

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



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**ACEs** - Lots of great practice!

Why are we doing this? ACEs are the 10 types of adverse childhood experiences that can have a long-term impact on health and well-being.

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**TRAUMA** - What is trauma? It's a collection of events, experiences, or situations that cause physical, emotional, or psychological harm.

**TOXIC STRESS CAN DAMAGE THE BRAIN** - Toxic stress can damage the brain and affect learning and behavior.

**RESILIENCE** - The ability to bounce back from adversity.

**MULTI-DISCIPLINARY** - Bringing everyone together to create resilience.

**KEEPING HOPE ALIVE** - We need to keep hope alive.

**EXAMPLES IN CITY + HACKNEY**

**LOOKED AFTER CHILDREN** - (Families)

**MATERNITY** - Quality Improvement Project (QIP) - (Mentors, Supportive Role)

**Using ACEs as a Springboard** - Using ACEs as a springboard for change.

**RELATIONSHIP** - Relationship is key to resilience.

**PRIMARY CARE** - Primary care is the first point of contact.

**COMMUNITY-LED APPROACHES** - Community-led approaches are vital.

**How to BUILD RESILIENCE** - How to build resilience in children.

**OUR FOCUS** - Our focus is on building resilience.

**ACCESS** - Access to services is essential.

**de-stigmatise** - De-stigmatise mental health issues.

**GROUP INTELLIGENCE** - Group intelligence is key to success.

**DISCUSSION** - Discussion is essential for learning.

**WHAT IS WORKING?** - What is working in our practice?

**ACTING TO TAKE FORWARD** - Acting to take forward our findings.

**MATERNITY & EARLY YEARS** - Maternity and early years are crucial.

**YOUNG PEOPLE** - Young people need support and care.

**ADULTS AT RISK** - Adults at risk need extra support.

**WIDER DETERMINANTS** - Wider determinants affect health and well-being.

**HOUSING IS A REAL ISSUE** - Housing is a real issue for many.

**It's our responsibility to take this forward.** - It's our responsibility to take this forward.

**SHAME** - Shame is a barrier to progress.

**NOT JUDGING** - Not judging others is important.

**FOR THEM IT CAN BE A LIFE-LONG JOURNEY** - For them it can be a life-long journey.