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England

Protecting and improving the nation's health

Introduction to Adverse Childhood Experiences

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Health and Wellbeing

Overview

1. What are adverse childhood experiences
2. Why do adverse childhood experiences matter
3. What can we do about adverse childhood experiences
 - Prevention (of future ACEs/vulnerability factors)
 - Early intervention (for children in families with ACEs/vulnerability factors currently)
 - Mitigation for children/young people and adults already affected
4. How do we implement this locally (discussion/activity).
5. Summary

1. What are adverse childhood experiences?

- There are 3 direct and 6 indirect experiences that have an impact on childhood development.
- The more adversity a child experiences the more likely it is to impact upon their mental and physical health.
- Evidence suggests children exposed to 4 or more adverse experiences are more likely to participate in risk taking behaviours and find it more difficult to make changes.
- ...and consequently, have poorer health outcomes.

Adverse Childhood Experiences (ACEs)

CHILD MALTREATMENT



Verbal abuse



Physical abuse



Sexual abuse

CHILDHOOD HOUSEHOLD INCLUDED



Parental
separation



Domestic
violence



Mental
illness



Alcohol
abuse



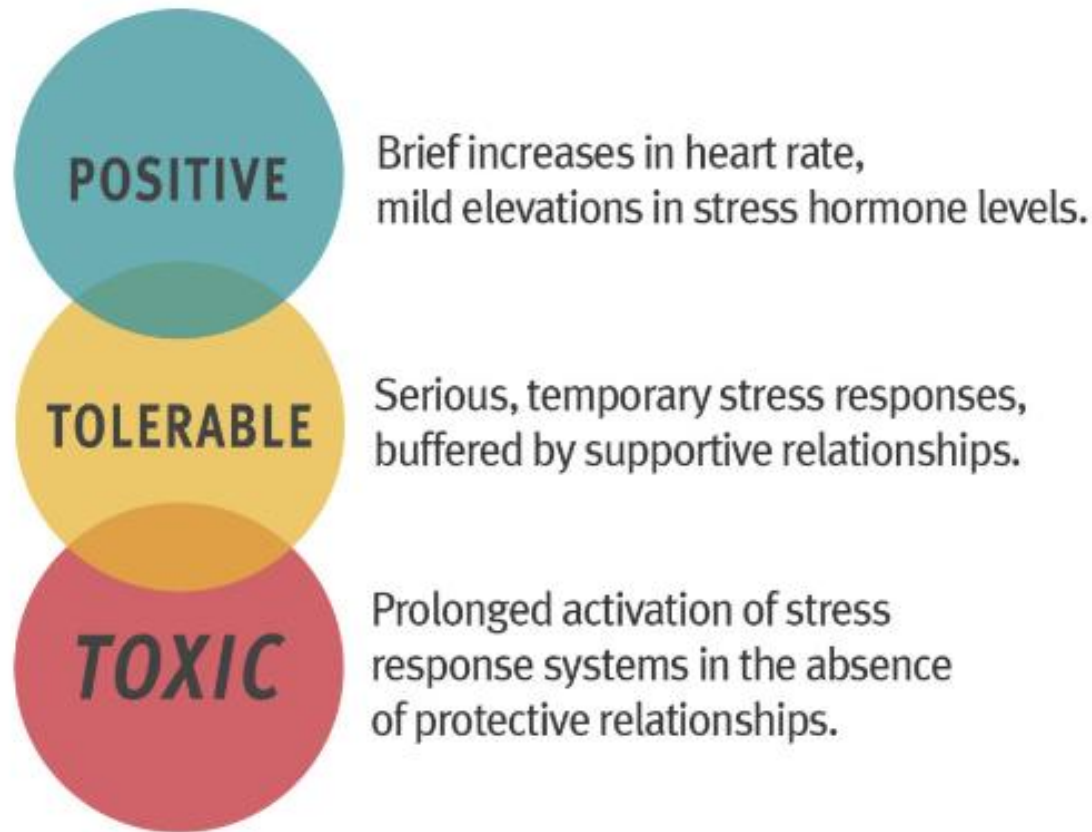
Drug use
4%



Incarceration
3%

Source: Centre for Public Health: Liverpool John Moore's University 2016

Child development and 'toxic stress'



Source: Harvard University, Centre for the Developing Child; Petchel and Pizzagalli, 2011.

Chronic/Toxic Stress

Chronic traumatic stress in early life alters how a child's brain develops it fundamentally alters

- nervous
- hormonal
- immunological system development.

“This can result in individuals whose systems are ‘locked’ into a higher state of alertness; permanently prepared for further trauma. Such physiological changes increase the wear and tear (allostatic load) on their body; increasing risks of premature ill health such as cancer, heart disease and mental illness”

