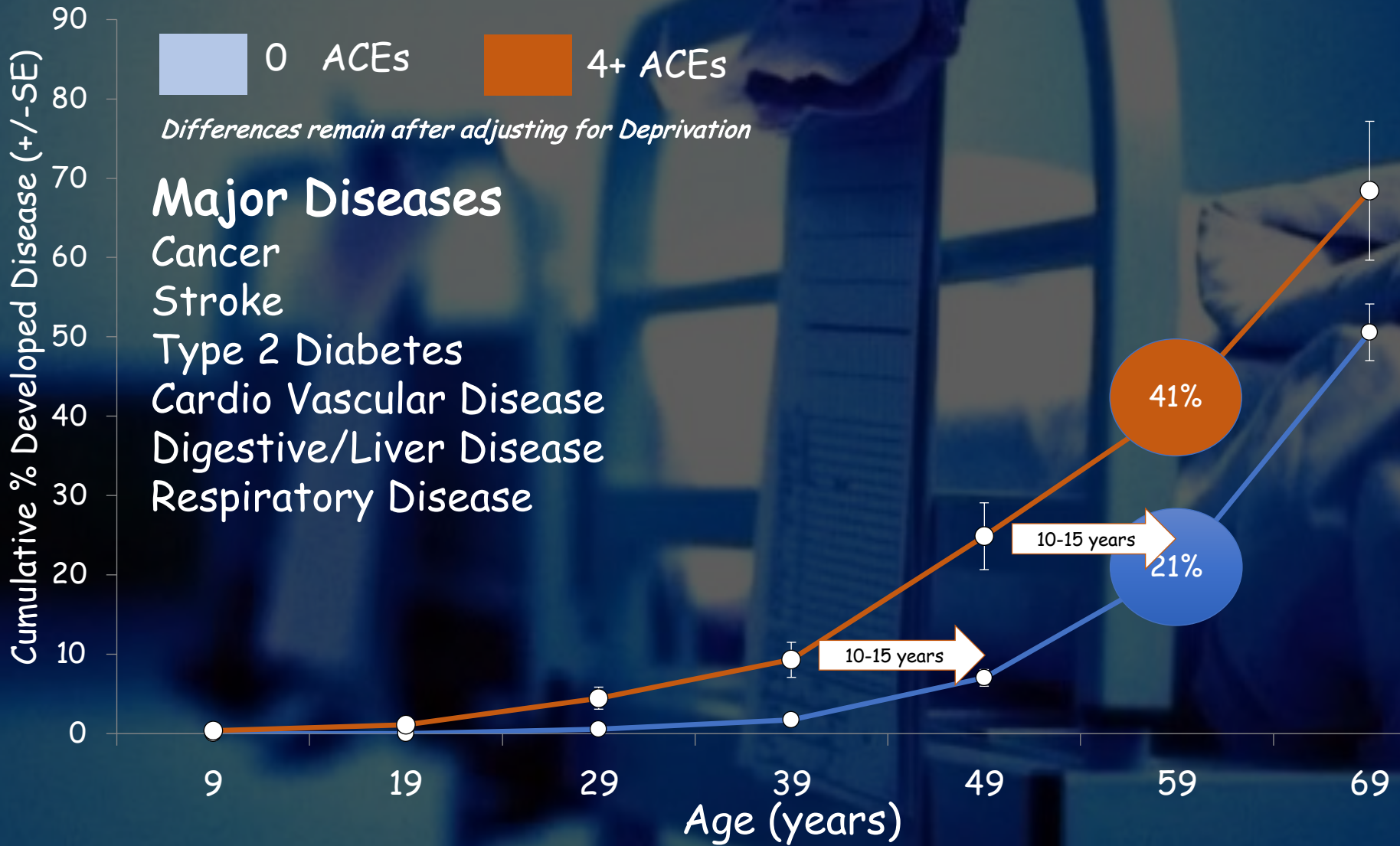
Child Health and Concurrent ACEs (Age under 18 years)

