



Advancing our thinking: Adverse Childhood Experiences (ACE's)

Introduction

Following on from the successful Beating Anxiety Conference in October 2018 , AfC's Emotional Health Service will focus this year on Adverse Childhood Experiences (ACE's). This conference is open to all practitioners working with children and young people across Richmond, Kingston, Windsor and Maidenhead.

The original Adverse Childhood Experiences (ACEs) study was conducted in California in 1995 by Vincent Felitti and Robert Anda. ACEs refer to highly stressful events experienced during childhood such as psychological, physical and sexual abuse; emotional and physical neglect, domestic violence and family conflict; loss of a parent/carer, parental imprisonment, parental mental illness and addiction. ACEs create dangerous levels of stress and compromise a child's healthy brain development, which in turn can result in long-term effects on a child's learning, behaviour, physical and mental health and long term outcomes throughout the life-course.

Their research has been replicated among communities from diverse backgrounds and childhood adversity is consistently shown to create harmful levels of stress recognised as toxic stress; and due to extended exposure to these stressors children and young people are shown to experience complex trauma. Individuals who have experienced 4 or more such adversities are found to be more than 12 times likely to attempt suicide.

ACEs are considered a public health concern because of the wide ranging negative social, health, and economic impacts. Research from the ACE studies across the world have all demonstrated that there is a powerful relationship between our emotional experiences as children and our mental and physical health as adults. These studies have shown that humans convert traumatic emotional experiences in childhood into mental and physical health problems in later life.

The main finding that emerged from the ACEs research is that the impact of adversity and complex trauma comes from the lack of reliable and nurturing relationships and systems that can help the child or young person to cope with the overwhelming stress and anxiety traumatic experiences cause.

Learning Outcomes

After the conference delegates will be able to:

- Explore and share best practice in supporting vulnerable children and young people across disciplines
- Demonstrate an increased awareness of ACE's
- Apply new skills and strategies for children and young people with mental health difficulties and adverse childhood experience
- Contribute to the development of support strategies towards implementing Trauma Informed Care within their setting
- Demonstrate the benefits of Networking opportunities with other practitioners from the wider Children workforce
- Cascade to colleagues the key themes from the national speakers

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare, Business Support
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19+ yrs
Trainer	Various Trainers

Start Date	Venue	Times	Event Code
9 Oct 2019	Harlequin FC, Members Club House, TW1 7SX	08:30 to 16:15	EDU 19/284