Source: Public Health Wales and CPH, John Moore's University 2016

Toxic stress video



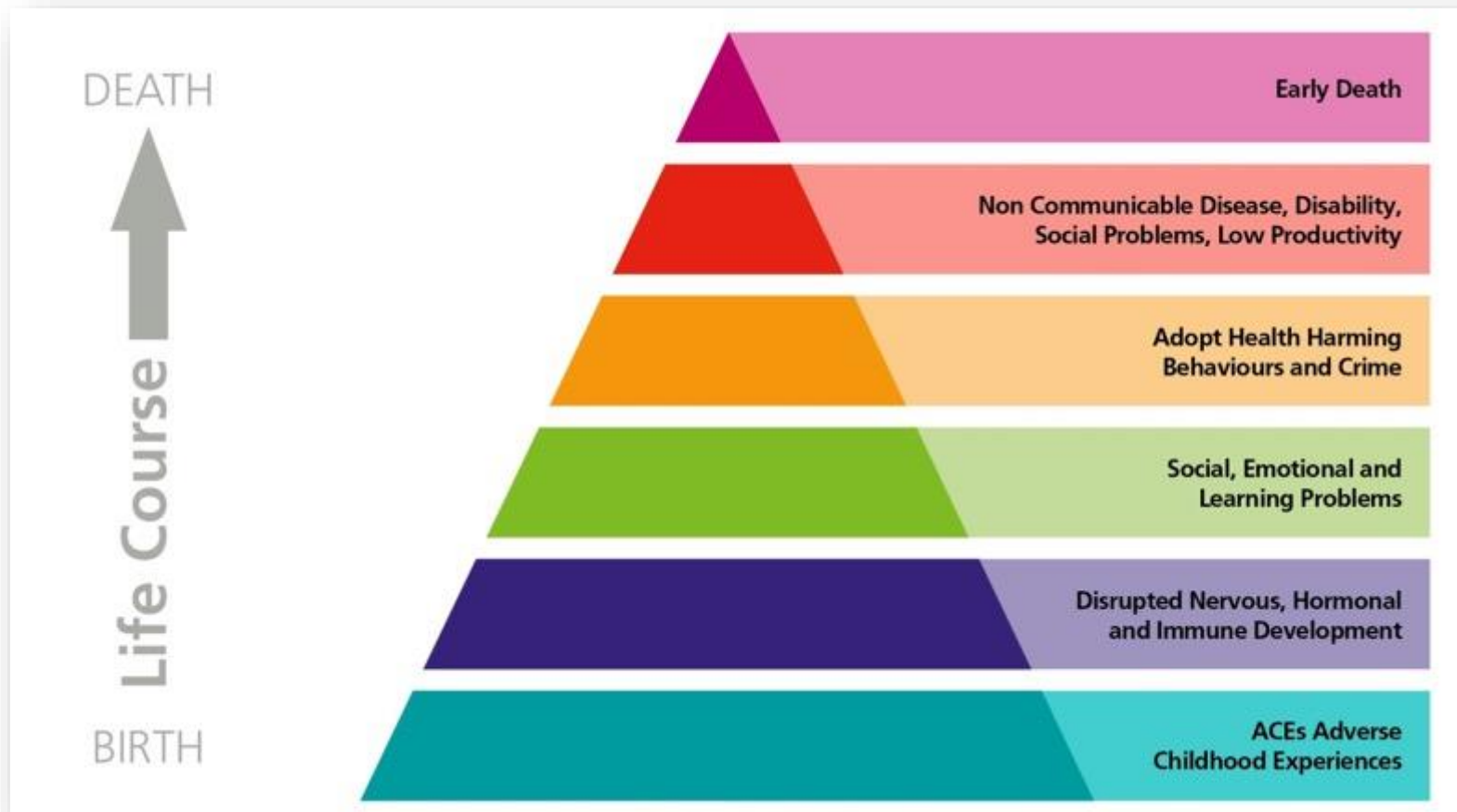
Access below:

<https://www.youtube.com/watch?v=rVwFkcOZHJw>

We can learn new skills



2. Why ACEs matter



Source: Bellis 2016 adapted from Felitti 1998, image credit to Warren Larkin Associates Limited

Who is at risk?

Individuals reporting at least one ACE



47%

Individuals reporting 4 ACEs or more



9%

Source: Bellis, 2014.

Diet and obesity

- In the 1980s Felitti discovered that patients successfully losing weight in a local Weight Programme were the most likely to drop out.
- Found that overeating and obesity were often being used unconsciously as protective solutions to unrecognized problems dating back to childhood.
- Counterintuitively, obesity provided hidden benefits: it often was sexually, physically, or emotionally protective.



Source: Felitti, 1998

Health and wellbeing behaviours

UK study suggests those with 4 ACEs + are:

2x more likely to **have a poor diet** ²

3x more likely to **smoke** ¹

5x more likely to have had **sex under 16 years** ¹

6x more likely to **have been pregnant**

or got someone accidentally pregnant Under 18 ²



Source: 1. Bellis et al. 2012 2. Bellis et al. 2013

Social and community impact

UK study suggests those with 4 ACEs + are:

2x more likely to **binge drink**

7x more likely to be involved in **recent violence**

11x more likely to have been **incarcerated**

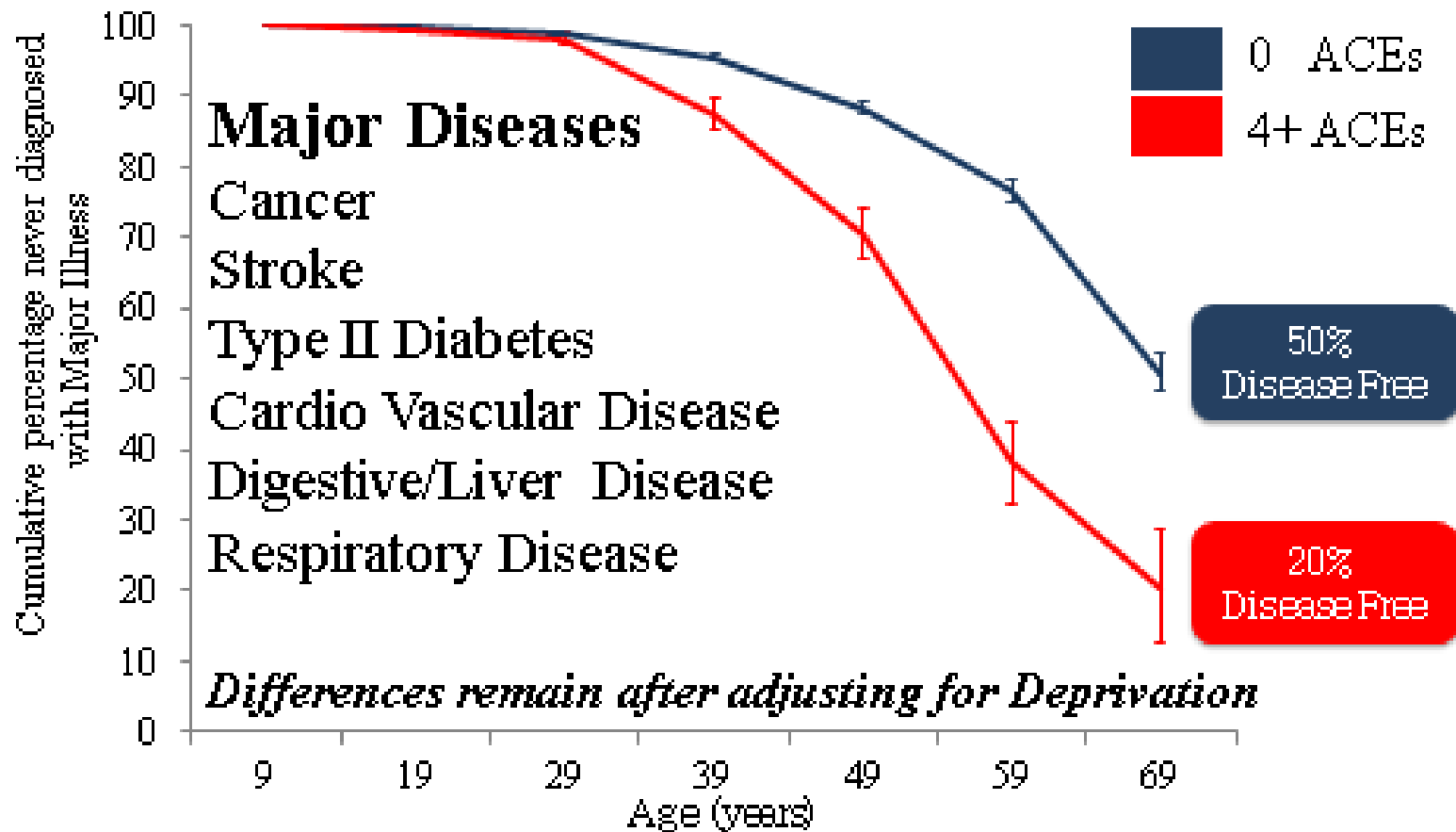
11x more likely to have used **heroin or crack**



Source: Bellis et al. 2014, n=3885

Health and wellbeing outcomes

Individuals never diagnosed with a major disease by age (%)



Source: Bellis et al, 2014

Impact on services

People with 4+ ACES compared with those with no ACES

Health care:-

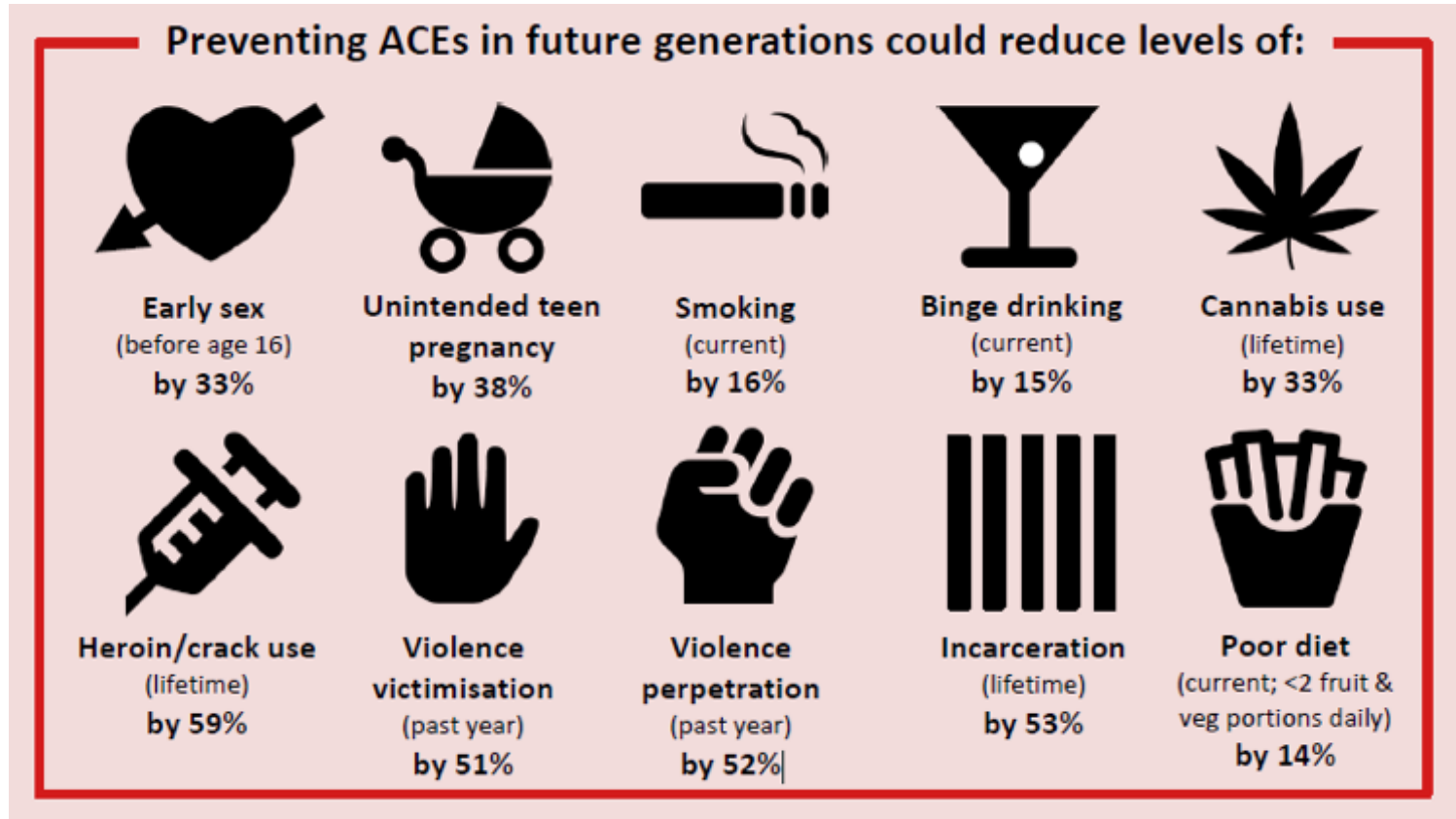
- **2.1 x** more likely to have **visited their GP in the last 12 months**¹
- **2.2 x** more likely to have **visited A&E in the last 12 months**¹
- **2.3 x** more likely to have **more than ten teeth removed**¹
- **2.5 x** more likely to have **stayed a night in hospital**¹
- **6.6 x** more likely to have been **diagnosed with an STD**¹

