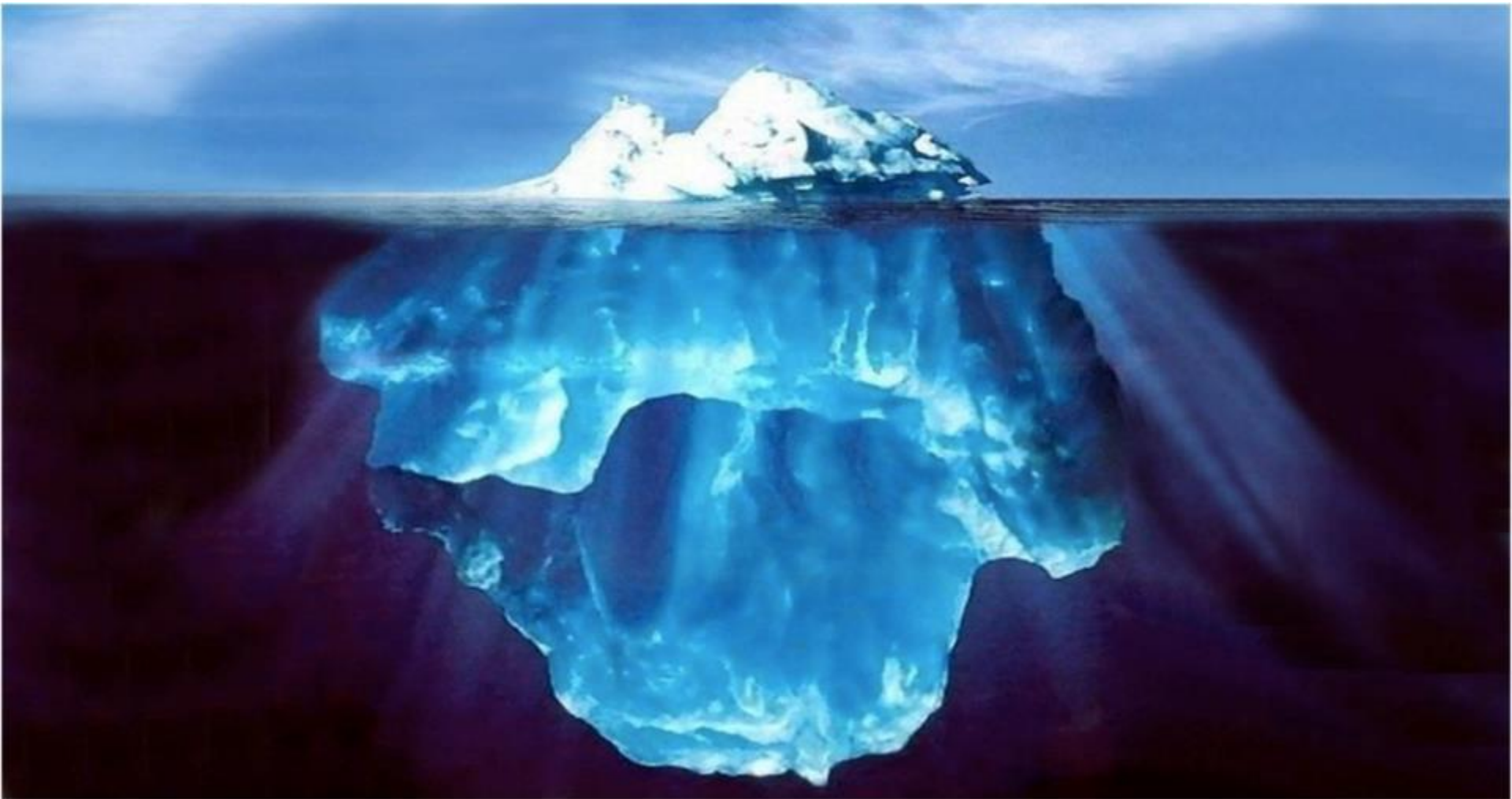


Adverse Childhood Experiences



Zara Quigg
Reader in Behavioural Epidemiology

PHI | Public Health Institute
LIVERPOOL JOHN MOORES UNIVERSITY


Liverpool CAMHS
mental health is everyone's business

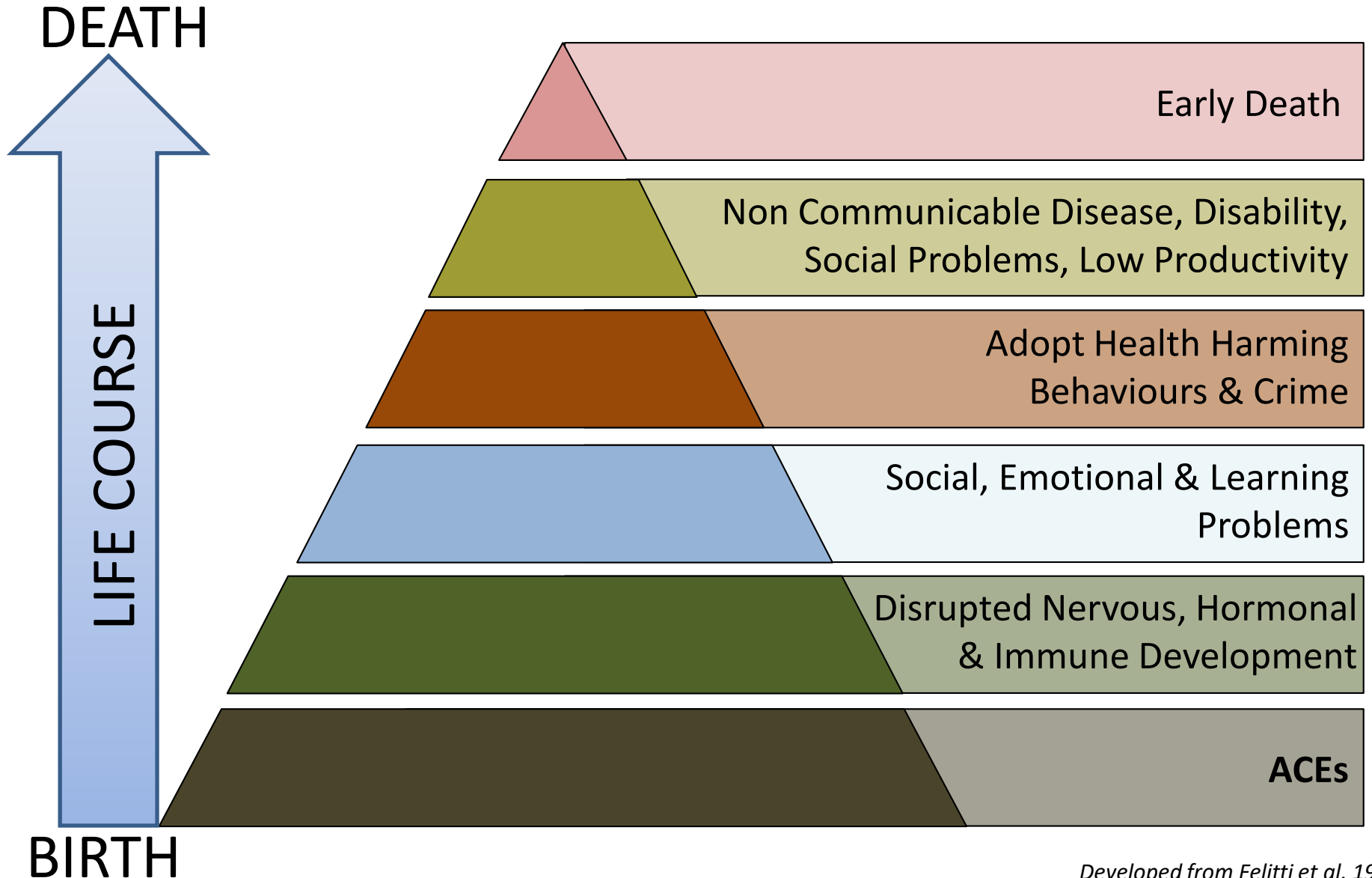

RAISE

Merseyside Youth Association

Adverse Childhood Experiences (ACEs)

Stressful events occurring during childhood that directly affect a child or affect the environment in which they live

ACEs – The Life Course



How Many Adults In England Have ACEs?

Child maltreatment



Verbal abuse
18%



Physical abuse
14%



Sexual abuse
6%

Childhood household included



Separation*
24%



Domestic abuse
12%



Mental illness
12%



Alcohol abuse
9%



Drug use
4%



Incarceration
4%

For every 100 adults in England
48 suffered at least one ACE, 9 suffered four or more

Increased Risk In Those With 4+ ACEs vs. 0 ACEs:

Controlling for age, gender, ethnicity & residential deprivation



Prevention & Response

Prevent exposure to trauma & chronic stress in early life



Address social inequalities & poverty



Strengthen early life support



Build resilient children, families & communities



Develop trauma informed professionals (& the public)