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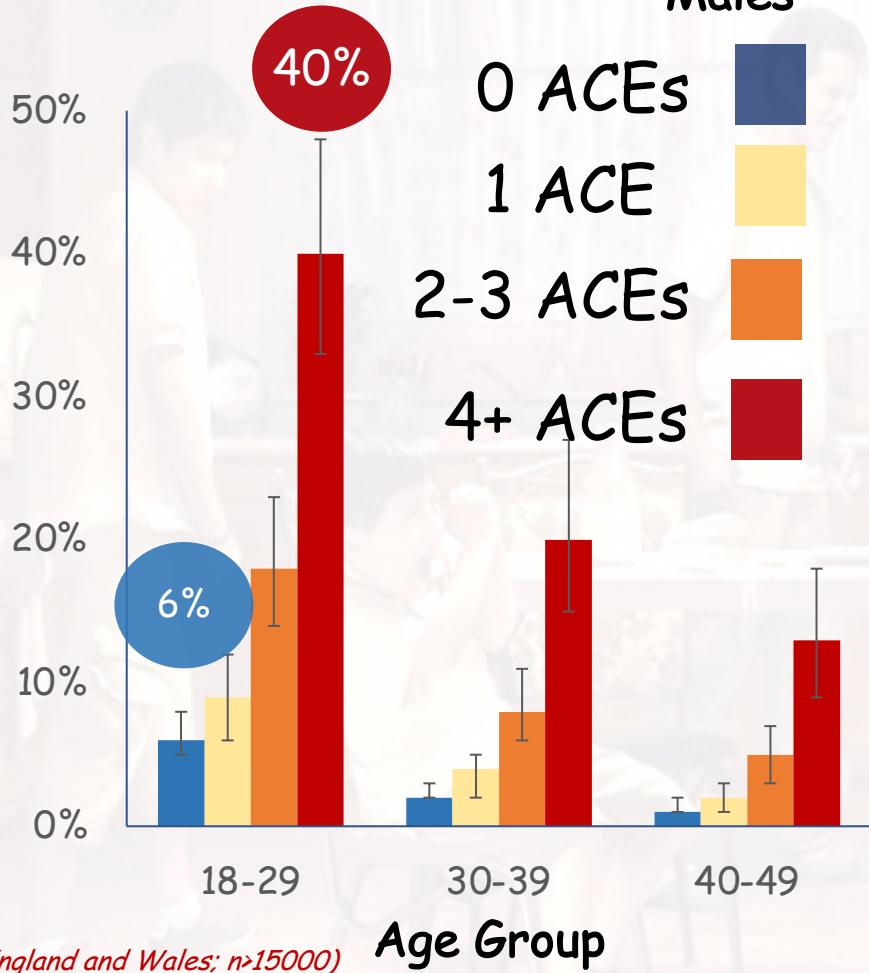


Wales: Length of Healthy Life

Individuals Diagnosed with a Major Disease by Age (%)



Hit Someone in Last 12 months Males



(England and Wales: n>15000)

Ever Adult Victim of Intimate Partner Violence

(England and Wales Crime Survey)

Victim of childhood:

Psychological abuse

Physical abuse

Sexual abuse

Witness to domestic violence

Odds of being adult victim

One ACE $\uparrow \times 3.3$

Multiple ACEs $\uparrow \times 6.4$

(n= 19,471; Butler, Quigg, Bellis 2020)

