

Gloucestershire Health and Wellbeing Board

Adverse Childhood Experiences

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14 June 2018

Gloucestershire 2050



Home Case for Change Ambitions Ideas FAQs Consultation ▾

Ambitions



magnet



innovative



skilled



prosperous



inclusive



healthy, happy



connected



sustainable

Prevention Peer Review



Our presentation will cover...

- What are ACEs?
- What can we do about them?
- The journey so far.....
- What can Leadership Gloucestershire do?

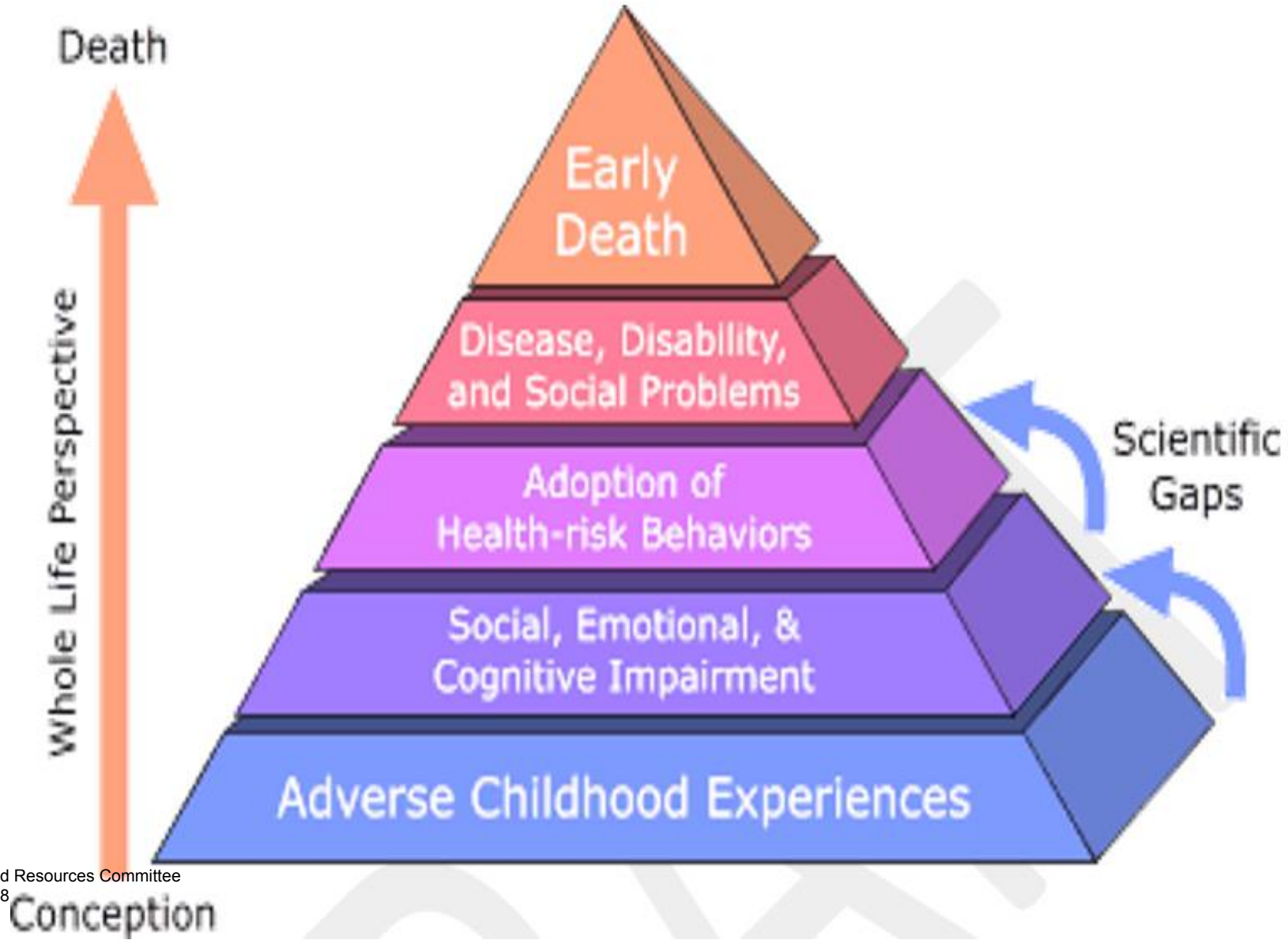
What are Adverse Childhood Experiences (ACEs)?