Social Care:-

- **64%** of those in contact with substance misuse services had 4+ ACE²
- **50%** of homeless people had 4+ ACES²

Source: ¹ Ford et al 2016 ² Bellis et al, 2014,2016

Opportunity



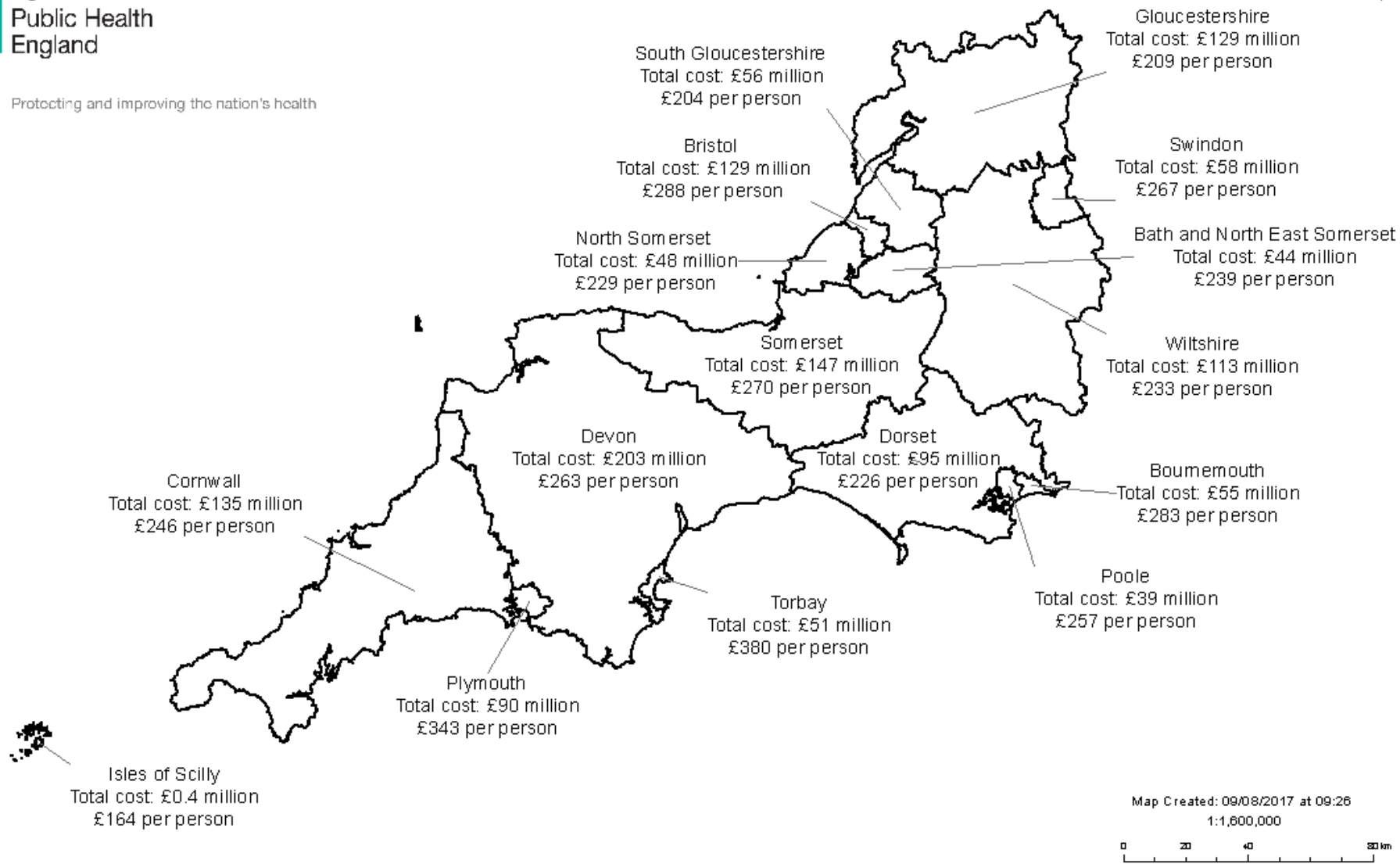
Source: <http://www.cph.org.uk/wp-content/uploads/2014/05/ACE-infographics-BMC-Medicine-FINAL-3.pdf>

Cost of Late Intervention in the South West by Local Authorities



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Source: Early Intervention Foundation, 2016.