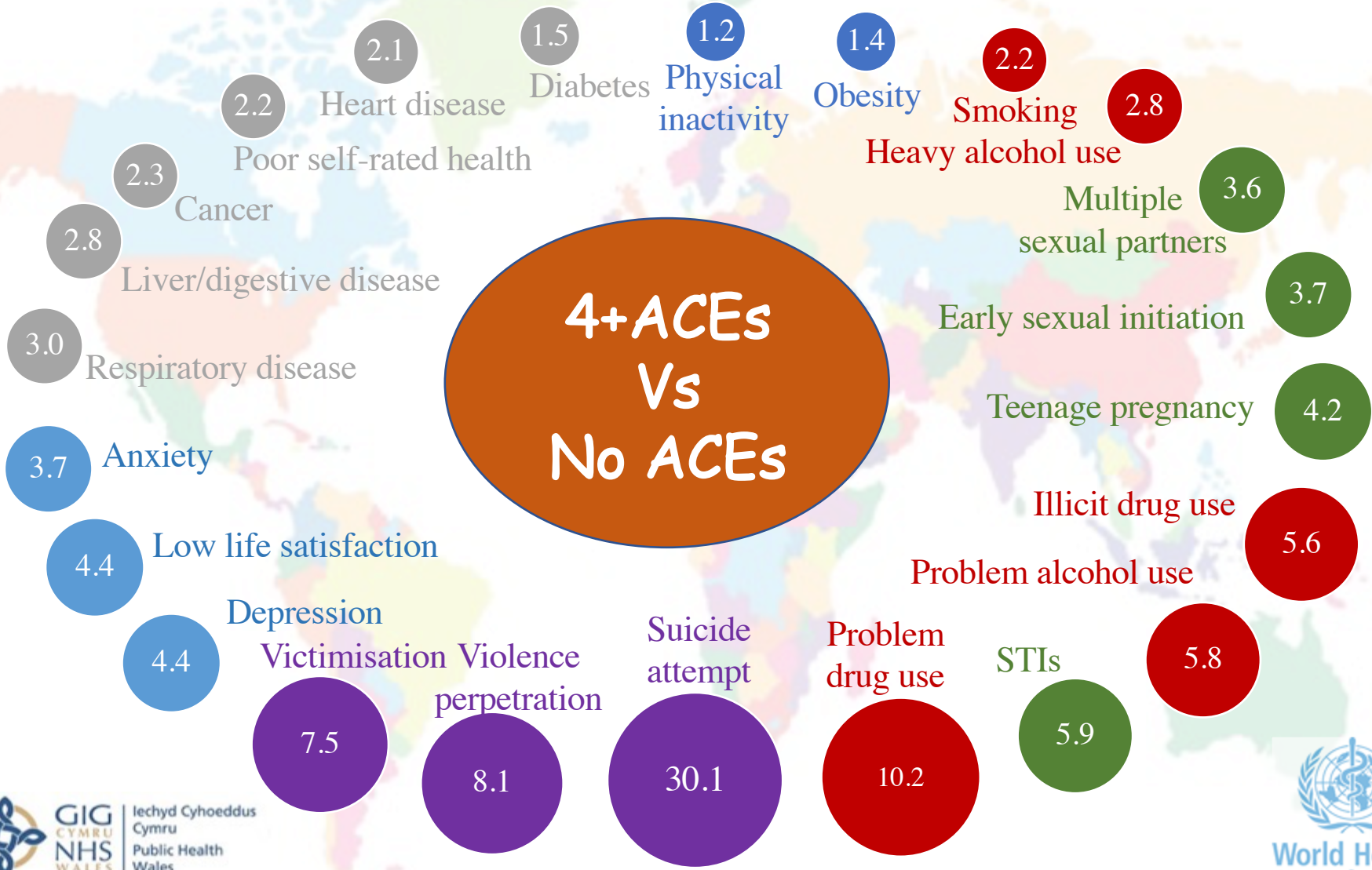
Collaborative Global ACE Analysis with WHO

