

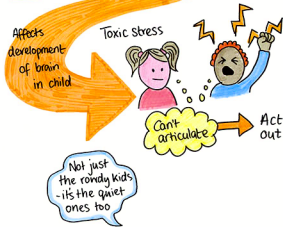
# VIOLENCE reduction unit

# ACES - Adverse Childhood Experiences

Understanding and improving our responses

## What is an ACE?

Personal	Other family members
Physical abuse	Alcoholism
Sexual abuse	Domestic abuse
Verbal abuse	Jail
Physical neglect	Mental health
Emotional neglect	Disappearance (divorce, death, abandonment)



4/10 = 32 times more likely to have behaviour issues

6/10 = 20 years lower life expectancy

Public health problems

Health conditions

Child may not remember but the body does

Emotional & psychiatric underpinnings of abuse



Over active stress response

But see behaviour

get to the route cause

## Effects of ACES...

- Behaviour
- Learning
- Relationships
- Health
- Drugs & alcohol
- Smoking
- Heart
- Mental illness

Why are we waiting for these kids to fall apart?



Reduce challenges

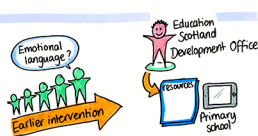
Home visits

## What is resilience? How do we build it?

Biology of stress & the science of hope

- Education
- Exercise
- Nutrition
- Meditation
- Mindfulness

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



Lack of resources & knowledge in other organisations & institutions



Make this everyday & think about language

Safe Authentic

Why do kids react the way they do?

our response & structures

fight or flight

## Be trauma informed



CHALLENGE

Mong

junkie

Think about language

Calm down

Parenting classes

Share examples

ACES too high

ACES connected

Tell everyone!

Ted

Nadine Burke-Harris

Suicide Youth arrests

Save

Be KIND & authentic

Start where you are & do what you can

Awareness - radio - billboards

Host a screening - local cinema

Need to have support available & in place

Understanding & awareness improves our responses & therefore outcomes for people

The impact you have on individuals & families is immeasurable ~ Thank you