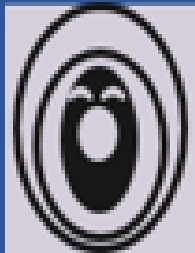


# Adverse Childhood Experiences (ACEs)

## An Introduction

Joanna McCloughry and June  
[aces@southglos.gov.uk](mailto:aces@southglos.gov.uk)

# What Are ACEs?



Verbal abuse  
Emotional abuse



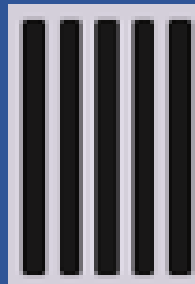
Physical neglect  
Emotional neglect



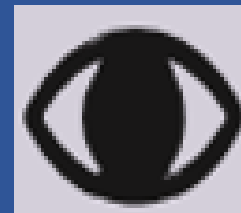
Parental substance  
misuse



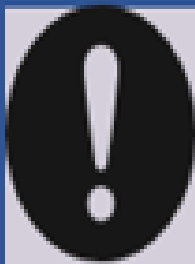
Physical abuse



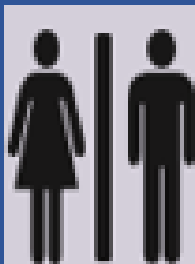
Parental criminal  
behaviour and/or  
incarceration



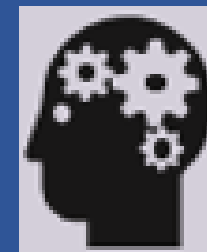
Domestic abuse



Sexual abuse



Loss of a parent  
(death or  
separation)



Parental mental  
illness

Source: <https://vimeo.com/189290361>

# What might stress response look like?

## **Noticing Freeze**

- Bored, not interested
- Confused, forgetful
- Distracted, not listening
- Clumsy
- Talking about something else
- Not moving to where you've asked
- Scanning the room
- Wide eyed, pupils might dilate
- Daydreaming, staring into space

## **Noticing Flight**

- Hyperactive, manic, silly
- Aggressive, threatening: stiffening up, clenching fists
- Running away, escaping, disappearing, hiding under the table/bed/sofa
- Clumsy
- Disruptive, loud & noisy
- Can't cope with free play
- Can't follow house rules
- Not doing what you've asked
- Lonely
- Keeping super busy

## **Noticing Fight**

- Hot and bothered
- Argumentative, angry and aggressive
- Controlling, demanding and inflexible
- Lie or blaming
- Unable to concentrate on one thing
- Unable to follow the house rules
- Confrontational
- Disrespectful
- Disregarding of others, pushing away friends/family members

## **Noticing Submit**

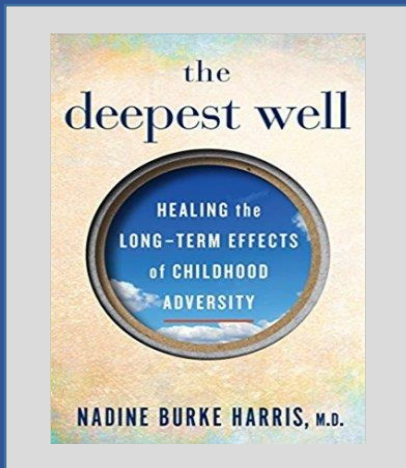
- Unhappy, low mood
- Alone or withdrawn
- Fidgety but not disruptive, anxious
- Never questioning or asking questions
- Never drawing unnecessary attention
- Yes or no answers - doing just enough to avoid being noticed, unable to think
- Quiet & passive, compliant

# June's story

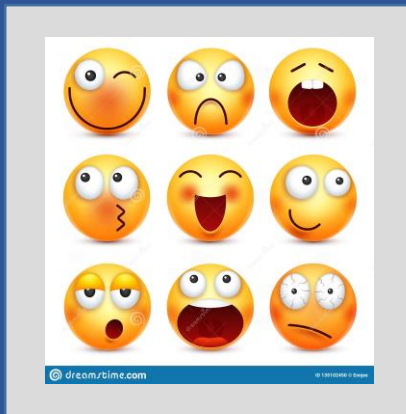
Good News !

**Resilience Trumps ACEs**





Gain more understanding about ACEs



Notice, Listen and take the time to build connections with children. Help children to identify emotions and feelings by modelling it ourselves.



Create safe physical and emotional environments where connections can be made between people and calm restored.



# What's going on in South Glos?

1. Public Health post dedicated to thinking about and promoting ACEs.
2. ACE Ambassador Network.
2. Online ACE Resource library
3. Screening of Resilience
4. Newsletter

# Acknowledging Impact

Not ACE informed

What's wrong with you?

ACE informed

What's been happening for you



# Resources and Links

- Ace video (Welsh study): <https://vimeo.com/189604325>
- Bellis MA, Hughes K, Leckenby N, Perkins C, Lowey H. National household survey of adverse childhood experiences and their relationship with resilience to health-harming behaviors in England (2014)
- Bellis et al 2017 Adverse Childhood Experiences and the effects on the Welsh population
- Brain Development + health free on line resource <https://www.albertafamilywellness.org/training>
- Early Intervention Foundation *The Cost of Late Intervention* <http://www.eif.org.uk/publication/the-cost-of-late-intervention-eif-analysis-2016/>
- Felitti, V. J. (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 Preventive Medicine](#) 14(4): 245–258
- Interrupting the Cycle of Adversity video: <http://kplrfilms.co/resilience/bonus-content/>
- [www.lancashirecare.nhs.uk/REACH](http://www.lancashirecare.nhs.uk/REACH)
- <https://developingchild.harvard.edu/science/key-concepts/resilience/>
- Nadine Burke Harris *How Childhood trauma affects health across the life course TED talk:* <https://www.youtube.com/watch?v=95ovIJ3dsNk>
- Rutter M. (1990) 'Psychosocial resilience and protective mechanisms'. in Rolf, J., Masten, A.S., Cicchetti, D., Nuechterlein, K.H., & Weintraub S.(eds) *Risk and Protective Factors in the Development of Psychopathology*. NY: Cambridge University Press: 181–214.

If you have any thoughts or questions following this presentation please contact us:

General enquiries: [aces@southglos.gov.uk](mailto:aces@southglos.gov.uk)

Joanna McCloughry; Specialist Health Improvement Practitioner (ACEs)

[Joanna.mccloughry@southglos.gov.uk](mailto:Joanna.mccloughry@southglos.gov.uk)

01454 862166 (Wed-Friday)