PHYSICAL HEALTH

WEIGHT & EXERCISE

SEXUAL HEALTH

**4+ ACEs
Vs
No ACEs**



Hughes, Bellis, Hardcastle et al, 2017 Lancet Public Health

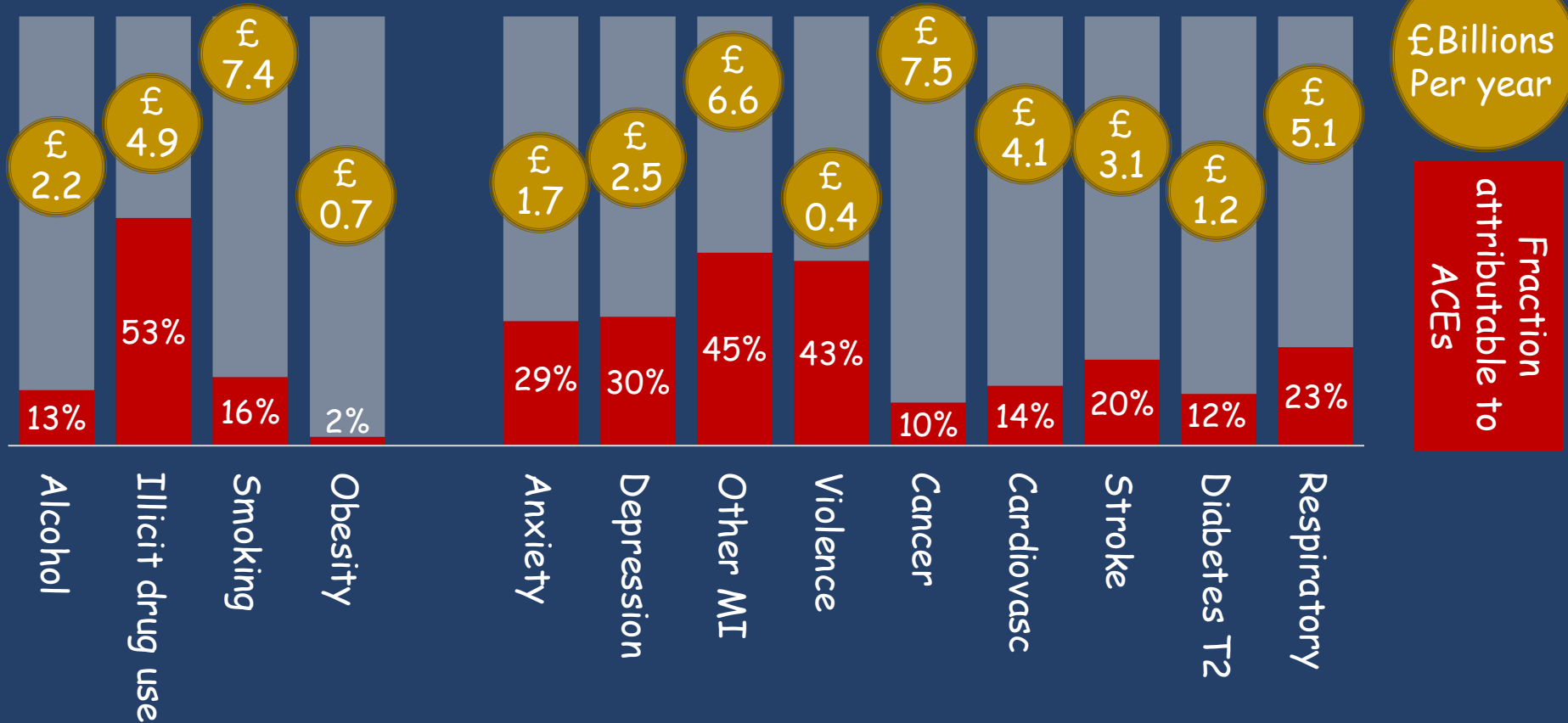
MENTAL HEALTH

VIOLENCE

SUBSTANCE USE

The Costs of ACEs in England

HUMAN CAPITAL MODEL- assign a monetary value to loss of health calculated as reduced or lost economic productivity.



ACEs explain only a proportion of these conditions
But that equates to ACE Attributable £40.6 Billion/Year

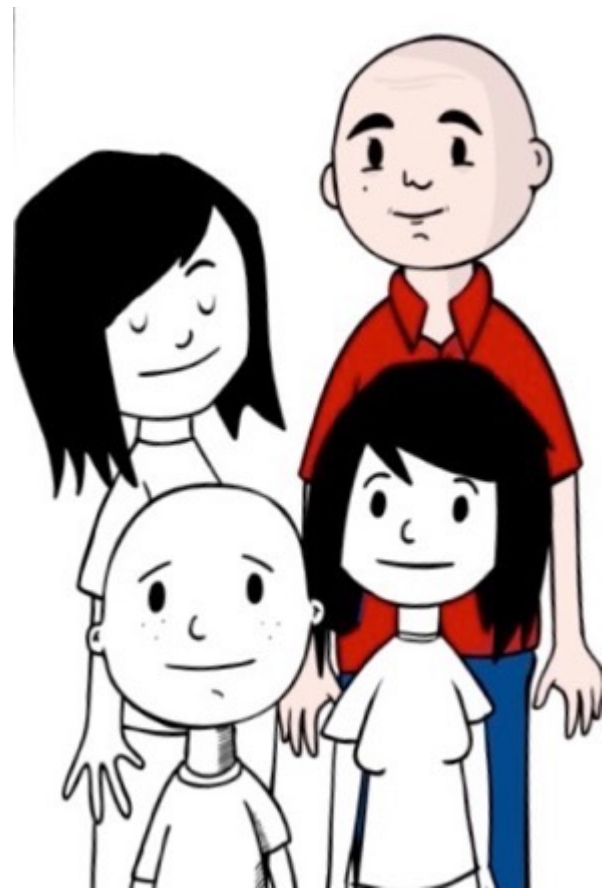
Tackling Adverse Childhood Experiences

ACEs

- Can be prevented
- Consequences ↓
 - Resilience ↑
 - Trauma informed approaches



