

**Criminal Justice  
Partnership**



# Adverse Childhood Experiences Online Resources

UNIVERSITY OF CENTRAL LANCASHIRE  
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## Introduction

Adverse Childhood Experiences (ACEs) are stressful or traumatic events that children experience before age 18, such as violence at home, neglect, abuse, or having a parent with mental illness or substance dependence. High or frequent exposure to ACEs, without the buffering support of a caring adult, can dysregulate children's stress response. According to research (Felitti et al, 1998) there are ten categories of ACEs split into three groups:

- I. Abuse: 1) Physical, 2) emotional, and 3) sexual
- II. Neglect: 4) Physical and 5) emotional
- III. Household dysfunction: 6) Parental mental illness, 7) incarcerated relative, 8) mother treated violently, and 9) household substance abuse. The category that was previously called "divorce or parental separation" was recently updated to 10) "not being raised by both biological parents."

Exposure to ACE's can have long-term negative impact on behaviour, mental and physical health outcomes. Compared with people who experience no ACEs, people who experience four or more ACEs have a two and a half times increased risk of acquiring a sexually transmitted infection, a five times increased risk of illicit drug use, a seven times increased risk of alcohol addiction, and eleven times more likely to be incarcerated. Additionally, experiencing 4 or more ACEs is associated with significantly increased risk for 7 out of 10 leading adult causes of death, including heart disease, stroke, cancer, COPD, diabetes, Alzheimer's and suicide (Felitti et al, 1998; Burke-Harris, 2018). However, practitioners should be aware that ACE's scores are an indicator of possible negative outcomes, not a prediction and preventative strategies can build resilience (Public Health England, 2020)

Despite the potentially devastating impacts ACEs can have on children and adults, widespread interest this field is relatively new. The seminal work conducted by Felitti et al (1998), 'The CDC Kaiser ACEs Study' (see below), lead the way for further research in this area. This report aims to bring together some of the most pertinent and accessible research as a point of reference for those that are starting their research in this area or are frontline

workers in the field. Please note that this is not a definitive list but should serve as a starting point for further research.

## Searches & Information Extraction

Database searches have been conducted using the methods recommended in the Cochrane Handbook (Chapter 4). Cochrane is an independent network of researchers, professional, patients and healthcare that work to promote high-quality standardised research methods. This includes using systematic search methods, recognised databases with appropriate advanced search tools and thorough quality assessment of extracted data.

To search for general resources a Google advanced search was conducted. This revealed the top links including websites, presentations and YouTube video presentations. These were examined for content and accessibility. Further considerations included if the items could be downloaded, tailored or built into future presentations. Additionally, free to access scholarly articles were examined using open access journal databases; PLOS One, Sage Open, BMC Medicine and BMJ open. The principal search for pay to access journals was conducted using ProQuest Central. A multi-disciplinary database system incorporating forty-seven individual databases across 175 subject areas including social sciences, medicine, criminal justice and education, from across the world.

Search items included were: *Adverse childhood experiences, childhood abuse, substance use, mental health, obesity, offenders/prisoners, cancer, intimate partner violence, heart/coronary disease, suicide, asthma, depression/anxiety/PTSD, LGBTQ, oral health and divorce*. All extracted items were assessed for relevance, subject matter and accessibility. All links to Videos, presentations, websites and open access journal articles have been tested and checked for any copyright restrictions.

## Acknowledgements

Thank you to Jan Bond from Public Health England for additional resources and guidance.

## General ACES

**CDC Kaiser ACE Study** (Groundbreaking study that steers the field 17,000 [participants])

The **Adverse Childhood Experiences Study (ACE Study)** is a research study conducted by the U.S. health maintenance organization Kaiser Permanente and the Centers for Disease Control and Prevention. Participants were recruited to the study between 1995 and 1997 and have since been in long-term follow up for health outcomes. The study has demonstrated an association of adverse childhood experiences (ACEs) with health and social problems across the lifespan.