Why?

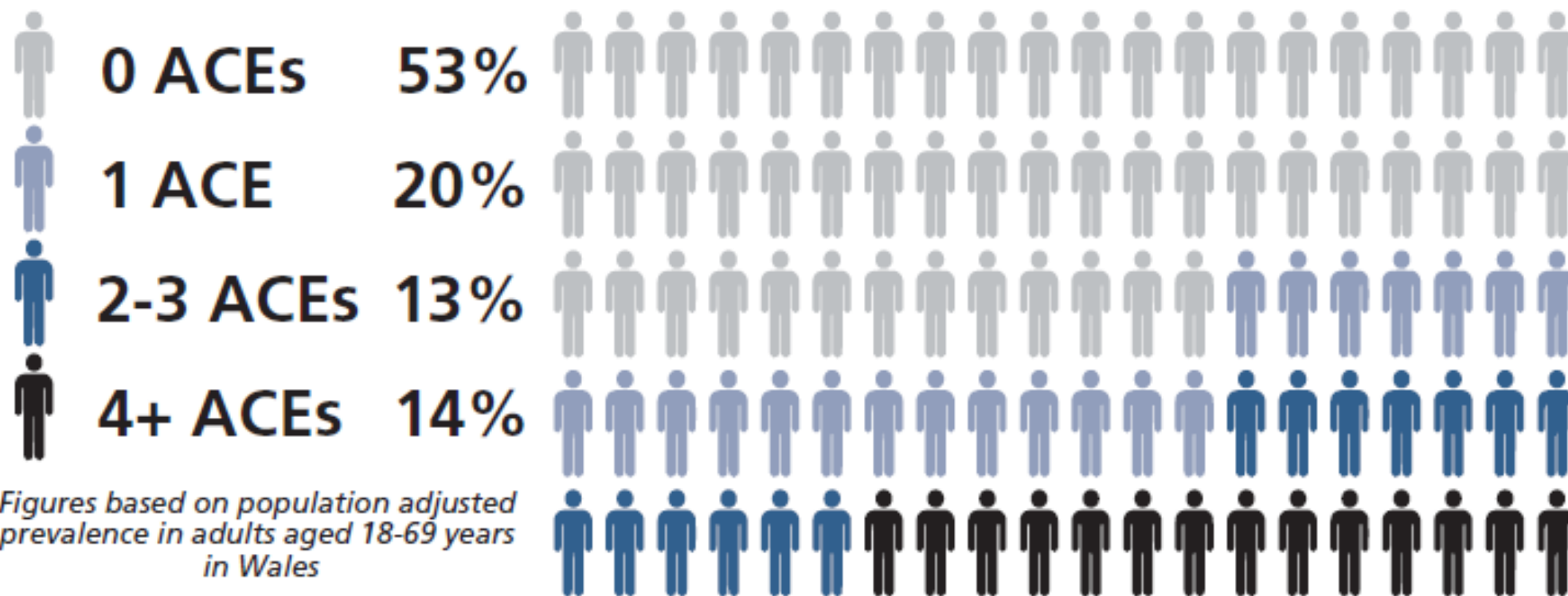


How do ACEs have their impact?



How common are ACEs?

For every 100 adults in Wales 47 have suffered at least one ACE during their childhood and 14 have suffered 4 or more.



What is the prevention opportunity?

Preventing ACEs in future generations could reduce levels of:



Heroin/crack cocaine use (lifetime) by 66%



Incarceration (lifetime) by 65%



Violence perpetration (past year) by 60%



Violence victimisation (past year) by 57%



Cannabis use (lifetime) by 42%



Unintended teen pregnancy by 41%



High-risk drinking (current) by 35%



Early sex (before age 16) by 31%



Smoking tobacco or e-cigarettes (current) by 24%



Poor diet (current; <2 fruit & veg portions daily) by 16%

But.....

