

Redthread



"ACES" Adverse childhood
experiences, Trauma and
youth violence.
The thread that links them
together.

- Anthony Scott, Team leader at ST Georges



A multi issue with lot of causes

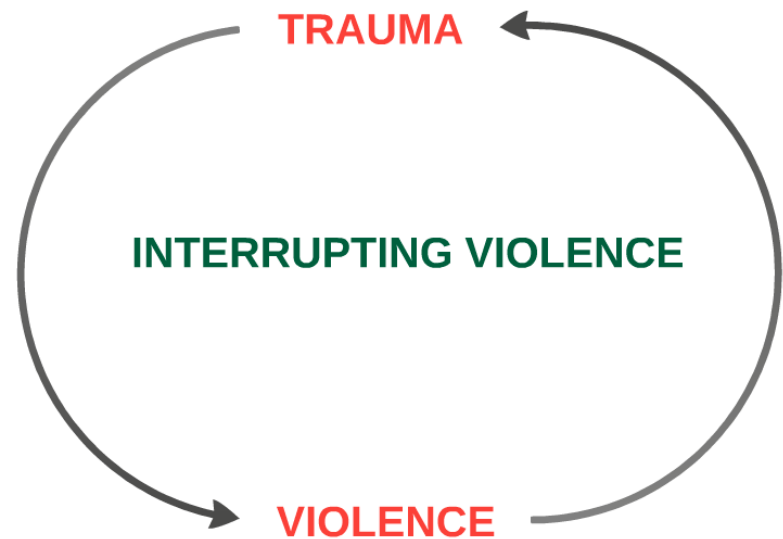
The influencing factors are vast and complex, without any single dominating factor.

- Adverse childhood experiences
- Community Trauma.
- Media/social media. (expand link to move on)
- School exclusion.
- Disproportionally



Serious youth violence is not a gang issue,
serious youth violence is a victim issue .

- 61% of all gang members have been the victim of any crime
- 31% have been the victim of a violent crime
- 15% have been the victim of a stabbing or shooting or a gang flagged crime



The real cost

- **Prevalent** – with 300,000 ED admissions caused by violence every year.
- **Expensive** – costing the NHS £2.9 billion a year in England and Wales, whilst the cost to society is estimated at £29.9 billion per year.
- **Contagious** – exposure to violence leads to increased likelihood of further involvement.
- **Damaging** – research by the Institute of Psychology shows that “lifetime exposure to two or more types of violence was associated with increased risk for all mental health outcomes.”
- **Unequal** – violence is another kind of health inequality, disproportionately affecting the UK’s most deprived communities.
- **Treatable** – evidence shows that violence can be reduced through effective intervention.



The public health approach!!!!

- *The public health approach to violence prevention seeks to improve the health and safety of all individuals by addressing underlying risk factors that increase the likelihood that an individual will become a victim or a perpetrator of violence.*



Spot the difference?????



Serious Youth violence!!!

Do we see the bigger picture????



ADVERSE CHILDHOOD EXPERIENCES

MALTREATMENT



VERBAL ABUSE



PHYSICAL ABUSE



SEXUAL ABUSE

HOUSEHOLD



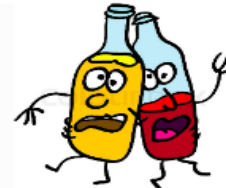
**PARENTAL
SEPERATION**



**DOMESTIC
VIOLENCE**



**MENTAL
ILLNESS**



**SUBSTANCE
MISUSE**



INCARCERATION



Trauma

- Trauma refers to intense and overwhelming experiences that involve serious loss, threat or harm to a person's physical and/or emotional well being.
- These trauma experiences often overwhelm the persons coping resources. This often leads the person to find a way of coping that may work in the short run but may cause serious harm in the long run.



Trauma

- Interpersonal violence tends to be more traumatic than natural disasters because it is more disruptive to our fundamental sense of trust and attachment, and is typically experienced as intentional rather than as “an accident of nature.”
- *(International Society for the Study of Trauma and Dissociation, 2009)*



Impact of Trauma

Are neurological, biological, psychological and social in nature. They include:

- Changes in brain neurobiology;
- Social, emotional & cognitive impairment;
- Adoption of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self harm, sexual promiscuity, violence
- (*Felitti et al, 1998*)



- Prolonged exposure to trauma and/or repetitive traumatic events MAY:
 - Cause an individual's natural alarm system to no longer function as it should.
 - Create emotional and physical responses to stress.
 - Result in emotional numbing and psychological avoidance.
 - Affect an individual's sense of safety.
 - Diminish an individual's capacity to trust others
- (Hopper, 2009)



The part/role we play

- To provide effective services we need to understand the life situations that may be contributing to the persons current problems
- Many current problems faced by the people we serve may be related to traumatic life experiences
- People who have experienced traumatic life events are often *very sensitive* to situations that remind them of the people, places or things involved in their traumatic event.





A trauma informed approach .

WHAT HURTS

- Interactions that are humiliating,
- harsh,
- impersonal,
- disrespectful
- critical,
- demanding,
- judgmental

WHAT HELPS

- Interactions that express kindness, patience,
- reassurance,
- Calm,
- and acceptance and listening
- Frequent use of words like PLEASE and THANK YOU

The link is real,
ACES, trauma exposure to
violence breeds violence



Thoughts and
reflection/feedback

Question?

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