

Aces
Adverse Childhood Experiences

Other family members

- Alcoholism
- Domestic abuse
- Jail
- Mental Health
- Disappearance (divorce, death, abandonment)



Personal

- Physical abuse
- Sexual abuse
- Verbal abuse
- Physical neglect
- Emotional neglect



The impact you have on individuals & families is immeasurable



Be trauma-informed & see the ripple effect

Do we need to wait for the child &/or family to fall apart?

It's not what's **WRONG** with you? it's what's **HAPPENED** to you?



Multi-agency approach
Common language needed
Policies

Affects development of brain in child

Remember the quiet ones too not just the loud ones



Toxic stress
Difficulty in articulating



Child may not remember but the body does

Overactive stress response
See behaviour
But
Get to the root cause

- Effect of ACEs:**
- ★ Behaviour
 - ★ Learning
 - ★ Relationships
 - ★ Drug & alcohol
 - ★ Smoking
 - ★ Heart
 - ★ Mental illness

✓ **ACE Score**

STRONG
Parental buffering



Universal screening

Home visits

Reduction in challenges

REMEMBER: High ACE children often have High ACE parents



Reflect & look at things through an

Let's understand & improve our responses & therefore the outcomes for people

Paradigm shift - change in culture

ACEs are common. People can self-heal but will need support.

4/10 ACEs = 32 times more likely to have behaviour problems.



Make time

Life expectancy reduced by 20

Understand the **biology** of the impact of trauma

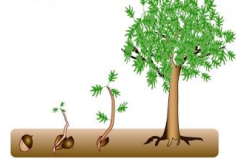


Be kind, compassionate & don't judge.

Mindfulness

Help build **Resilience** & develop +ve coping strategies

Developing a Growth Mindset



- ★ Basics
- ★ Belonging
- ★ Learning
- ★ Coping
- ★ Self-core

Trauma-informed organisations & communities

Compassion fatigue & vicarious trauma

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. - Dr Seuss