- These outcomes are NOT inevitable
- Plenty of people have 4+ ACEs and don't experience these outcomes
- So what has made a difference to them?

Resilience

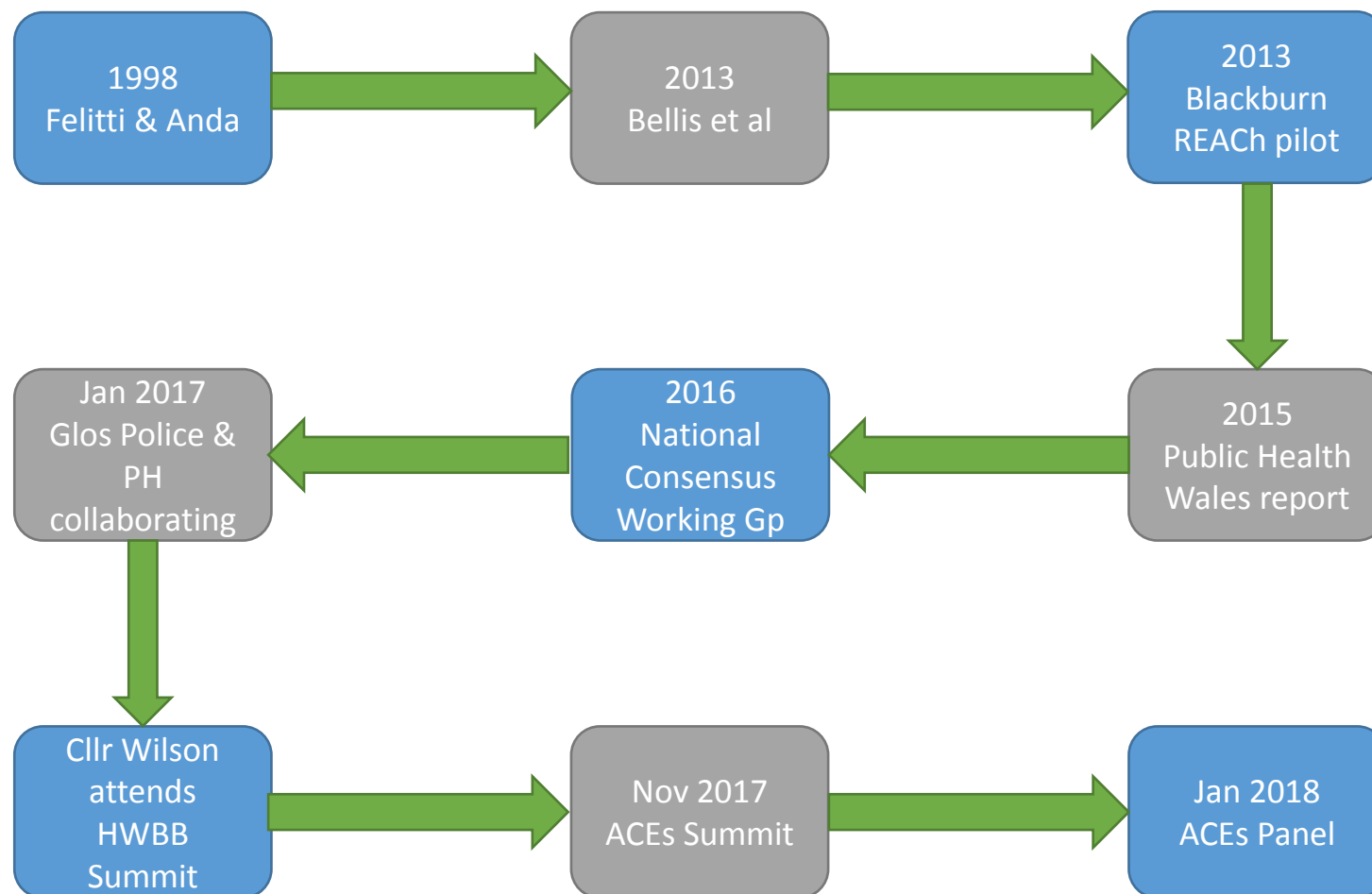


What can we do about ACEs?