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

### Blackburn & Darwen Childhood Trauma – Adverse Childhood Experiences

The ACE studies led Blackburn with Darwen to develop the **Routine Enquiry about Adversity in Childhood (REACH)** screening tool to enable practitioners to identify adults with high ACE scores who have experienced multiple adverse experiences, which may lead to not only poor health and social outcomes but are also at higher risks of exposing their own children to adverse experiences.

<https://www.blackburn.gov.uk/health/childhood-trauma>

### Little Book of Adverse Childhood Experiences

A small group of frontline practitioners have developed "the little book of ACEs" to inform practitioners about what ACEs are, what their immediate effects are and how they can affect children in the short-term and throughout their lives. The resource - available below - offers some case study examples and discusses a number of different methods developed to manage the effects of ACEs and to prevent them occurring in the first place.

[https://www.lancsvrn.co.uk/wp-content/uploads/2020/04/Little\\_Book\\_of\\_ACEs\\_Final-2-.pdf](https://www.lancsvrn.co.uk/wp-content/uploads/2020/04/Little_Book_of_ACEs_Final-2-.pdf)

### COVID-9 Trauma Informed Guidance for Schools

A guide for schools regarding the types of ACE's experienced by children that has a COVID-19 focus.

[https://www.lancsvrn.co.uk/wp-content/uploads/2020/05/LVRN-Post-COVID-19-Trauma-Informed-Guidance-for-Schools-FINAL\\_5.pdf](https://www.lancsvrn.co.uk/wp-content/uploads/2020/05/LVRN-Post-COVID-19-Trauma-Informed-Guidance-for-Schools-FINAL_5.pdf)

### EmBRACE - Emotionally & Brain Resilient to Adverse Childhood Experiences

Sue Irwin is the Founder of EmBRACE *and* the Lead Consultant in implementing EmBRACE within organisations. EmBRACE provides a framework for supporting different agencies in preventing them and supporting those impacted.

<https://www.sueirwin-education.co.uk/>

## Center for Youth Wellness

(Set up by Dr Nadine Burke Harris)

The Centre for Youth Wellness is part of a national effort to revolutionize paediatric medicine and transform the way society responds to kids exposed to significant adverse childhood experiences and toxic stress.

Founded by Dr. Nadine Burke Harris in 2012, we were created to respond to an urgent public health issue: early adversity harms the developing brains and bodies of children. Now led by Gatanya Arnic, an executive with more than fifteen years of experience in leadership development and healthcare, Dr. Burke Harris's mission continues through the Centre's current work.

<https://centerforyouthwellness.org/our-story/>

## Gov.scot

General Overview of the 10 widely recognised ACEs

<https://www.gov.scot/publications/adverse-childhood-experiences/>

## Public Health Scotland (previously NHS Scotland)

Another general reference guide for ACE's

<http://www.healthscotland.scot/population-groups/children/adverse-childhood-experiences-aces/overview-of-aces>

## The EIF Report - UK Based

The Early Intervention Foundation (EIF) is an independent charity established in 2013 to champion and support the use of effective early intervention to improve the lives of children and young people at risk of experiencing poor outcomes.

<https://www.eif.org.uk/report/adverse-childhood-experiences-what-we-know-what-we-dont-know-and-what-should-happen-next>

## Risks and Protective factors for ACEs - Center for Disease Control

Report outline measures that may help to prevent ACE's Including Economic Support, promoting social norms that protect against violence, strong start for children, teach skills, connect youth to caring adults and activities, intervention.