Organisationally ready services / enabling policy frameworks

Co-designed with children, families & professionals

Liverpool ACE Perception Survey

- Understand perceptions of ACEs across children & young people's workforce
- Enable partners to take an informed approach to ensuring ACE & childhood trauma are identified & understood
- 300 participants
 - E.g. Teachers, social/youth workers, mental health
- Summary of:
 - Awareness & understanding
 - Identifying ACEs
 - Resources & support
 - What's needed

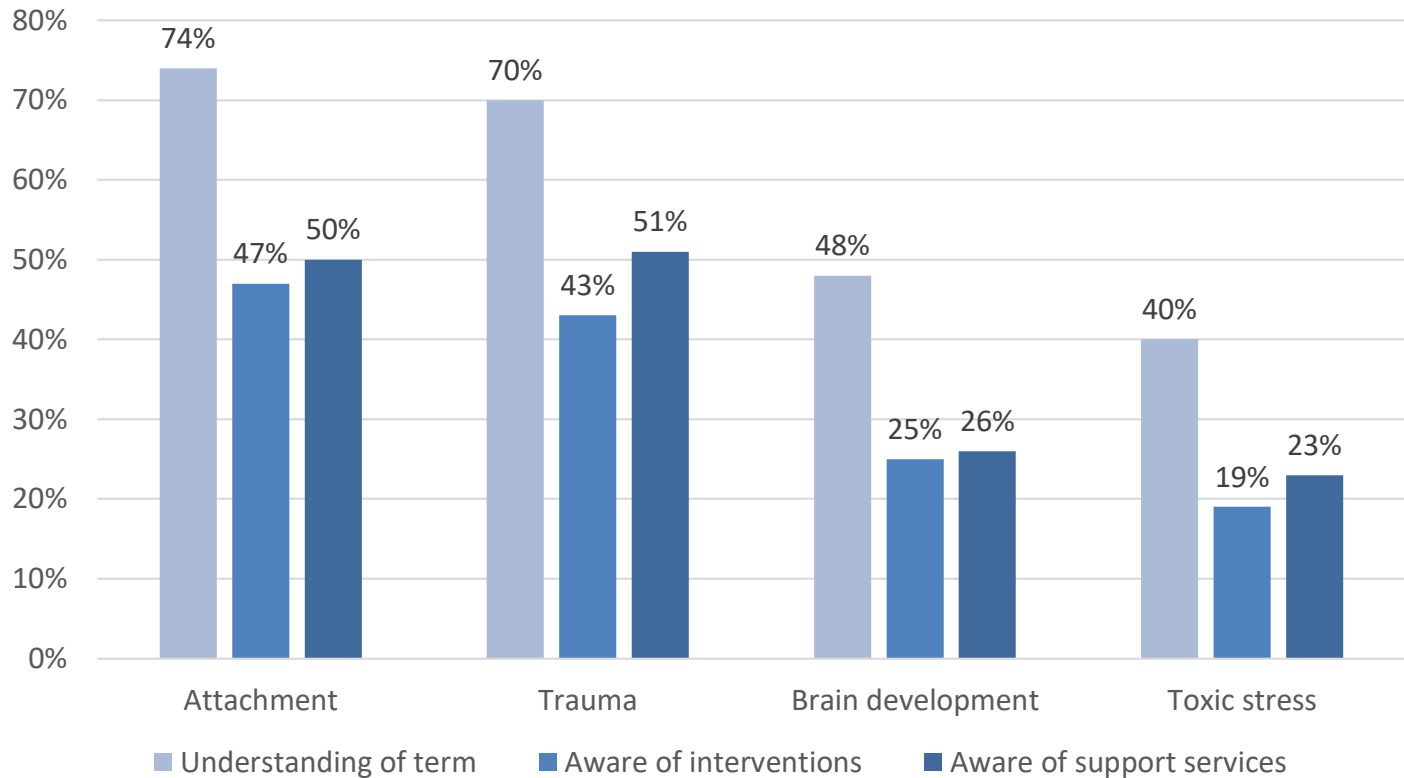
2019 ACE PERCEPTION SURVEY FINDINGS

A
C
E
Adverse
Childhood
Experiences



www.liverpoolcamhs.com/wp-content/uploads/2019/02/ACE-Survey-Jan-2019.pdf

Understanding & Awareness



- Good awareness of the impact of ACEs on behaviours (e.g. violence) & education/employment, but not on physical health (e.g. cancer, heart disease)
- 55%* not familiar with the term “Trauma-Informed Approaches”

* Of those whose job specifically related to the emotional health and wellbeing of children and young people

Identifying ACEs

- 60% do not use any tools or resources to identify if children/young people have ACEs
- 55% would be confident asking an adult about their ACEs

"National 10 step ACE checklist is used in the organisation but only for the purpose of training staff to recognise ACEs. it is not used to identify actual cases."