Supporting Parents - Preventing ACEs



Nurse Home Visiting

Parenting Programmes

Preschool Enrichment

↓ Child maltreatment
↓ Child injury



↑ High School completion



↓ Violent offences
↑ Employment in mid 20s

Sethi et al, 2013

Not just new programmes but ensuring existing services are informed and integrated

Resilience

transforming potentially toxic stress into tolerable stress

A safe space in which physiological and psychological systems can reset to a tolerable level



Always Available Adult that you trust

Resilience

~~Culturally Connected~~

~~Always Available Adult~~

Always Available Adult

I had people I looked up to

Getting an education was important to me

My parents, caregivers knew a lot about me

I tried to finish activities that I started

I was able to solve problems without harming myself or others

~~Guide your destiny and overcome Hardship~~

I knew where to go in my community to get help

I felt I belonged in my school

My family would stand by me during difficult times

I was treated fairly in my community

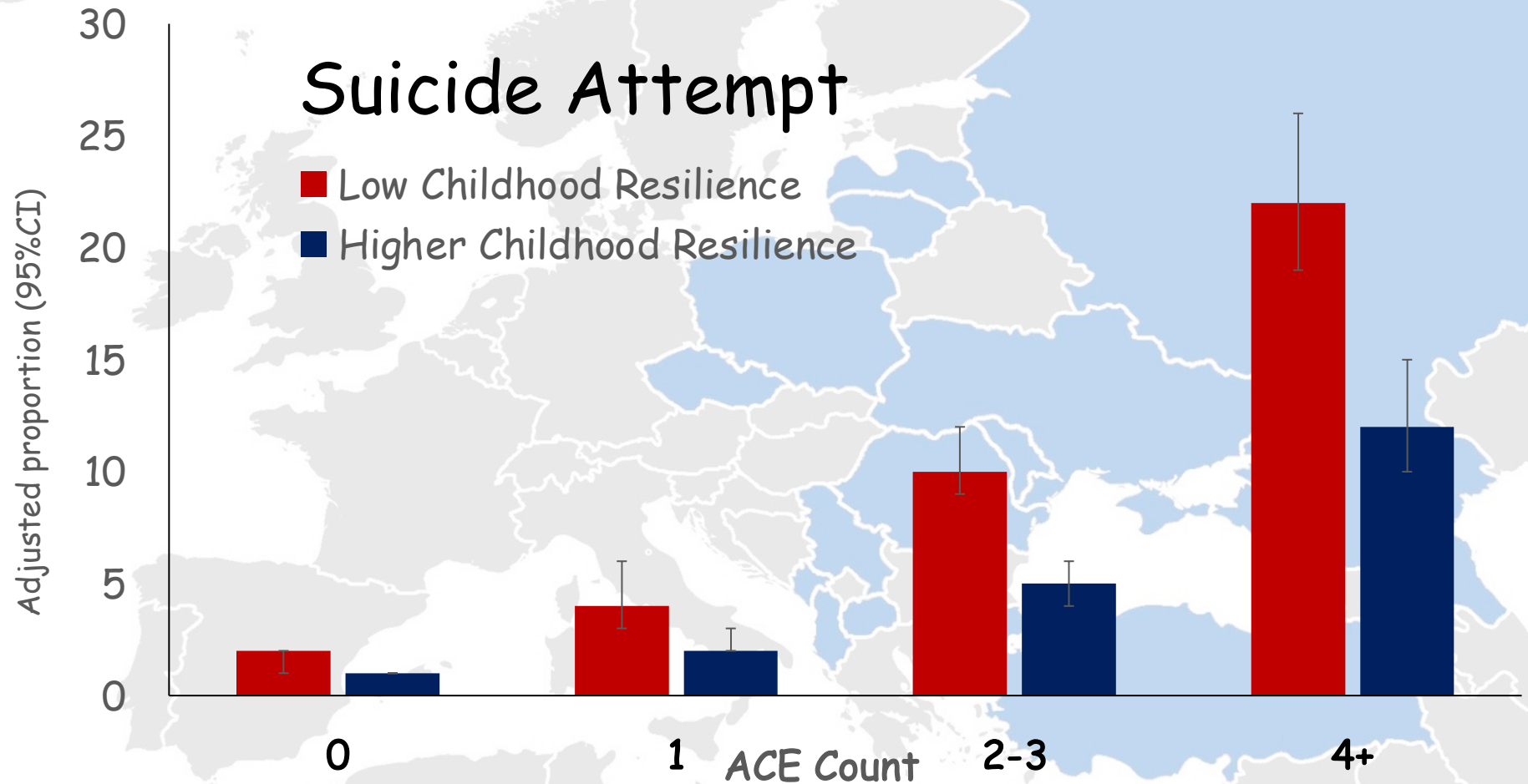
I had opportunities to develop skills to help me succeed in life