<https://www.cdc.gov/violenceprevention/childabuseandneglect/riskprotectivefactors.html>

# ACEs Measures

## World Health Organization (WHO)

Adverse Childhood Experiences International Questionnaire (ACE-IQ)

[https://www.who.int/violence\\_injury\\_prevention/violence/activities/adverse\\_childhood\\_experiences/en/](https://www.who.int/violence_injury_prevention/violence/activities/adverse_childhood_experiences/en/)

## Films/Video

Resilience (2017) Trailer (2 mins)

<https://youtu.be/bAXZVYDNURY>

**Dr Nadine Burke Harris TED Talk** – How childhood trauma affects health across a lifetime (16 mins)

Childhood trauma isn't something you just get over as you grow up. Paediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for paediatric medicine to confront the prevention and treatment of trauma, head-on.

<https://youtu.be/95ovIJ3dsNk>

**Healing the Long-term Effects of Childhood Adversity.** Dr Nadine Burke Harris (1.07mins)

Paediatrician Nadine Burke Harris is a pioneer in the movement to transform how we respond to early childhood adversity and the resulting toxic stress that dramatically impacts our health and longevity. A survey of more than 17,000 adult patients' adverse childhood experiences (ACEs), such as divorce, substance abuse or neglect, proved that the higher a person's ACE score, the worse his or her health. This led Burke Harris to an astonishing breakthrough: Childhood stress changes our neural systems and lasts a lifetime.

<https://youtu.be/MDTW89Ycxw0>

**How early childhood experiences affect children's future (59.37 mins) Dr. Nadine Burke Harris.**

Podgorica, Montenegro, February 27th, 2017 – Nadine Burke Harris, PhD, paediatrician globally known for her innovative approach to addressing Adverse Childhood Experiences, gave her speech during the "End Violence" conference that was held in Podgorica, Montenegro. Through this conference, the campaign „End Violence“, initiated by the Government of Montenegro and UNICEF, and with the support from EU and Telenor Foundation, sparked a public debate on violence against children in Montenegro. The aim of the campaign is to promote and support parents to implement the best parenting practices in order to raise children without violence and to ensure that they grow up into healthy adults

<https://youtu.be/OMbYUfiUsco>

## Presentation on Adverse Childhood Experiences, Resilience and Equity – Professor Mark Bellis

Presentation by Professor Mark Bellis; Director of Policy, Research and Development for Public Health Wales and Chair of the World Health Organisation Collaborative Centre for Violence prevention.

<https://youtu.be/7xuWzPRf0ro>

**Dr Vincent Felitti – co -principle investigator in the groundbreaking ACE’s study for the CDC.** A 17,000-participant study that changed the landscape for examination of the life - long effects of ACEs in relation to adult health, well-being and social functioning.

Dr. Felitti is the co-Principal Investigator of the ACE Study. ACE is a major, ongoing, retrospective and prospective study involving over 17,000 middle-class Americans. The study looks at categories of adverse childhood experiences and their relationship to adult health, well-being and social functioning. The Adverse Childhood Effects (ACE) Study has major implications: all patients should be routinely screened for adverse childhood experiences; a childhood trauma history may be very relevant to both serious illness and vague somatic complaints; and appropriate approaches to treatment must include dealing with childhood trauma. Additional data suggest that evaluating patients for ACEs is also cost-effective. According to data collected from over 17,000 Kaiser patients, adverse childhood experiences, though well concealed, are unexpectedly common, have a profound negative effect on adult health and well-being a half century later, and are a prime determinant of adult health status in the United States.

<https://youtu.be/KEFfThbAYnQ>

## Adverse Childhood Experiences by Vince Felitti, MD - 13 minute version

This is a thirteen-minute version of the presentation given in 2006 and edited. This presentation reviews the ACE's study results showing that growing up in adverse environments leads to long term health consequences.

<https://youtu.be/GQwJCWPG478>

## Reflections on the Adverse Childhood Experiences (ACE) Study June 2016. Dr. Vincent Felitti: (32.44 mins)

Dr. Vincent Felitti, Director of the California Institutes of Preventive Medicine, presents his pioneering research examining Adverse Childhood Experiences (ACE), and the lifelong impacts that those experiences can have on children who endure them. For information about ACE research in Indian Country, please contact NCAI’s Policy Research Center at [research@ncai.org](mailto:research@ncai.org).