National responses

1. There is a range of evidence of the impact of negative factors in childhood on later life
2. 'ACEs' is one way of describing these negative factors and helpfully 'quantifies' them to some degree
3. Some areas are looking to an '**ACE Framework**' to describe local work
4. Other national bodies are using '**vulnerability**' as their framing – in particular this is the focus of the Office of the Children's Commissioner this year*
5. Some local areas are also looking to a '**vulnerability framework**'.

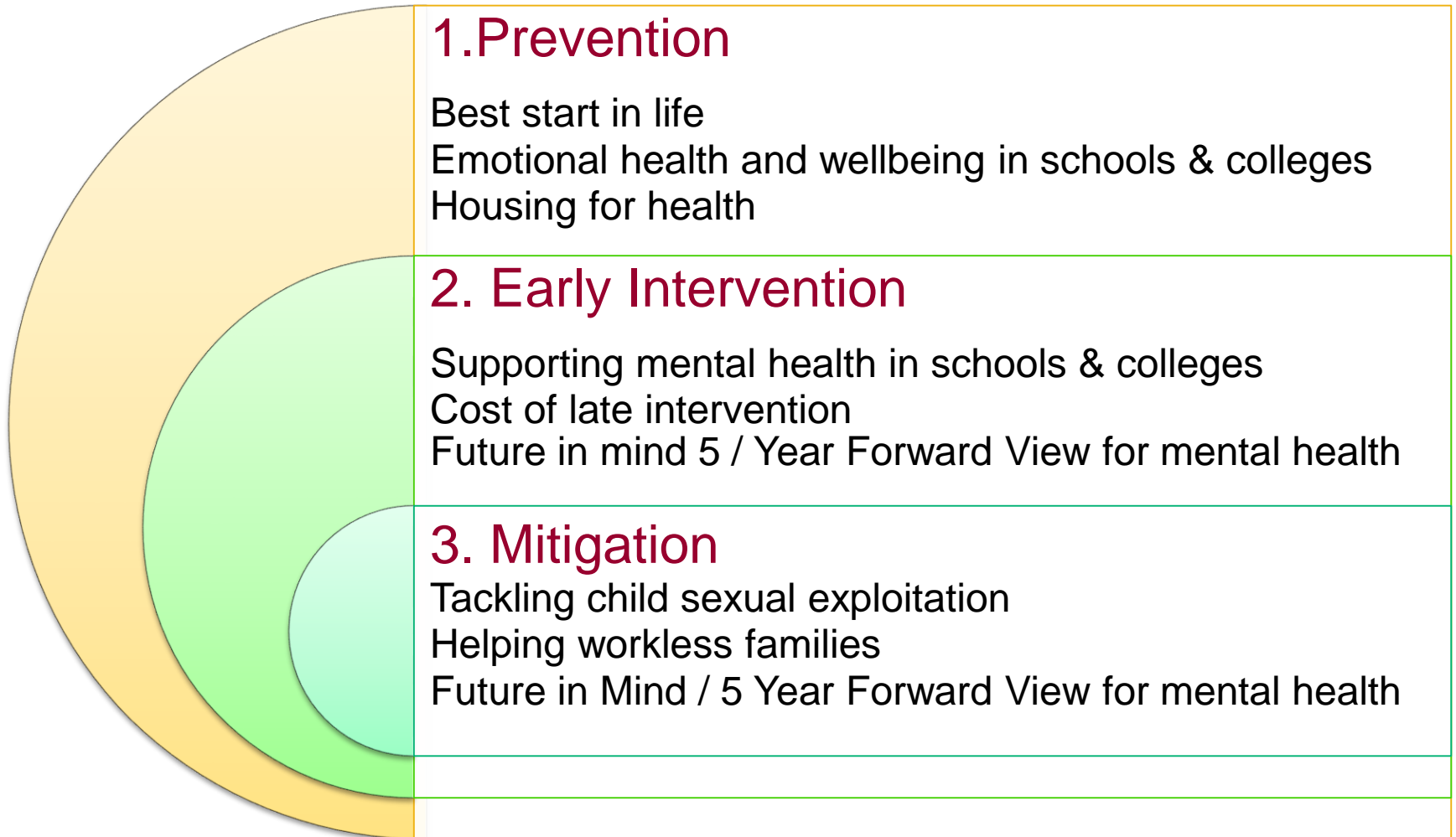
*<https://www.childrenscommissioner.gov.uk/publication/childrens-commissioners-report-on-vulnerability/>