"We do an initial assessment following referral. This can then lead to the young person disclosing ACEs - however, we do actually ask direct, and we are at times taken back by the level of ACEs. We are resourced to be able to offer immediate support if required."

"We assess pupils emotional development using Thrive online. During time spent with pupils, they may also indicate some adverse experiences which we then have signpost i.e. social services, CAHMS etc."

Know Where To Signpost For Support

Child maltreatment



Verbal abuse
69%



Physical abuse
82%



Sexual abuse
83%

Childhood household include/ parent/carer



Separation
36%



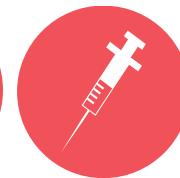
Domestic abuse
75%



Mental illness
63%

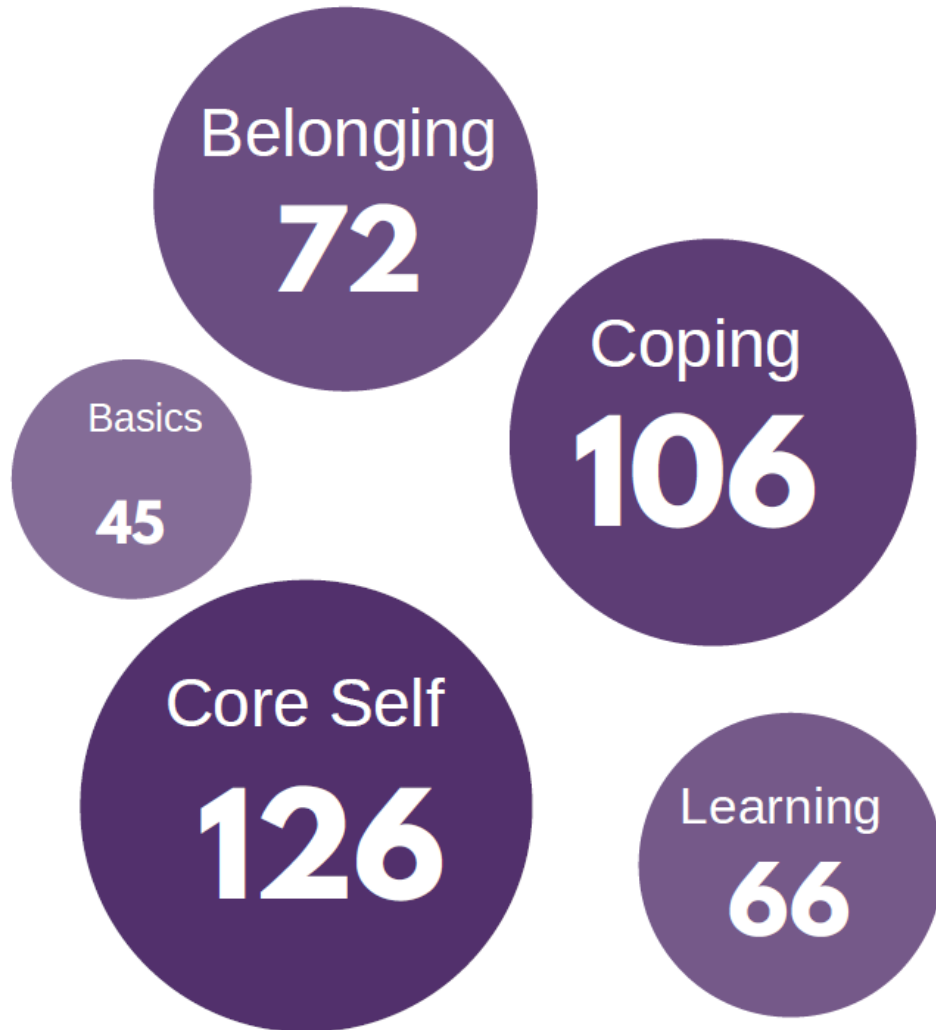


Alcohol/drug abuse
70%



Incarceration
45%

Resilience Building



48% would like more support to help them self-care when dealing with young people's distress

What's Needed?