<https://youtu.be/-ns8ko9-ljU>

### **NHS Health Scotland – Adverse Childhood Experiences (4.16 mins)**

NHS Health Scotland has produced this short animation to contribute to raising awareness about the impact of childhood adversity. They hope it can stimulate discussion about what action can be taken to both prevent and respond to early adversity.

<https://youtu.be/VMpli-4CZK0>

### **Adverse Childhood Experiences: Impact on the brain, body and behaviour, McMaster University**

Nature & Nurture interaction

<https://youtu.be/W-8jTTIsJ7Q> (6.02 mins)

# Online Learning

## Online Training course from the Center for Disease Control USA – Preventing ACEs

A set of short videos that explains ACE's and the outcomes for children. Each video can be embedded into presentations.

### Module 1

- Online Training Module 1 Introduction <https://youtu.be/NbTl4UuiRPg> (5.06 mins)
- Online Training Module 1 Lesson 1 <https://youtu.be/d-SSwYTe8TY> (9.16 mins)
- Online Training Module 1 Lesson 2 Video 1 of 2 <https://youtu.be/HAqw9eWRSIc> (1.18 mins)
- Online Training Module 1 Lesson 2 Video 2 of 2 <https://youtu.be/Mgdq-olbPcc> (6.14 mins)
- Online Training Module 1 Lesson 3 Video 1 of 2 <https://youtu.be/vezTnx8s2j8> (1.04 mins)
- Online Training Module 1 Lesson 3 Video 2 of 2 [https://youtu.be/FAw\\_XpPWtBk](https://youtu.be/FAw_XpPWtBk) (7.41 mins)

### Module 2

- Online Training Module 2 Lesson 1: Video 1 of 3 <https://youtu.be/A6wl3h8qmal> (5.40 mins)
- Online Training Module 2 Lesson 1: Video 2 of 3 <https://youtu.be/UFoNMXvR5O8> (0.28 mins)
- Online Training Module 2 Lesson 1: Video 3 of 3 <https://youtu.be/7PQDbyBVF40> (6.40 mins)
- Online Training Module 2 Lesson 2: Video 1 of 3 <https://youtu.be/Z64NhUaBEE8> (2.48 mins)
- Online Training Module 2 Lesson 2: Video 2 of 3 [https://youtu.be/OWvy\\_8BR7Do](https://youtu.be/OWvy_8BR7Do) (0.42 mins)
- Online Training Module 2 Lesson 2: Video 3 of 3 <https://youtu.be/Z3BxoEbPXF5> (3.12 mins)

## ACEs Introduction to Adverse Childhood Experiences – Early Trauma Online learning

Free online learning commissioned for the OPCC West Midlands funded through the Home Office Early Intervention Youth Fund.

Approximately 50 mins with a certificate if you answer 90% of the questions correctly.

<https://www.acesonlinelearning.com/>

## NHS Scotland – National Trauma Training Framework

New e-module “Developing your trauma skilled practice”. In line with the Trauma Skilled practice level of the Scottish Transforming Psychological Trauma Framework, this module is designed to

1. Increase learners’ understanding of traumatic events and the different ways that people can be affected by them and
2. Help learners recognise where the impact of trauma might influence their work with people affected by trauma

There are five learning units plus assessment, and the module is designed to take 1-2 hours to complete.

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework.aspx>

### Action on ACEs Gloucestershire

This course is suitable for everyone working in health, mental health, education, police, local government, or with children and young people including parents and caregivers as well as those working in early years education and childminders. It's also useful for communities and organisations who want to know more about how traumatic experiences can affect individuals and communities. The course takes 15 mins without the videos and 45 with the videos.

This course has been developed by Action on ACEs Gloucestershire, created by Kava Communications and funded by Gloucestershire County Council Early Years Service.

