

WELCOME AND SAFETY

Trauma and dissociation - impact on workers. self-care during and after each lunch and learn. No shame - when reflecting on practice everyone did the best they can at the time. Consider how to increase your own feelings of safety to support safety in the people we work with through supervision and a team plan. Check in with colleagues and supervisor if you need to chat.

WHAT IS ADVERSITY?

Adverse childhood experiences (ACE's) are highly stressful and potentially traumatic, events or situations that occur during childhood and/or adolescence. It can be a single event, or prolonged threats to, and breaches of, a young person's safety, security, trust or bodily integrity. These experiences directly affect the young person and their environment, and require significant social, emotional, neurobiological, physiological or behavioural adaption.

WHAT KINDS OF EXPERIENCES ARE ADVERSE?

Forms of ACE's include Maltreatment i.e., abuse and neglect. Violence and coercion i.e., domestic abuse, gang membership, being a victim of crime. Adjustment i.e., migration, asylum or ending a relationship. Prejudice i.e., LGBT+ prejudice, sexism, racism or disablism. Household and family adversity i.e., substance misuse, intergenerational trauma, destitution or deprivation. Inhuman treatment i.e., torture, forced imprisonment and institutionalisation. Adult responsibilities i.e., being a young carer or involved in child labour. Bereavement and survivorship i.e., traumatic deaths, surviving an illness or accident.

HOW DOES IT IMPACT THE LIVES OF YOUNG PEOPLE?

ACE's impact a child's development, their relationship with others, increase the risk of engaging in health harming behaviours, and experiencing poorer mental and physical health outcomes in adults. Compared with those with no ACE's, those with 4+ ACE's are 2x more likely to binge drink or have poor diet, 3x more likely to be a current smoker, 4x more likely to have low levels of mental wellbeing and life satisfaction, 5x more likely to have underage sex, 7x more likely to have been involved in violence, 11x more likely to have used illicit drugs, and 11x more likely to have been incarcerated.

TRAUMA AND ADVERSITY

HOW COMMON ARE ACE'S?

Around half of all adults living in England have experienced one form of adversity in their childhood or adolescents. Of all children and young people 52% experienced 0 ACE's, 23% experienced 1 ACE, 16% experienced 2 ACE's, and 9% experienced 4+ ACE's.

WHAT HELPS?

Staying calm yourself. Helping the person make sense of their experiences. Helping the person tune into their body and develop regulation skills. Helping the person learn how to relax and be open and engaged to experiences.

CHALLENGES FOR WORKERS

Exposing yourself to their trauma and pain. Keeping calm. Feeling unsafe yourself. Managing your safety and others safety. Unresolved difficulties of your own might be brought up. Sex and violence. Being vulnerable and creating safety - "I got it wrong". Turning into them and you.