I enjoyed my community's cultures and traditions



~~Manage your behaviour and emotions~~

ACEs & Resilience Assets in Eastern Europe



Low Childhood Resilience = Most missing from

Felt important or special; Felt loved; Someone to take care of and protect them.
In Family, looked out for each other, felt close, source of strength and support

Trauma Informed Approaches

Waiting for issues to reach a certain specialist threshold?



Sexual abuse



Domestic Violence



Physical Abuse



Mental Health



Drug Use



Separation



Alcohol Abuse



Incarceration



Verbal Abuse

Non-specialist health, education and criminal justice agencies training on dealing with trauma

ACEs in Challenging High Schools

Example from Washington State Family Policy Council



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



ACEs in Challenging High Schools

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Wales



- *2/3 all schools in Wales ACE/Trauma trained*
- *Head teachers describe as transformational*
- *Reducing exclusions*

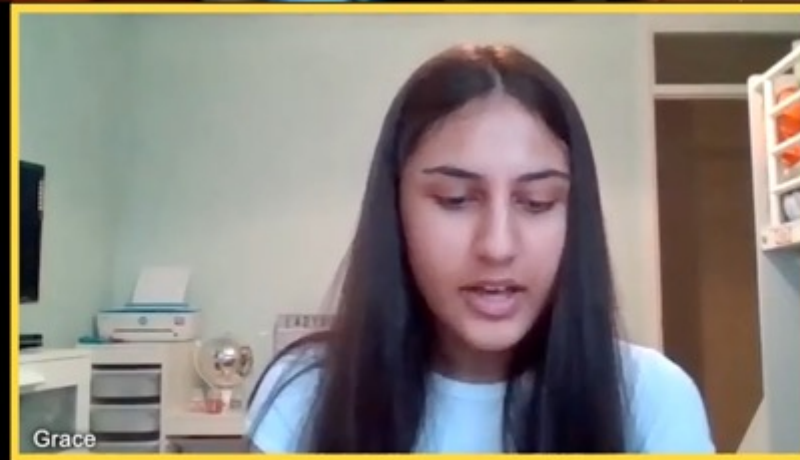
Mobilising the Public

National ACE Campaign - Time to be kind



www.youtube.com/watch?v=fgFU29OF0ow

Supporting those suffering during a Pandemic



Leave

<https://youtu.be/x3LyFDDopm8>

Routine Enquiry in Primary Care

Health Visitors

Asking about adverse childhood experiences (ACEs) in health visiting
Findings from a pilot study



66%

Help they received improved as HV understood their childhood better

General Practice



84%

Important for a health professional to understand their childhood

Routine Enquiry in Primary Care

Health Visitors

Asking about adverse childhood experiences (ACEs) in health visiting
Findings from a pilot study