<https://www.actionaces.org/elearning/>

### Harvard University - Center on the Developing Child

Focus on COVID -19 and child development podcast available via iTunes.

### One Small Thing (OST)

One Small Thing is striving for positive change in the justice system by implementing small changes in a big way. We facilitate and fund trauma-informed programmes for the prison and community sectors that consider the **individual** caught in a cycle of crime and incarceration and aim to humanise their process.

OST strives to shift the noise of blame and judgement and shift the '*what's wrong with them?*' line of questioning to a more effective and healing '*what happened to them?*' approach.

They listen to the stories of human beings residing in prisons, we address how they are treated, we strive for communication and compassion as opposed to outmoded methods that do not consider the individual. Training staff to understand the trauma of the individual through a lens of empathy and in turn, help them to heal themselves through working together, as human beings united as opposed to divided, heard as opposed to ignored.

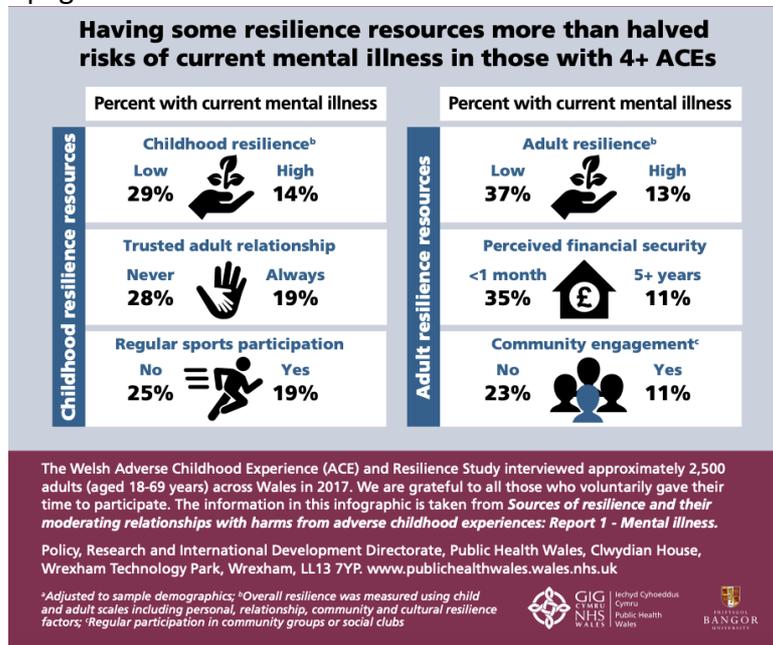
The name reflects the value of those small things – empathy, compassion, respect – and their combined power to make a big difference to the individual - and to society as a whole.

<https://onesmallthing.org.uk/>

# Infographs

## Wales ACE's & Resilience

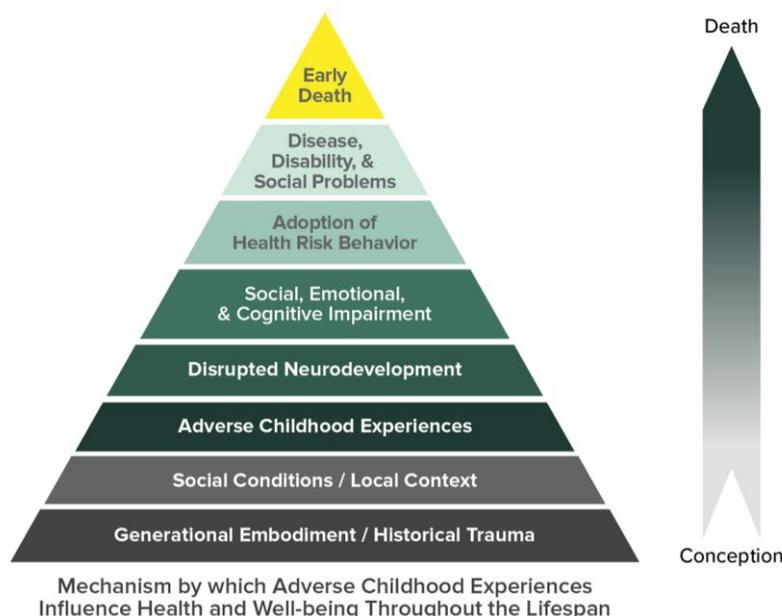
There are several pages included of which this is one.



