

Children, Young People, Maternity and Families Workstream: Adverse Childhood Experiences Workshop 22nd July 2019

ACEs
 ACEs are the top 10 most common and preventable causes of poor health and disease. ACEs are not just about trauma, they are about the quality of the relationships we have with others.

TRAUMA
 Trauma is a result of an event or experience that overwhelms the individual's ability to cope. It can be physical, emotional, or psychological.

WIDER DETERMINANTS
 Health is determined by a range of factors beyond genetics and biology, including social, economic, and environmental conditions.

MULTI-DISCIPLINARY
 Addressing ACEs requires input from various professionals including doctors, nurses, social workers, and educators.

SHAME
 Shame is a powerful emotion that can lead to isolation and a lack of support. It is often associated with ACEs and mental health issues.

EXAMPLES IN CITY-HACKNEY

LOOKED AFTER CHILDREN
 Children who have been in care are at a significantly higher risk of experiencing ACEs and poor health outcomes.

MATERNITY & EARLY YEARS
 Experiences during pregnancy and the first few years of life have a profound impact on a child's development.

YOUNG PEOPLE
 Young people who have experienced ACEs are more likely to experience mental health problems and substance use.

ADULTS AT RISK
 Adults who experienced ACEs in childhood are at a higher risk of chronic diseases, including heart disease, diabetes, and cancer.

WIDER DETERMINANTS
 The social and economic environment plays a crucial role in determining an individual's health and well-being.

OUR TOP 3 ACTIONS
 1. Increase awareness of ACEs among healthcare professionals and the public.
 2. Strengthen support services for individuals who have experienced ACEs.
 3. Address the wider determinants of health to prevent ACEs from occurring.

GROUP DISCUSSION
 What if we could...? What if we had...?

MATERNITY & EARLY YEARS
 Supporting parents and caregivers during pregnancy and early childhood is key to preventing ACEs.

YOUNG PEOPLE
 Providing mental health support and safe spaces for young people is essential.

ADULTS AT RISK
 Identifying and supporting adults who have experienced ACEs can help reduce their health risks.

WIDER DETERMINANTS
 Improving housing, employment, and social connections can help reduce the impact of ACEs.

OUR TOP 3 ACTIONS
 1. Develop targeted interventions for high-risk groups.
 2. Promote resilience and coping strategies.
 3. Advocate for policy changes that address the wider determinants of health.

SHAME
 Shame is a barrier to seeking help and support. Reducing stigma is a priority.

Let's our responsibility to take this forward.
 THANK YOU FOR YOUR TIME!
 ANNE DANING

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