3. What can we do about ACEs?



Working across the life-course

Policy and guidance



3.1 Prevention

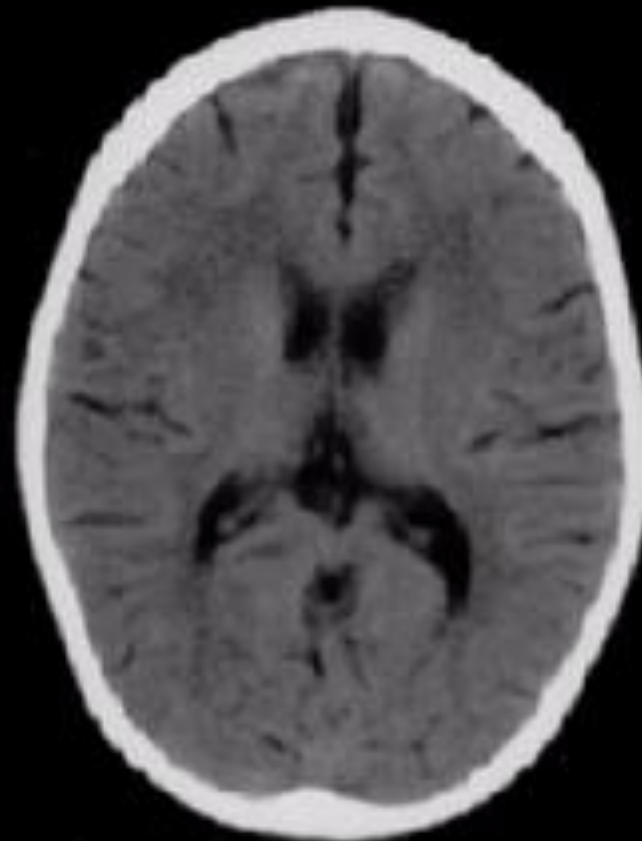
- Promote early attachment
- Universal and selective services – home visits, parenting/family programmes
- Sexual abuse and violence prevention
- Community policing
- Schools – building resilience
- Social care system to prevent intergenerational neglect and abuse



3 Year Old Children



Normal



Extreme Neglect

All rights reserved © 2005 Bruce D. Perry

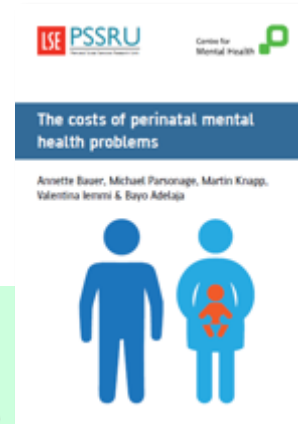
Source: Perry & Pollard 1997 and 2005. https://childtrauma.org/wp-content/uploads/2013/12/PerryPollard_SocNeuro.pdf

3.2 Early intervention

Examples of interventions

- Perinatal mental health
- Early years support and education
- Whole school/college interventions
- Bullying interventions
- Mindfulness
- Mental Health First Aid
- Connect 5 Training
- Counselling
- Early intervention for self-harm

Green Paper on children's mental health due this winter



Trauma informed services in schools

Trauma informed care aims to develop different thinking process so that children and adults are less likely to 'flip' into the fight/flight type response that is associated with threat and stress.

Examples in the South West include:

- 'Thrive Approach' commissioned in Devon and Plymouth
- 'Mindful Emotion Coaching' commissioned in Somerset and North Somerset
- Emotion Coaching in Wiltshire, Swindon and Bath and North East Somerset



Sources: <https://www.thriveapproach.com/>
<http://www.emotioncoaching.co.uk>

Trauma informed services – video links

Clip 1 Emotion coaching and mindfulness introduction



Clip 2 Emotion coaching presentation and discussion for children's services and schools



<http://www.emotioncoaching.co.uk/>

Early Intervention Foundation

EIF: Who we are



Making the case
for EI

Generating
evidence

Influencing policy
and practice




EARLY
INTERVENTION
FOUNDATION

CHILDREN, PARENTAL CONFLICT & PUBLIC SERVICES CONFERENCE, 22 MARCH - LONDON

@theEIFoundation | eif.org.uk

EIF and Interparental Relationships

WHAT WORKS TO ENHANCE INTER-PARENTAL RELATIONSHIPS AND IMPROVE OUTCOMES FOR CHILDREN

US |  Department for Work & Pensions
UNIVERSITY OF SUSSEX

GORDON HAROLD, DANIEL ACQUAH, RUTH SELLERS & HAROON CHOWDRY
EDITED BY LEON FEINSTEIN

CHILDREN, PARENTAL CONFLICT & PUBLIC SERVICES CONFERENCE, 22 MARCH - LONDON

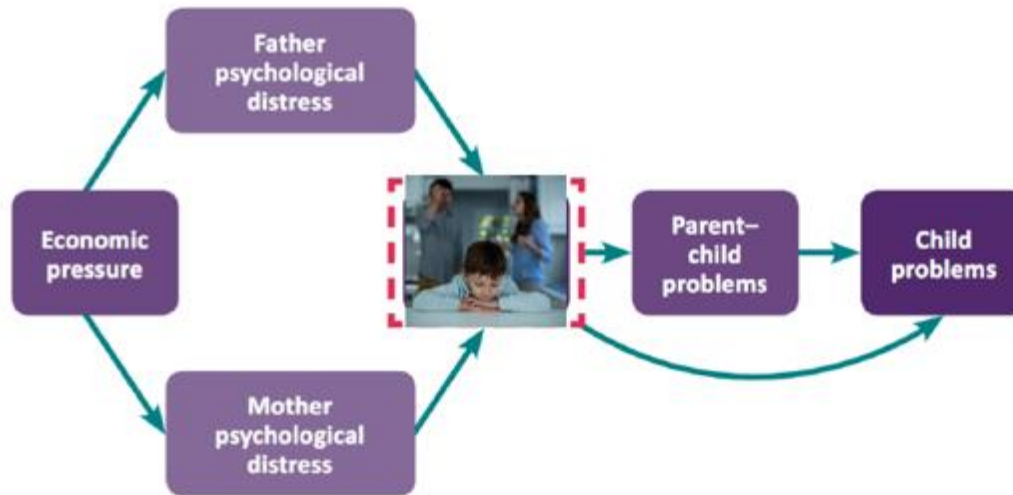
@theEIFoundation | eif.org.uk

<http://www.eif.org.uk/wp-content/uploads/2018/03/RPC-Conference-London.pdf>

Impacts of economic pressure



Family Stress Model



CHILDREN, PARENTAL CONFLICT & PUBLIC SERVICES CONFERENCE, 22 MARCH - LONDON

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DWP pilots

Face to Face Support

The Contract Package Areas:

Lead Authority	Geographical Coverage	
Westminster	Westminster Brent Croydon Fulham Lambeth	Kensington & Chelsea Camden Hammersmith &
Gateshead	Gateshead Sunderland South Tyneside Middlesbrough Redcar & Cleveland	Newcastle Northumberland Hartlepool Durham
Hertfordshire	Hertfordshire Cambridgeshire Southend	Essex Buckinghamshire Peterborough
Dorset	Dorset Somerset Bournemouth Plymouth	Devon Wiltshire Poole Torbay

See EIF reference on previous slide

The Range of Interventions



1. Within my Reach
2. Family Check Up Intervention
3. Focus on Kids
4. Parents Plus



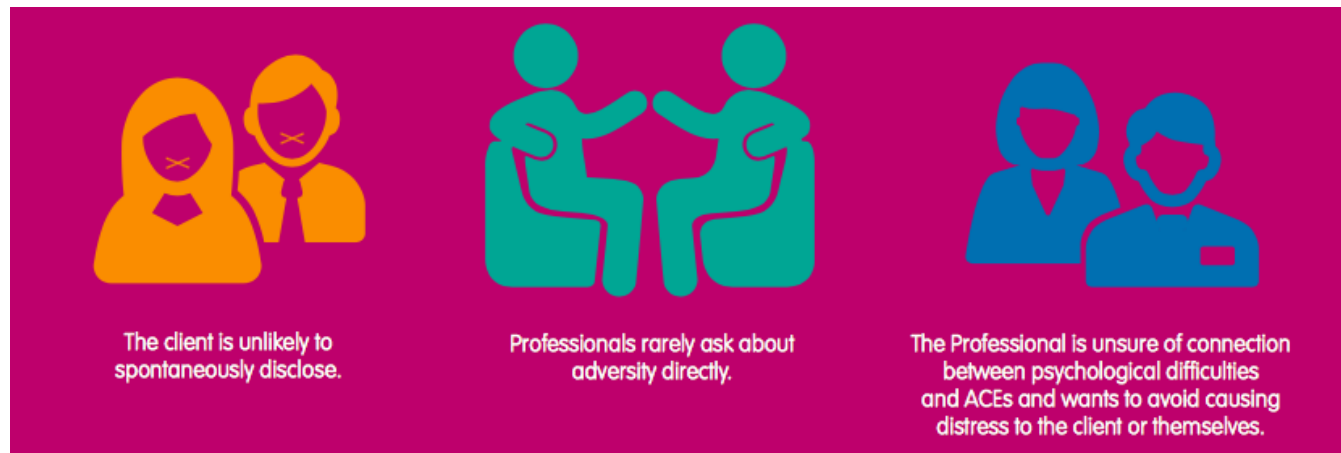
5. Couple Coping Enhancement Training
6. Enhanced Triple P
7. Incredible Years
8. Mentalization
9. "4Rs 2Ss" Family Strengthening Programme
10. Family Transitions Triple P

See EIF reference on previous slide

Routine enquiry into adversity **REACH**

Blackburn with Darwen Local Authority in partnership with Lancashire Care NHS Foundation Trust studied the barriers to early detection of ACEs.

The findings:



In response to these findings the Routine Enquiry About Adversity in Childhood model (**REACH**) was created. The model systematically screens for adversity.

Source: www.lancashirecare.nhs.uk/REACH

Key findings of the REACh model

- Practitioners were not aware of the impact of adversity on later life outcomes.
- REACh helped to equip practitioners with the knowledge and skills to conduct routine enquiry with service users.
- The model is feasible and acceptable to staff and service users.
- There was **no** significant increases in service need following practice change.
- The REACh approach was the catalyst for increased frequency of disclosures, better therapeutic alliance and more targeted interventions.
- Practitioners considered the impact of ACEs in relation to their lives and that of their children.

Source: www.lancashirecare.nhs.uk/REACh

4. Implementation



CQUIN Indicator Specification Information on CQUIN 2017/18 - 2018/19

Publications Gateway/Reference 06023

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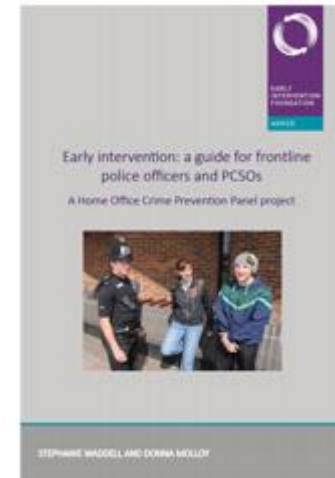
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Strategic:-

Sustainability and Transformation Plans, I Systems, CQUINS (NHS), JSNA's Police Early Intervention Programmes

Operational:-

0-5years/health visiting, drug and alcohol services, violence prevention, sexual health, workforce development for routine enquiry



In a child's words



Access video here:

<http://www.aces.me.uk/in-wales/>

‘Sufficient evidence is already available for governments to prioritise and invest in ACE preventing interventions. Too often the focus is on addressing the consequences of ACEs rather than preventing them in the first instance.’

