

## ACE Ambassador programme: Resources to support reading and information sharing

The links below are a summary of information links and tools that have helped inform the ACE Ambassador programme. There are many more resources and published research that can also help build knowledge on ACE Awareness, Trauma Informed Practice and Resilience.

### 1. ACE Awareness

#### WEBLINKS:

##### Space Matters webpage

Includes links to conference slides that took place in Kent in January and September 2019, the RELATE framework to support organisations become trauma informed and podcast interviews including with past ACE Ambassadors.

<http://kent.gov.uk/spacematters>

Wave Trust: What are Adverse Childhood Experiences? – <https://www.wavetrust.org/adverse-childhood-experiences>

Action on ACEs Gloucestershire <https://www.actionaces.org/>

Includes a wide range of resources including an e learning tool.

NHS Scotland: Adverse Childhood Experiences (ACEs) – Overview and key facts.

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

Unhappy Child, Unhappy Adult (BBC radio 4 programme):

<https://www.bbc.co.uk/programmes/b070dksr>

ACEs Connection – The most active, influential ACEs community in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.

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

Routine Enquiry about Adversity in Childhood (REACH) – The case for routine enquiry in health and social care. <http://www.instituteofhealthequity.org/file-manager/UKandIrelandCollab/uk-ph-policy-conference-wlarkin.pdf>

70/30 Campaign – Be part of a community reducing child abuse and neglect. <https://www.70-30.org.uk/>

The Early Action Together ACEs learning network shares useful information and research about ACEs as well as best practice and resources (including animations and blogs). It has been developed by Public Health Wales, all four police forces in Wales and key partner organisations across the UK.

Available at: <https://www.rsph.org.uk/our-work/resources/early-action-together-learning-network.html>

## REPORTS:

**The Adverse Childhood Experiences (ACE) Study** – Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. Felitti et al 1998  
<https://www.ajpmonline.org/article/S0749-3797%2898%2900017-8/fulltext>

**Adverse childhood experiences: What we know, what we don't know, and what should happen next.** Asmussen, K. Fischer, F. Drayton, E. McBride, T. (2020) Early Intervention Foundation, London. <https://www.eif.org.uk/report/adverse-childhood-experiences-what-we-know-what-we-dont-know-and-what-should-happen-next>

**Conception to age 2 – the age of opportunity** – contains recommendations to guide both national and local decision-makers and commissioners in reducing the causes of disadvantage at the earliest and most effective point in life.  
<https://www.wavetrust.org/conception-to-age-2-the-age-of-opportunity>

**Age 2 to 18 - systems to protect children from severe disadvantage** – details how a national shift to a user-focused, trauma-informed care system characterised by ACE-awareness would protect against severe, multiple disadvantage.  
<https://www.wavetrust.org/Handlers/Download.ashx?IDMF=7d9dafce-104f-47a6-8ba4-5d20c1d27905>

**An Evaluation of REACH:** Routine enquiry into adversity in childhood by Real Life Research – <https://warrenlarkinassociates.co.uk/wp-content/uploads/2019/01/final-full-evaluation-report-july-2015.pdf>

**Trauma and young people:** A guide for parents, carers and professionals – By The Children's Society. [https://www.childrensociety.org.uk/sites/default/files/trauma-resource-leaflet\\_0.pdf](https://www.childrensociety.org.uk/sites/default/files/trauma-resource-leaflet_0.pdf)

**The ACE Index: Mapping Childhood Adversity in England** – A report to estimate the number of ACEs by local authority area in England using routine data sets.  
<https://doi.org/10.1093/pubmed/fdz158>

## FILMS:

**Adverse Childhood Experiences (English)** – Animation. <https://vimeo.com/189604325>

**NHS Scotland: Adverse Childhood Experiences (ACEs)** – A short animation to contribute to raising awareness about the impact of childhood adversity. <https://youtu.be/VMpli-4CZK0>

**Resilience Trailer** – KPJR Films award-winning documentary which delves into the science of ACEs and the birth of a new movement to prevent and treat toxic stress. <https://vimeo.com/137282528>

**How childhood trauma affects health across a lifetime** – Nadine Burke Harris’ TED talk.

<https://www.youtube.com/watch?v=95ovlJ3dsNk>

**How love defeats adversity** – Andi Brierley

[https://www.youtube.com/watch?v=U8oR\\_qI8h7s](https://www.youtube.com/watch?v=U8oR_qI8h7s)

## INFOGRAPHICS:

**The lowdown on all things 70/30** – Including Key Stats, ACE-Informed Approach, Stress in Childhood.

<https://www.70-30.org.uk/infographics/>

## 2. Trauma informed practice

### FILMS:

These animations were developed by NHS Education for Scotland, in partnership with the Scottish Government. They aim to support workers to know how to adapt the way they work to make a positive difference to people affected by trauma and adversity. They are each about 11 minutes long.