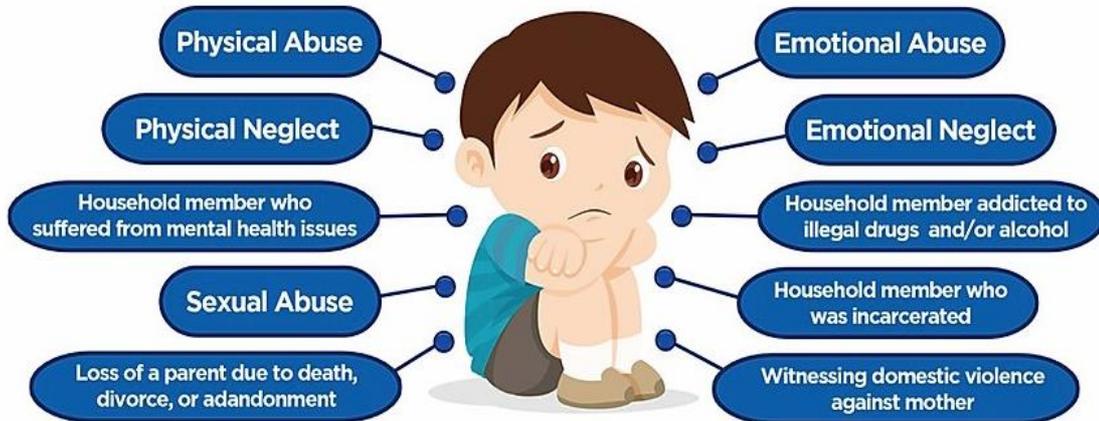
<https://www.wales.nhs.uk/sitesplus/documents/888/PHW%20ACEs%20Resilience%20infographic%20%28Eng%29.pdf>

## CDC The ACE's Pyramid

<https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/about.html>



## ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



## ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:

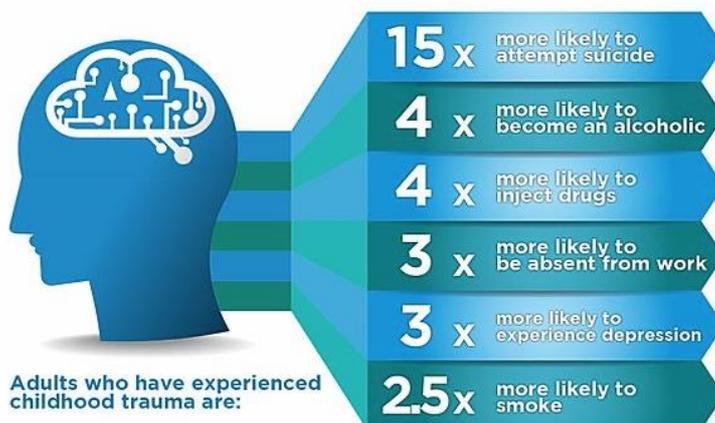


Adults who have experienced childhood traumas are: (preventchildabuseillinois.org)

**60%** of adults  
 report experiencing abuse  
 or other difficult family circumstances  
 during childhood

**26%** of children  
 in the United States will  
 witness or experience a traumatic event  
 before they turn **4**

Young children  
 exposed to five or more  
 significant adverse  
 experiences  
 in the first 3 years  
 of childhood  
 face a **76%**  
 likelihood of having one or more delays in their  
 language, emotional or brain development

