

7 MINUTE BRIEFING

Adverse Childhood Experiences (ACEs)

There will be regular updates on regional and national developments in the area of ACE research and practice.

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commissioned a pilot to support adults who have been exposed to ACEs. Practitioners across the 3 LA's have been trained to deliver a recovery toolkit. This will educate and inform parents on the impact of ACEs on them & their children. It will also provide step by step guidance on the protective factors to reduce that impact and develop resilience.

& Liverpool have

ACEs are serious

traumas that result in toxic stress that can harm a child's brain. They include:

- Emotional, physical or sexual abuse;
- Violence within the family;
- Parental separation/divorce;
- Criminality in the household;
 Emotional or physical neglect;
- Mental Illness;

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- Substance misuse.

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ACEs can cause long term problems such as:
Reduced ability to learn, remember & figure things out.
Increased stress hormones.
Lowered tolerance to stress resulting in behaviours like fighting & defiance.
Increased difficulty making friends.
In the UK, just under half of adults surveyed have been exposed to 1 ACE.
Around 10% have been exposed to 4 or more.

What can we do?

Raise awareness of ACEs.
Ask about ACEs – this should be part
of assessments when working with
families.

Ensure access to effective interventions.

Promote positive parenting.

Promote personal and community resilience.

Embed ACE informed practice, including taking a trauma sensitive approach

ACEs occur in all socio economic groups but the level of exposure to higher numbers increases with increasing deprivation.

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Understanding ACEs are a factor in life long wellbeing shifts the emphasis away from what people do, to what they have experienced.

Research has shown that adults do not routinely disclose and it may take many years and contacts with a service before they reveal their ACE's

Exposure to ACEs increases risk of;

Teenage pregnancy.
Substance misuse.
Smoking.
Poor mental wellbeing.
Domestic abuse.
Physical & emotional poor health, including heart disease & cancer.
Suicide.

Adults exposed to
4 or more ACEs are more
likely to exhibit signs
of neglectful
parenting

For more information regarding 7 minute briefings, please email sarah.herron@knowsley.gov.uk Knowsley Safeguarding Children Board, 2nd Floor, Nutgrove Villa, Westmorland Road, Huyton L36 6GA Tel: 0151 443 3859 www.knowsleyscb.org.uk