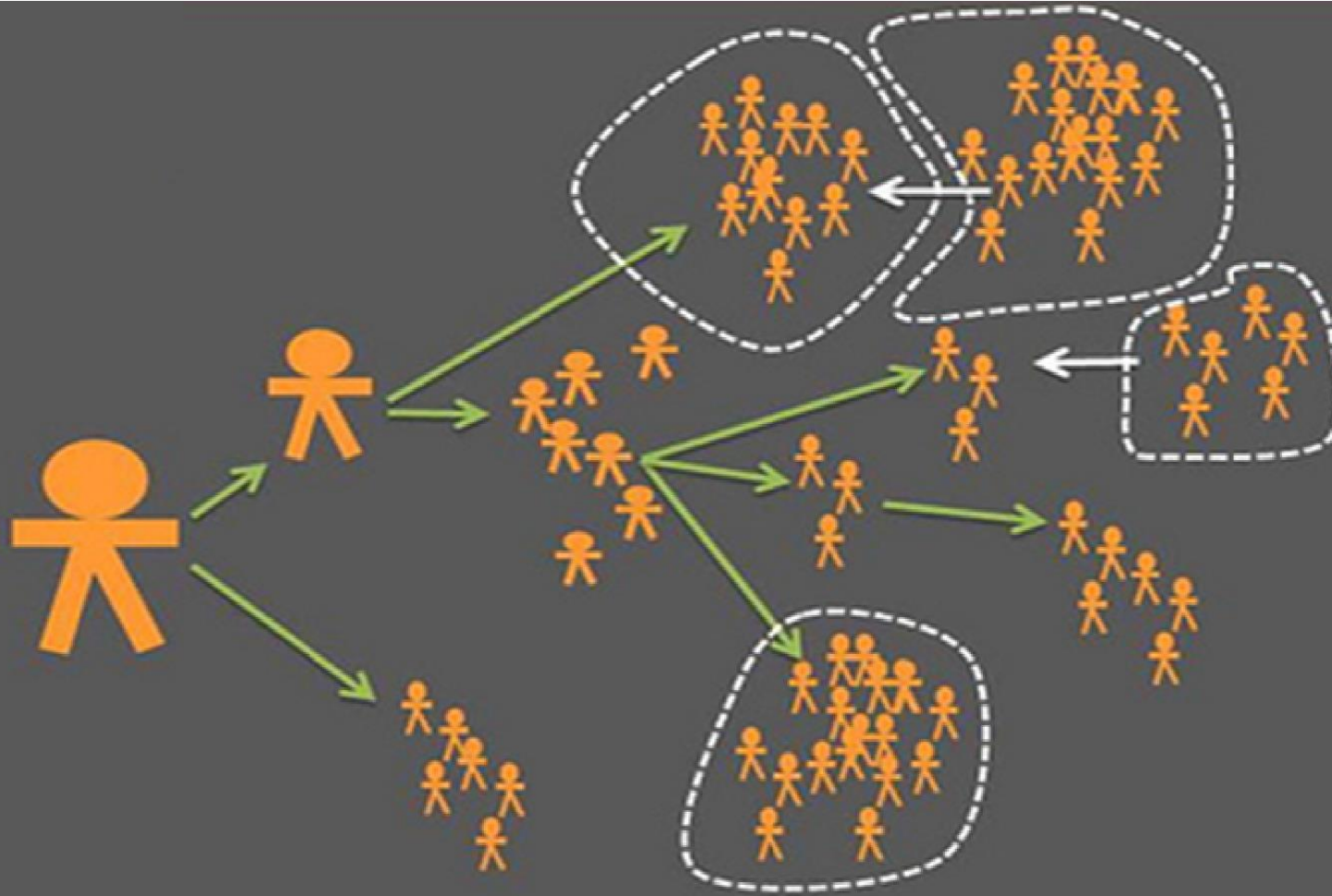
Building childhood resilience – the evidence:

- Family support
- Positive social connections/network
- Sport
- Mindfulness/meditation
- Trusted adult
- Positive role model
- Inclusion

The journey so far . . .



