
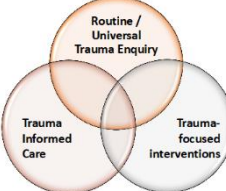





Advertise Childhood Experiences/Trauma Informed Practice – 7 MINUTE BRIEFING to be used at Team Meetings

<p>ACE's are common</p> <p>A nationally representative household survey in England in 2013 revealed that 48% of adults (aged 18-69) have experienced at least one ACE, with 9% experiencing four or more ACEs over the course of their childhood.</p> <table border="1"> <thead> <tr> <th colspan="2">Adverse childhood experience Prevalence</th> </tr> </thead> <tbody> <tr> <td>Verbal abuse</td> <td>17.3%</td> </tr> <tr> <td>Physical abuse</td> <td>14.3%</td> </tr> <tr> <td>Sexual abuse</td> <td>6.2%</td> </tr> <tr> <td>Parental separation</td> <td>22.6%</td> </tr> <tr> <td>Alcohol use</td> <td>9.1%</td> </tr> <tr> <td>Domestic violence</td> <td>12.1%</td> </tr> <tr> <td>Mental illness</td> <td>12.1%</td> </tr> <tr> <td>Drug use</td> <td>3.9%</td> </tr> <tr> <td>Incarceration</td> <td>4.1%</td> </tr> </tbody> </table> <p>For every 100 adults in England, 48 suffered at least one ACE, 9 suffered four or more</p>	Adverse childhood experience Prevalence		Verbal abuse	17.3%	Physical abuse	14.3%	Sexual abuse	6.2%	Parental separation	22.6%	Alcohol use	9.1%	Domestic violence	12.1%	Mental illness	12.1%	Drug use	3.9%	Incarceration	4.1%	<p>ACEs lead to health harming behaviours</p> <p>At a population level, greater numbers of ACEs are associated with dramatically increased risk of poor educational and employment outcomes, low mental wellbeing and life satisfaction, alongside the development of some of the leading causes of disease and death (Felitti et al, 1998). People reporting 4 ACEs compared with people who reported none, were at greatly increased risk of developing health harming behaviours.</p>  <p>If we prevent and mitigate effects of ACEs we can improve outcomes</p> <p>Preventing ACEs in future generations could reduce levels of:</p> <ul style="list-style-type: none"> - Early sex (before age of 16) by 33% - Unintended teenage pregnancy (before age of 16) by 38% - Smoking (current) by 16% - Binge drinking (current) by 15% - Cannabis use (lifetime) by 33% - Heroin/Crack use (lifetime) by 59% - Violence victimisation (past year) by 51% - Violence perpetration (past year) by 52% - Incarceration (lifetime) by 53% - Poor diet (current; <2 fruit & veg portions daily) by 14% <p>Reference: Bellis MA, Hughes K, Leckenby N, Perkins C, Lowey H. (2014) National household survey of adverse childhood experiences and their relationship with resilience to health-harming behaviours in England.</p>	<p>Therefore, Trauma informed care - 3 components - service design (universal precautions), ACE enquiry & trauma specific interventions</p> <p>TRAUMA-INFORMED CARE ≠ TRAUMA-SPECIFIC CARE</p> <ul style="list-style-type: none"> - Common misconception that TIC is a trauma-focused intervention / a trauma-specific approach (i.e. directly treats trauma, its impact and associated distress) - TIC is a broader model of service delivery that can include trauma-specific components and interventions - Most TIC proponents encourage universal trauma screening ad assessment - TIC employs a position of “universal” (...treat all clients as if they have trauma)  <p>Credit: Filippo Varese</p>
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<p>Common principles of TIC list</p> <p>IMPLEMENTING TREATMENT PRACTICES THAT PRIORITISE SURVIVORS' NEEDS</p> <ul style="list-style-type: none"> - Avoidance of practices that cause further disempowerment or re-traumatisation - Prioritise the promotion of a sense of safety - Adoption of holistic approaches - Educate clients about trauma and its impact - Help clients to identify triggers/cues - Encourage clients to develop self-soothing and coping skills - Trauma-focused or trauma-specific treatments may be used  <p>Credit: Filippo Varese</p>	<p>Resilience assets can help offset the impact of adversity</p> <ul style="list-style-type: none"> - Safe stable trusting relationships - Maintaining family relationships and parting role - Regular sports participation - Expressive writing - Mindfulness meditation - Mentoring - Community Engagement – connectedness & sense of belonging - Social competence and ‘Sense of Coherence’ - Perceived financial security - Trauma-focused therapies, E.g. TF-CBT, EMDR, bereavement counselling etc, effective and provide good return on investment. 	<p>Prevention is possible</p> <p>With cross sector collaboration, long term commitment to system change and investment in 4 areas. We need a public health approach preventing & addressing the impact of Childhood adversity. The ACE & early years research offers the biggest opportunity to improve the health and wellbeing of future generations.</p> <p>We can and must:</p> <ol style="list-style-type: none"> Prevent adverse childhood experiences (ACEs) Support child and family wellbeing/parenting Detect and mitigate the impact of ACEs Promote resilience across the life course 	 <p>For further information about ACEs and Trauma Informed Care please visit the website below where you'll find in depth blogs and other useful resources:</p> <p>Blog - Warren Larkin Associates</p>																			