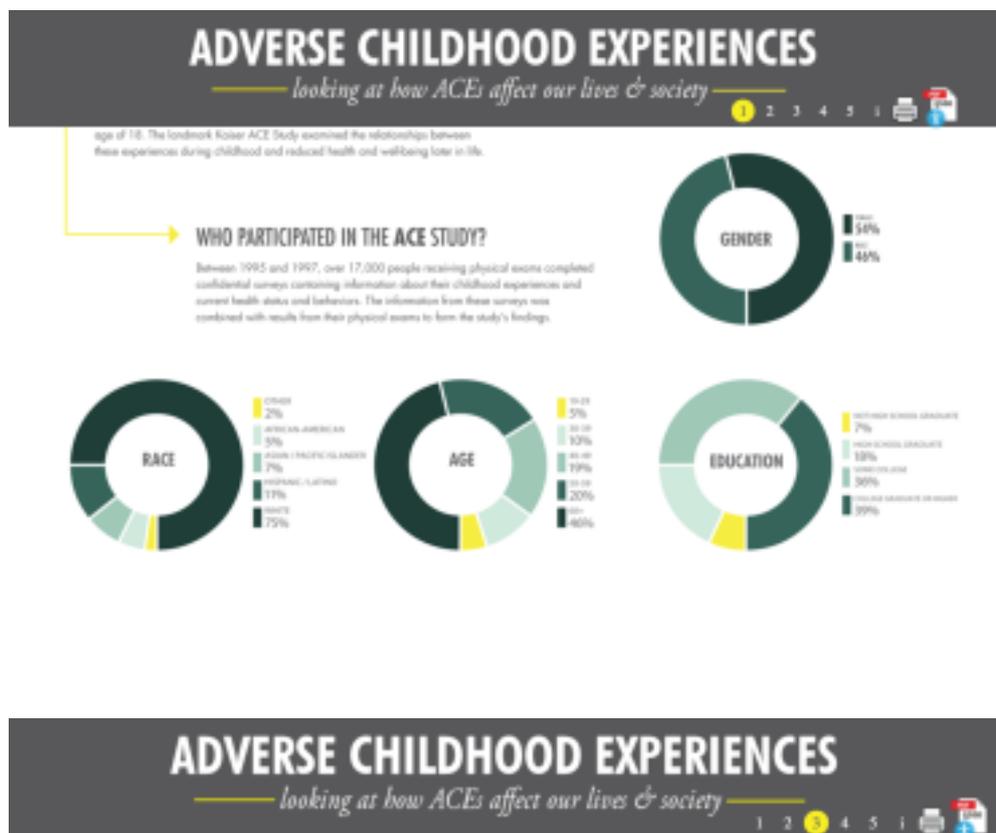


(1) National Center for Mental Health Promotion and Youth Violence Prevention, "Childhood Trauma and Its Effect on Healthy Development," July 2012 ([http://sshs.promoteprevent.org/sites/default/files/trauma\\_brief\\_in\\_final.pdf](http://sshs.promoteprevent.org/sites/default/files/trauma_brief_in_final.pdf))  
 (2) Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services ([http://www.samhsa.gov/children/social\\_media\\_apr2011.asp](http://www.samhsa.gov/children/social_media_apr2011.asp))

## ACE's Infographs from CDC ACE Study

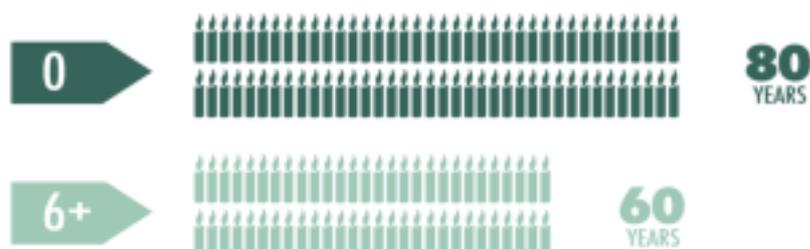
<https://acestoohigh.com/2013/02/25/what-is-aces-a-new-cdc-site-infographic-explains-adverse-childhood-experiences/>

ACEstooHigh.com is a news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. We also cover how people, organizations, agencies and communities are implementing practices based on the research. This includes developments in education, juvenile justice, criminal justice, public health, medicine, mental health, social services, and cities, counties and states.



### LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.

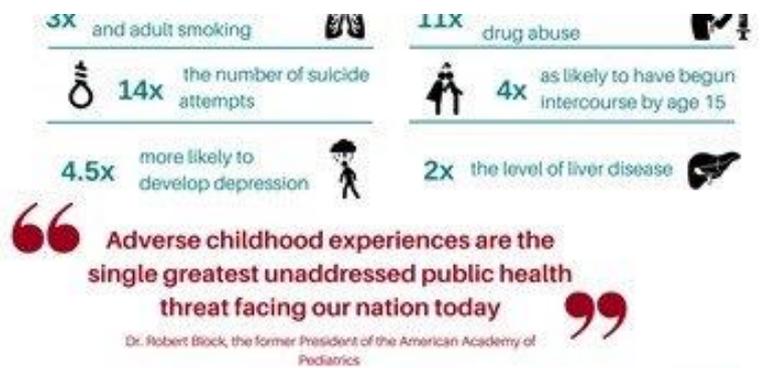


# WHAT *can* BE DONE ABOUT ACES?

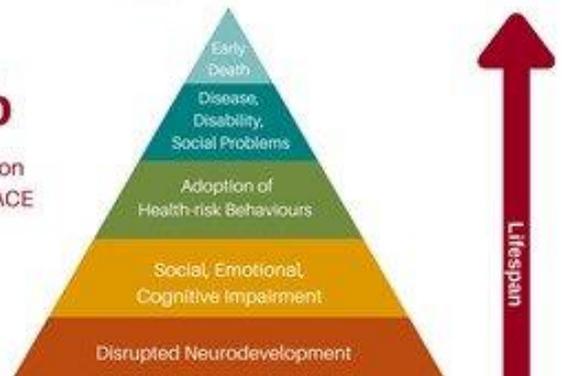
These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable and nurturing relationships (SSNRs)** can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:



The Wave Trust ACEs Infograph <https://www.wavetrust.org/7030>



**67%** of the population have at least 1 ACE



# The Truth About ACE's

Florida's Children First <http://www.floridaschildrenfirst.org/infographic-the-truth-about-aces-adverse-childhood-experiences/>

# THE TRUTH ABOUT ACES

## WHAT ARE THEY?

ACES are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

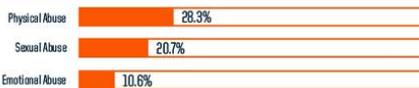


Divorce

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

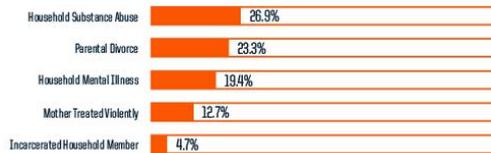
### ABUSE



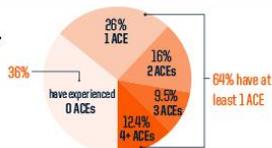
### NEGLECT



### HOUSEHOLD DYSFUNCTION

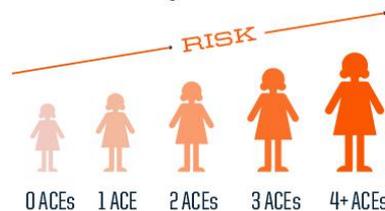


Of 17,000 ACE study participants:



## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

### BEHAVIOR



### PHYSICAL & MENTAL HEALTH



## 100 Open Access Academic Articles (Free to Access)

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