Our approach



Small set of behaviours x small group of people x networks of influence = viral change
Critical mass + critical mass = social (copying) tipping point (new idea epidemic)

Kotter's model for leading change



Community Empowerment

What are community health assets?

All communities have health assets that can contribute to positive health and wellbeing

The skills, knowledge and commitment of individual community members

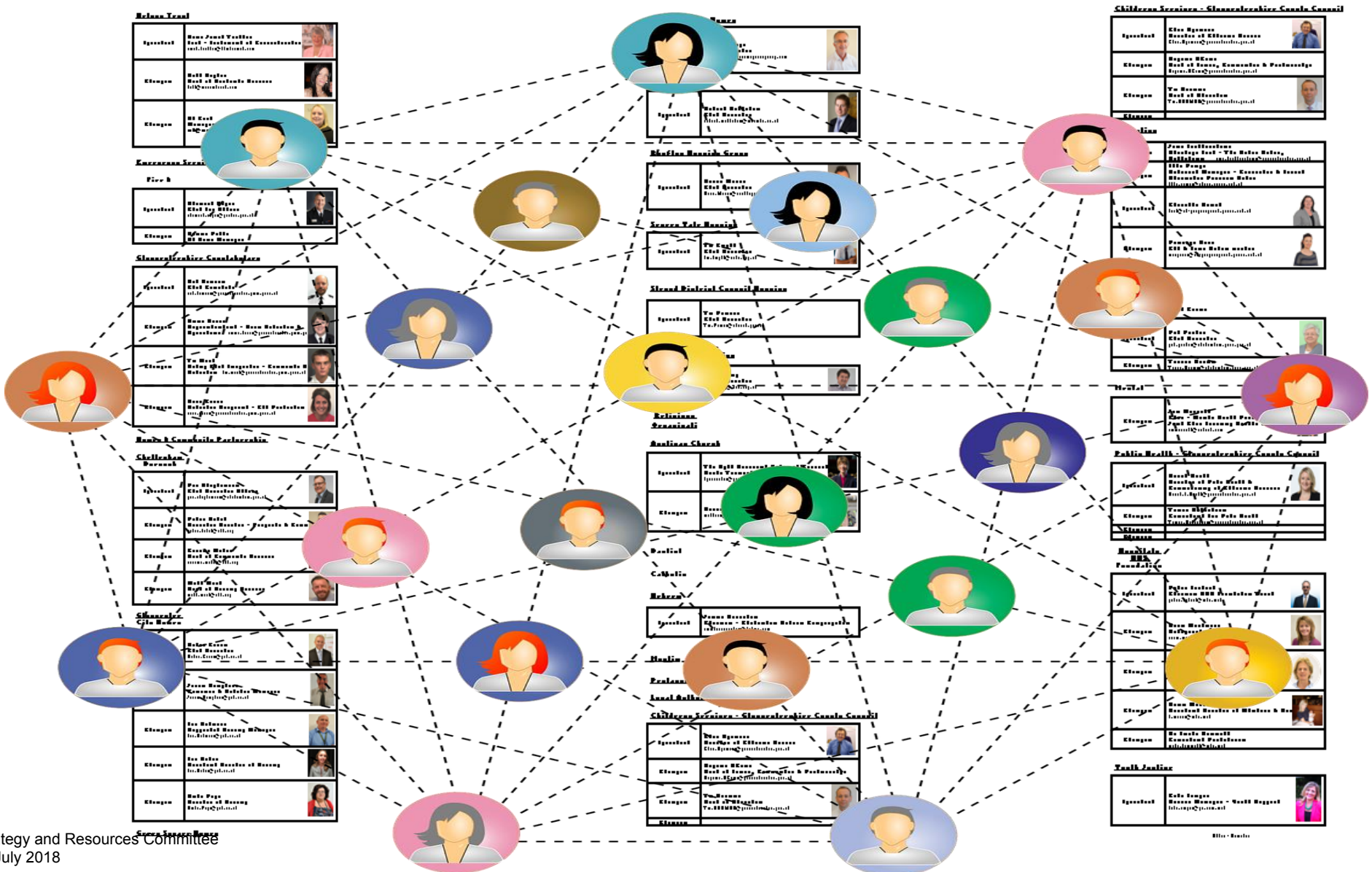
The resources and facilities within the public, private and third sector



Friendships, good neighbours, local groups and community and voluntary associations

Physical, environmental and economic resources that enhance wellbeing

Building a Network



What is already happening?