General Practice



43%

First time they had
told a professional

67%

Poor Mental Well-being Deprivation, ACEs and Resilience

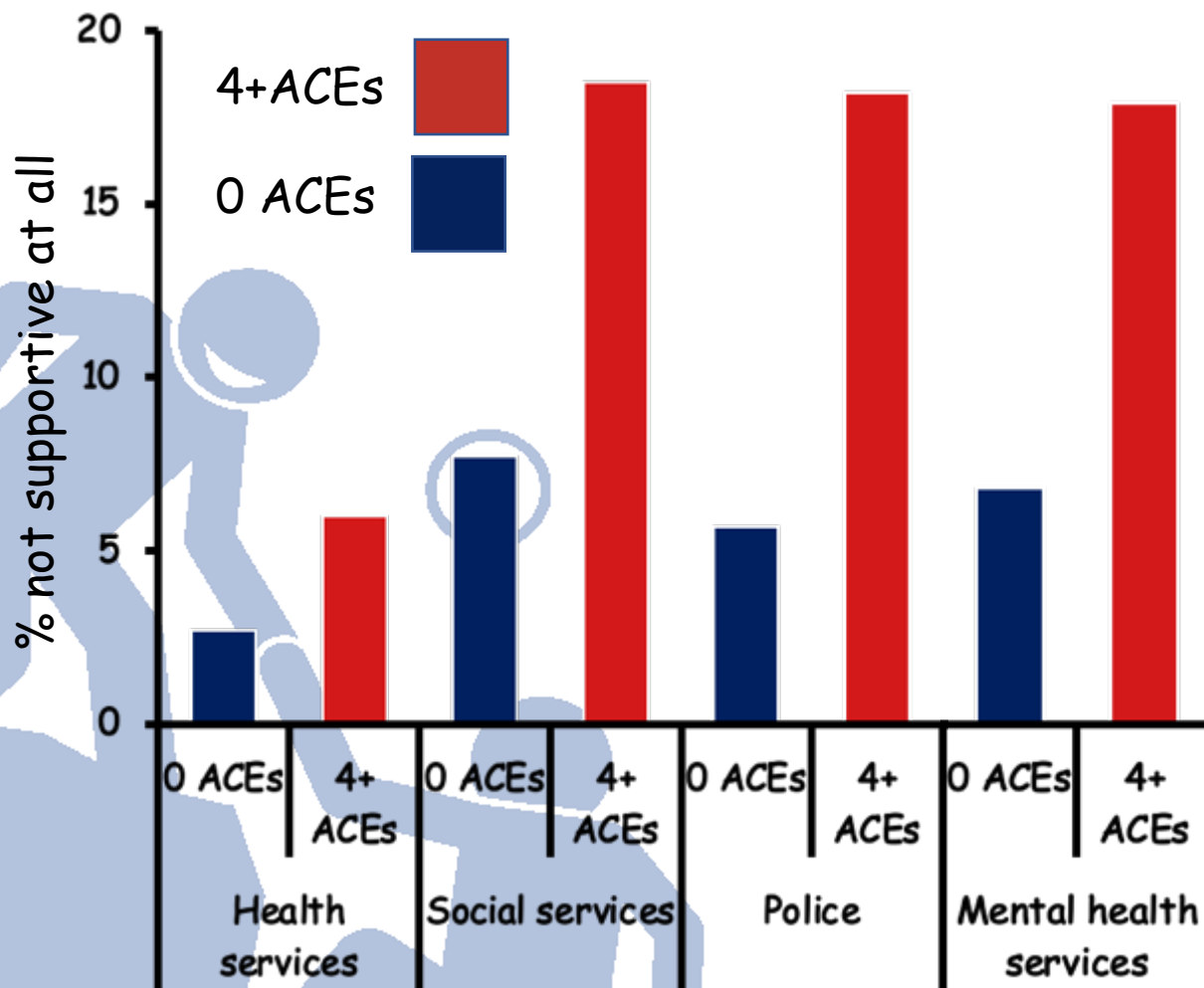
- 4 ACEs, Always Trusted Adult in Childhood = No
- - - 4 ACEs, Always Trusted Adult in Childhood = Yes
- 0 ACEs, Always Trusted Adult in Childhood = No
- - - 0 ACEs, Always Trusted Adult in Childhood = Yes



Mental Well-being measured using the short Warwick Mental Well-being Scale (Low MWB >1 standard deviation below the mean)



Perceptions of service supportiveness as not supportive at all



ACEs and Trauma Informed Responses

- Prevention is possible
- But COVID-19 likely to increase risk of ACEs
- Major cause of Non-Communicable Disease
- Exposes Health and Economic value of good parenting
- Need consideration across the life course
- Develop individual and community resilience
- Services that understand ACEs
 - appear to offer a more holistic, life course response
 - More easily see a joint agenda for Health, Social, Education and Crime
- Inter-generational benefits from breaking the cycle
- Better informed parents make better life-course choices
- A trusted adult can make a remarkable difference

THANK YOU