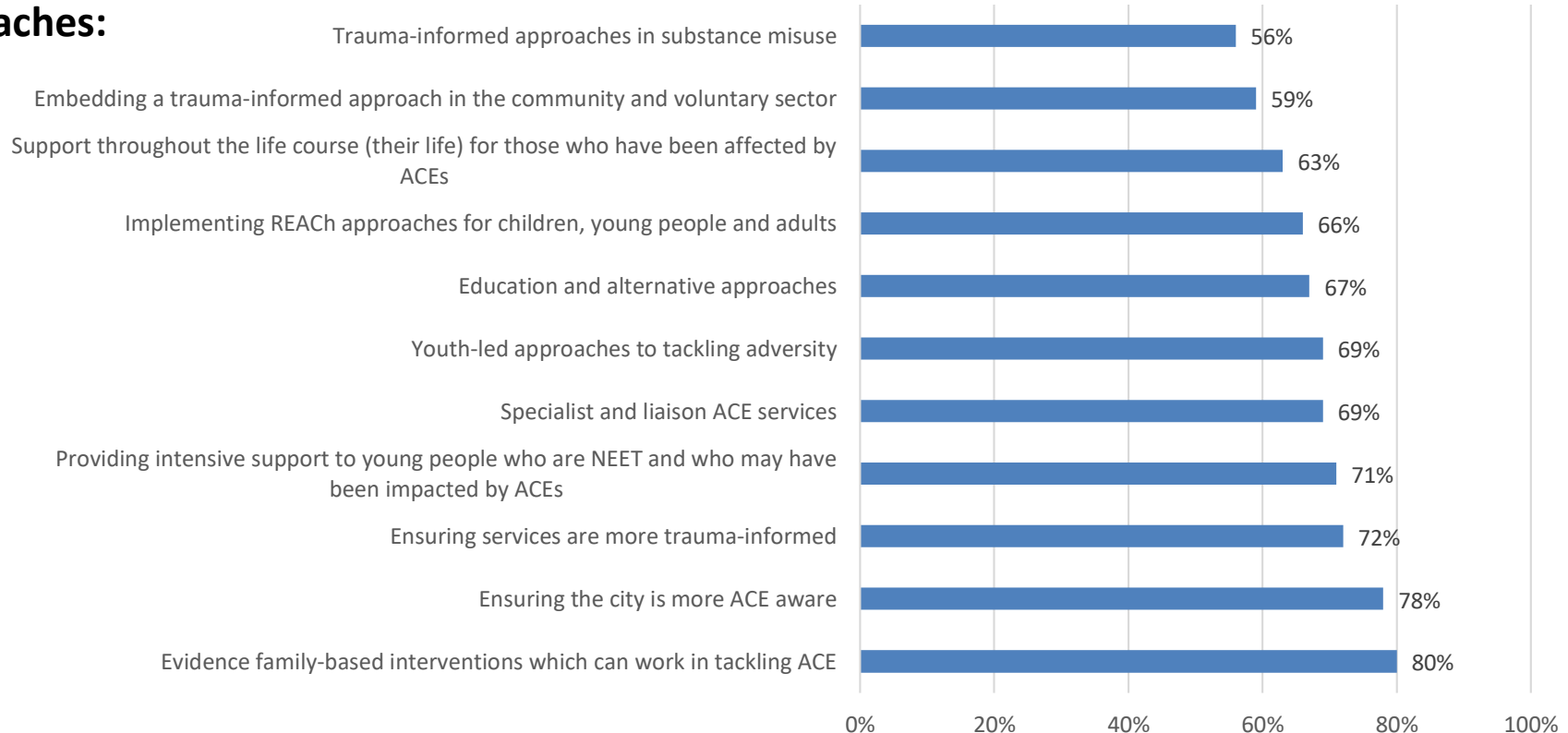
Training:

- ACE awareness
 - Workshops (83%)
 - Online materials (76%)
- Building children & young people's resilience (86%)

Commissioners & providers:

- Support for schools
- Awareness-raising
- Multi-agency
- Training & development

Approaches:



Recommendations

City-wide ACE / trauma-informed strategy & action plan

Awareness raising

- Support & resources
- ACE-aware
- Resilience
- Young people's voices

Joint commissioning

- Multi-agency
- Targeted towards at-risk groups
E.g. looked after children, children whose carers are incarcerated

Training

- All professionals working with children & young people
- ACE-informed, identify & support appropriately
- Self-care & resilience building

Improved access to services

- Consider referral/access pathways
- Raise awareness of support
- Central ACE platform, e.g. CAMHS website

ACEs may be contagious.....



BUT.....

healing can occur & the cycle can be broken



Thank you

With thanks to all survey participants, Liverpool's ACE steering group, CAMHS, Merseyside Youth Association & Professor Mark A Bellis

For more information on ACEs visit Liverpool CAMHS:

www.liverpoolcamhs.com/resources/adverse-childhood-conditions-ace/