**Opening Doors: Trauma Informed Practice for the Workforce**

<https://vimeo.com/274703693>

**Sowing Seeds: Trauma Informed Practice for anyone working with Children and Young People**

<https://vimeo.com/334642616>

**Trauma Informed Organisation in Practice: Interviews with Scottish Leaders**

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework/trauma-informed-organisation-in-practice-interviews-with-scottish-leaders.aspx>

### REPORTS AND WEBSITES:

Brennan, R, Bush, M, Trickey, D, Levene, C, Watson, J (2019) **Adversity and Trauma-Informed Practice: A short guide for professionals working on the frontline**. Available at:

<https://youngminds.org.uk/youngminds-professionals/our-projects/addressing-adversity/>

Centre for Mental Health (2019) **Engaging with complexity: Proving effective trauma informed care for women**. Available at: <https://www.centreformentalhealth.org.uk/engaging-complexity>

Centre for Mental Health (2020) **Trauma, challenging behaviour and restrictive interventions in schools**. Available at: <https://www.centreformentalhealth.org.uk/trauma-behaviour-restrictive-interventions-schools>

Homeless Link, **Trauma Informed Care and Psychologically Informed Environments**.

Available at <https://www.homeless.org.uk/trauma-informed-care-and-psychologically-informed-environments>

Hickle, K. (2020) Introducing a trauma-informed capability approach in youth services. *Child Soc.* 00:1–15. <https://doi.org/10.1111/chso.12388>

Lester S, Lorenc T, Sutcliffe K, Khatwa M, Stansfield C, Sowden A, Thomas J (2019) **What helps to support people affected by Adverse Childhood Experiences? A Review of Evidence.** London: EPPI-Centre, Social Science Research Unit, UCL Institute of Education,  
University College London. Available at: <http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=3755>

Public Health England (2019) **Collaborative approaches to preventing offending and reoffending by children (Capricorn).** Available at: <https://www.gov.uk/government/publications/preventing-offending-and-re-offending-by-children>

**Safe Hands Thinking and Minds (website):**  
<http://www.safehandsthinkingminds.co.uk/trauma-informed-trauma-responsive-organisations-systems/>

Substance Abuse and Mental Health Services Administration (SAMSHA) (2014). **SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach.** Available at: <https://nicic.gov/samhsas-concept-trauma-and-guidance-trauma-informed-approach>

Angela Sweeney et al (2018) **A paradigm shift: relationships in trauma-informed mental health services.** Cambridge University Press. Available at: <https://www.cambridge.org/core/journals/bjpsych-advances/article/paradigm-shift-relationships-in-traumainformed-mental-health-services/B364B885715D321AF76C932F6B9D7BD0>

**Trauma informed care research centre (website)**  
<https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>

**Beacon House** <https://beaconhouse.org.uk/useful-resources/>

This is a therapeutic service for young people and their families and has a website of resources relevant to ACES, trauma and resilience. Some examples include:

- **A training aid to building resilience** <https://beaconhouse.org.uk/wp-content/uploads/Building-Resilience-Training-Aid-compressed.pdf>
- **'What we say' comic – a language shift resource:** <https://beaconhouse.org.uk/wp-content/uploads/What-We-Say-Comic-1.pdf>
- **What if we are curious about our behaviours poster:** <https://beaconhouse.org.uk/wp-content/uploads/What-if...-1.jpg>
- **The repair of early trauma animation:** <https://www.youtube.com/watch?v=FOCTxcaNHeg>

#### BOOKS:

Burke-Harris, N (2018) *The deepest well: Healing the Long-Term Effects of Childhood Adversity.* Bluebird.

Van der Kolk, B. (2014). *The Body Keeps the Score*. Penguin.

### 3. Resilience

#### REPORTS:

Di Lemma L.C.G., Davies A.R., Ford K., Hughes K., Homolova L., Gray B and Richardson G. (2019). **Responding to Adverse Childhood Experiences: An evidence review of interventions to prevent and address adversity across the life course**. Public Health Wales, Cardiff and Bangor University. Available at:

[http://www.wales.nhs.uk/sitesplus/documents/888/RespondingToACEs\\_PHW2019\\_english%20%28002%29.pdf](http://www.wales.nhs.uk/sitesplus/documents/888/RespondingToACEs_PHW2019_english%20%28002%29.pdf)

'Resilience, an antidote to toxic stress' pp37-40 in *The Annual Report of the Director of Public Health 2018* (NHS Highland)

[https://www.nhshighland.scot.nhs.uk/Publications/Documents/DPH-Annual-Report-2018\\_\(web-version\).pdf](https://www.nhshighland.scot.nhs.uk/Publications/Documents/DPH-Annual-Report-2018_(web-version).pdf)

#### WEBSITES:

**Headstart Kent Resilience toolkit** (website) <https://www.headstartkent.org.uk/schools-and-practitioners/resilience-toolkit#accordion-5>

Includes:

- Secondary schools: Support for resilience-based conversations with students. See: <https://kentresiliencehub.org.uk/schools-and-communities/supporting-young-people/resilience-conversations/>
- Think about the emotional and physical safety of the school environment and how this can be enhanced. See <https://kentresiliencehub.org.uk/resources/safe-spaces-guidance> for safe space guidance

**Action on ACEs Gloucestershire** resilience web pages - <https://www.actionaces.org/resilience/>