Agenda Item 8
Cheltenham Borough Homes



The Nelson Trust
Passionate about Recovery.



Restorative
Gloucestershire

Agenda Item 8

Draft ACEs Strategy (1)

Our Vision

Resilient communities acting on ACEs

Our Mission

Be AWARE, ASK about, ACT on ACEs

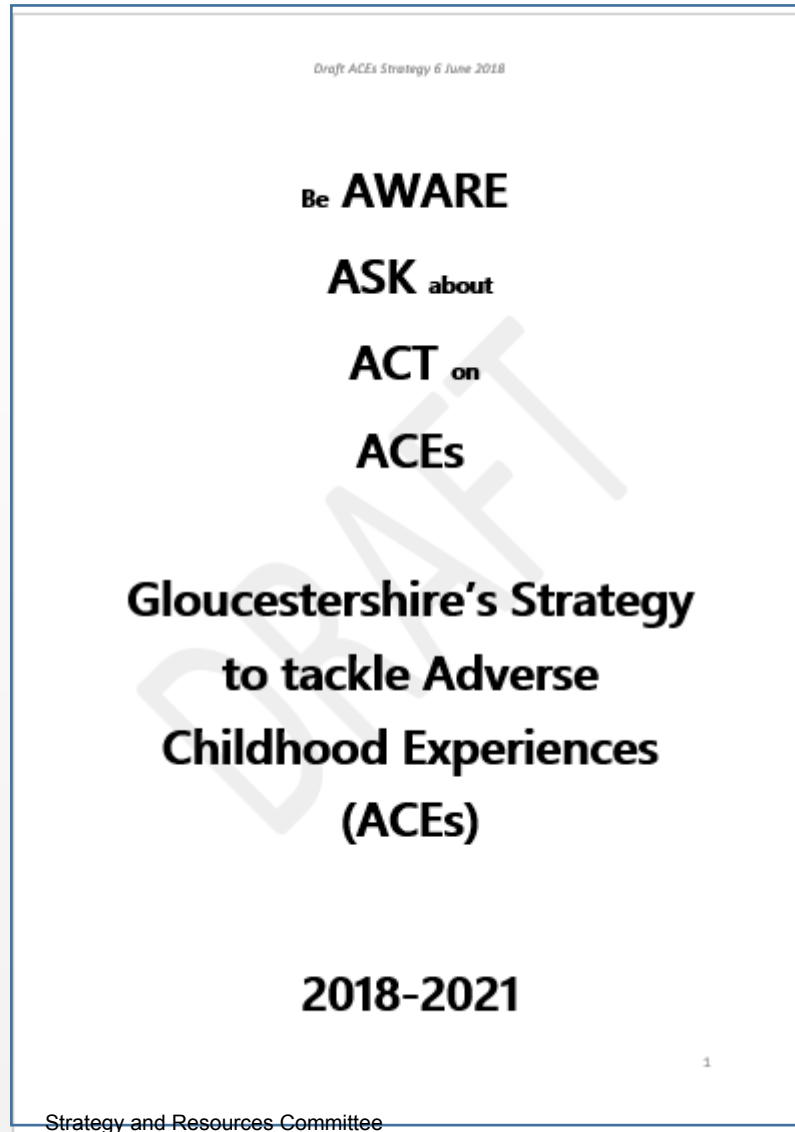
Building resilience will defeat ACEs

Draft ACEs Strategy (2)