Bellis et al, 2014

Service responses

Early Intervention and prevention

How do you use data to you understand the need within your service?

How do you develop and promote resilience?

How do you respond when there are signs of vulnerability/adversity?

Integrated working

How do you work with other agencies such as criminal justice, education, health and other services?

What opportunities do you have to forge stronger links?

Proportional Universalism

Children from all backgrounds can experience ACES

Are staff working within universal services ACES aware/aware of these vulnerability factors?

Do staff know how to respond in a 'trauma informed' way?

Have you got enough capacity in the system to scale up your responses where the need is?

<http://www.instituteofhealthequity.org/resources-reports/the-impact-of-adverse-experiences-in-the-home-on-children-and-young-people/impact-of-adverse-experiences-in-the-home.pdf>

Discuss with your neighbour

1. What local programmes are you involved in that align with ACE?
2. What would a multi-agency ACE approach offer your local area?
3. What could you change in your work that would reduce the impact of ACES?

5. Summary

- There are nine key ACEs that can impact on a child's development and their response to stress.
- The more ACEs a child experiences the more likely they are to experience health implications as a result of poor health behaviours which can result in early death.
- Early intervention and prevention work are cost saving in comparison to late intervention programmes.
- Routine enquiry could help to identify those that may be at risk and those that have already experienced ACEs and an opportunity to develop appropriate care plans as required.
- Opportunity for services to become ACE aware and have a trauma informed response.

Contact:

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Nadine Burke Harris – TED talk.



How childhood trauma affects health across a lifetime | Nadine Burke Harris

Access video here:

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Mark Bellis – NHS England Lecture.



Video can be accessed here (29 minutes)

<https://www.youtube.com/watch?v=7xuWzPRf0ro>

Policy examples

Examples of Guidance:

Best Start in Life' and Emotional Health and Wellbeing in Schools and Colleges



Source: <https://www.gov.uk/government/publications/health-matters-giving-every-child-the-best-start-in-life/health-matters-giving-every-child-the-best-start-in-life>

<https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing>

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Bellis MA, Hughes K, Leckenby N, Perkins C & Lowey H. (2014) 'National household survey of adverse childhood experiences and their relationship with resilience to health-harming behaviours in England' BMC Medicine, 12:72 doi:10.1186/1741-7015-12-72

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<http://journals.sagepub.com/doi/pdf/10.1177/1355819617706720>

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<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

Ford, K. et al (2016) Adverse Childhood Experiences (ACEs) in Hertfordshire, Luton and Northamptonshire. http://www.cph.org.uk/wp-content/uploads/2016/05/Adverse-Childhood-Experiences-in-Hertfordshire-Luton-and-Northamptonshire-FINAL_compressed.pdf

Health Equity Institute – ACE Book - http://www.instituteoftheequity.org/Content/FileManager/adverse-experiences-book_final.pdf

Hughes, K., Lowey, H., Quigg, Z. & Bellis, M. A. (2016) 'Relationships between adverse childhood experiences and adult mental well-being: results from an English national household survey' BMC Public Health 16:222

Hopper, E. K., Bassuk, E. L., & Olivet, J. (2010). Shelter from the storm: Trauma-informed care in homeless service settings. The Open Health Services and Policy Journal, 3, 80-100

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[Perry, B and Pollard, R. \(1997\) Altered brain development following global neglect in early childhood. https://childtrauma.org/wp-content/uploads/2013/12/PerryPollard_SocNeuro.pdf](https://childtrauma.org/wp-content/uploads/2013/12/PerryPollard_SocNeuro.pdf)

Petchel P and Pizzagalli DA. 2011. Effects of early life stress on cognitive and affective function: an integrated review of human literature. *Psychopharmacology* 214:55-70

Public Health Wales Reports available at:

[http://www2.nphs.wales.nhs.uk:8080/PRIDDocs.nsf/7c21215d6d0c613e80256f490030c05a/d488a3852491bc1d80257f370038919e/\\$FILE/ACE%20Report%20FINAL%20\(E\).pdf](http://www2.nphs.wales.nhs.uk:8080/PRIDDocs.nsf/7c21215d6d0c613e80256f490030c05a/d488a3852491bc1d80257f370038919e/$FILE/ACE%20Report%20FINAL%20(E).pdf)

Other useful sources

<https://www.cdc.gov/violenceprevention/acestudy/>

<http://www.cph.org.uk/wp-content/uploads/2016/01/ACE-Report-FINAL-E.pdf>

<https://www.gov.uk/government/statistics/wider-determinants-of-health-march-2017>

<https://www.gov.uk/government/publications/improving-the-mental-health-of-children-and-young-people>

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/583047/alcohol_public_health_burden_evidence_review.pdf

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<https://www.gov.uk/government/publications/improving-lives-helping-workless-families>

<https://www.gov.uk/government/publications/improving-lives-helping-workless-families-evidence-base>

<https://www.gov.uk/government/publications/teenage-mothers-and-young-fathers-support-framework>

Public Health Profiles

<https://fingertips.phe.org.uk/>

Public Health Profiles



Highlighted Profiles

Child and Maternal Health

Health Profiles

Mental Health, Dementia and Neurology

National General Practice Profiles

Public Health Dashboard

Public Health Outcomes Framework

National Public Health Profiles

Adult Social Care

AMR local indicators

Atlas of Variation

Cancer Services

Cardiovascular Disease

Child and Maternal Health

Diabetes

Disease and risk factor prevalence

Longer Lives

Marmot Indicators

Mental Health, Dementia and Neurology

Musculoskeletal Diseases

National General Practice Profiles

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NHS Health Check

Older People's Health and Wellbeing

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