

Adverse Childhood Experiences

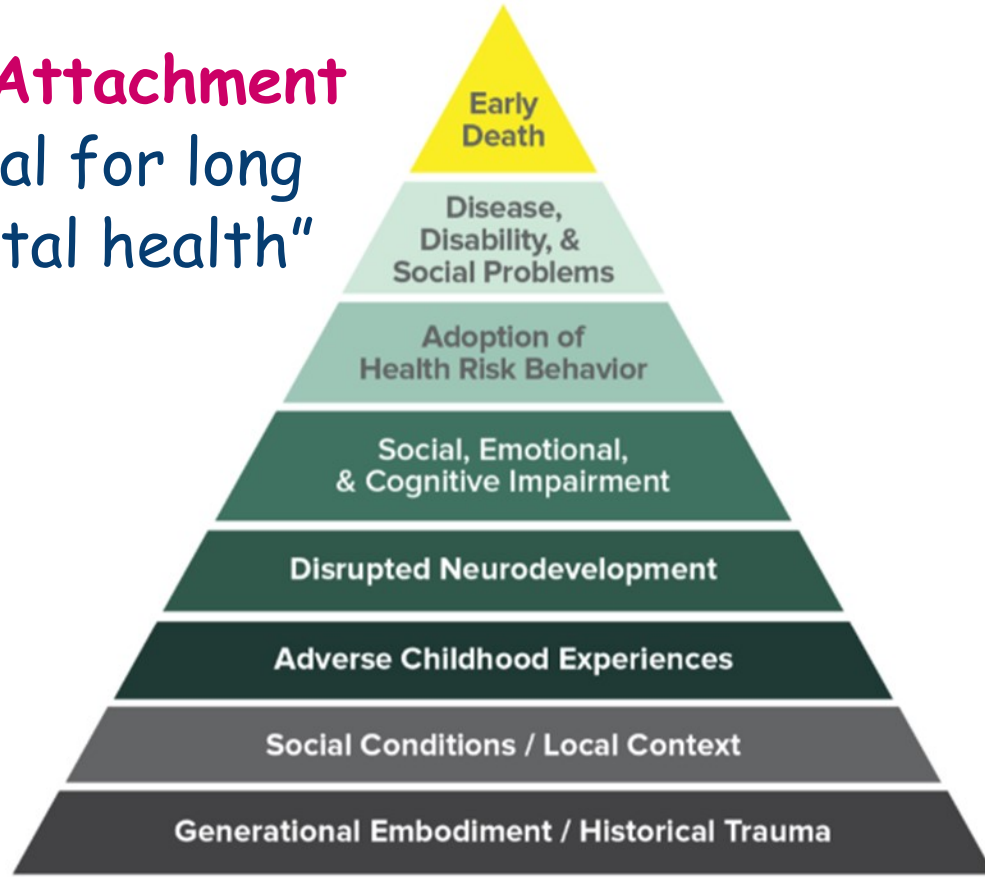
"Traumatic events such as experiencing violence, abuse, or neglect, environments that undermine their sense of safety, stability, growing up in a household with substance misuse, mental health problems"

COMMON CAUSES OF ACES:
ABUSE
NEGLECT
HOUSEHOLD
DYSFUNCTION

70%
Increase in
Anxiety and
Depression In
25 Years

"A key first step in intervention is education of professionals"

"Secure Attachment is essential for long term mental health"



Psychological

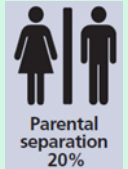
Parent mental ill-health is the most common form of ACE, followed by Alcohol, Drug Abuse and Domestic Violence

Environmental

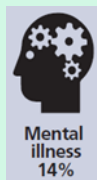
Home, Family, School



Domestic violence 16%



Parental separation 20%



Mental illness 14%



Alcohol abuse 14%



Drug use 5%



Incarceration 5%

Biological

Immune System Dysfunction

Brain Development

"Stress hormones can affect brain development and emotion regulation"



4-12 times more likely to develop problematic drug and alcohol use.

In Wales 47% of Adults have suffered at least 1 ACE and 14% have suffered 4 or more.

Marie Mitchell, A. Kostolansky, R. (2019) 'A Systematic Review of Trials to Improve Child Outcomes Associated with Adverse Childhood Experiences', *American Journal of Preventive Medicine*, 56(5) pp. 756-64. DOI: <https://doi.org/10.1016/j.amepre.2018.11.028> (Accessed 16.10.2019). Neville, P.C., McCree, L., Underwood, J. (2018) 'Adverse Childhood Experiences, Brain Development, and Mental Health: A Call for Neurocounseling', *Journal of Mental Health Counseling*, 38(4) pp. 266-278. DOI: 10.17744. (Accessed 16.10.2019). Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson D. F., Spitz, Alison M., Edwards, V., Koss, M. P., Marks, J. S. (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), pp. 245-258. Available at: [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/abstract](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/abstract) (Accessed 30.10.2019). Public Health Wales (2015) 'Adverse Childhood Experiences and their impact on health-harming behaviours in the Welsh adult population', OGL Available at: <http://www.wales.nhs.uk/sitesplus/885/page/38504>. (Accessed 08.10.2019). Boulter, M., Blair, M. (2018) 'Adverse Childhood Experiences', *Pediatrics and Child Health* 28 (3) pp. 132 - 137. DOI: <https://doi.org/10.1016/j.ped.2017.12.008>. Royal Society for Public Health (2017) 'Stains of Mind: Social Media & Young Peoples Mental Health & Wellbeing'. London. Available at: <https://www.rph.org.uk/uploads/assets/unpublished/62bc270a-a55f-4719-b668c2ec2a7d2a.pdf> (Accessed 15.11.2018). Centre for Disease Control and Prevention (2019) About Adverse Childhood Experiences. Available at: <https://www.cdc.gov/socialandprevention/childabuseandneglect/acestudy/aboutace.html> (Accessed: 30.10.2019). MacDonald, S. (2001) 'The real and the researchable: A brief review of the contribution of John Bowlby (1907-1990)', *Perspectives in Psychiatric Care*, 37(2), pp. 60-64.