Our Values / Beliefs

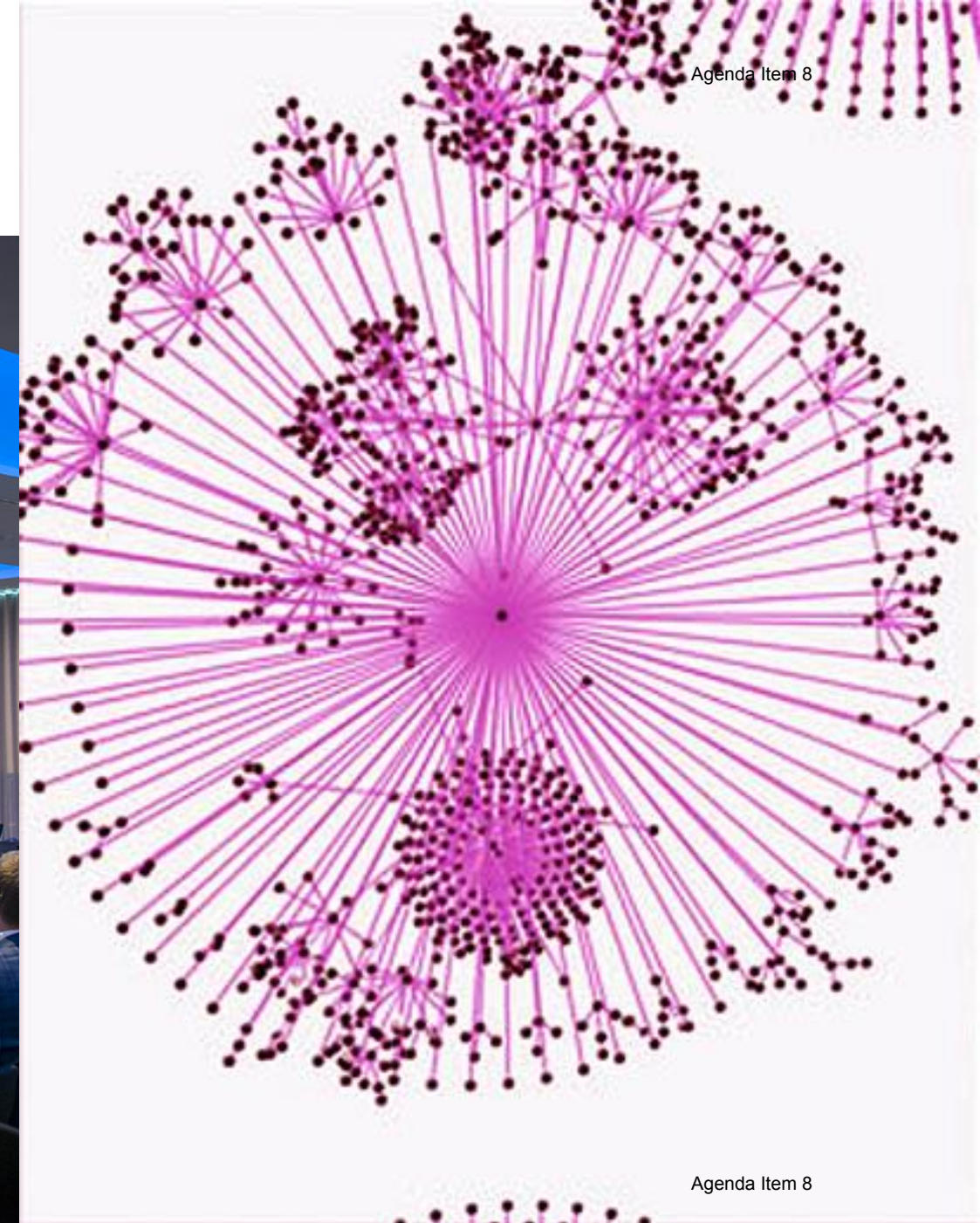
- Communities and organisations acting together will:
- Prevent ACEs
- Build resilience against long-term harm from ACEs
- There is always hope; the potential negative impacts of ACEs can be overcome

Draft ACEs Strategy (3)



7 Strategic Objectives / Promises

ACEs Conference 2018



What can leadership Gloucestershire do?

- Agree to support an ACEs informed approach in Gloucestershire
- Offer comment on the draft ACEs strategy
- Consider how you can support the work of the ACEs strategy
 - *Join the movement - be part of the network*
 - *Who are your champions?*
 - *How can the strategy live within your organisation?*
 - *Call on the panel for advice*
 - *Make it personal as well as professional*