

## Developing a trauma sensitive approach

Using a trauma sensitive LENS can help us to respond effectively to those who may be experiencing trauma related to childhood adversity.

### L LOOK

- Behaviour
- Body language
- Environment



### E EXPLORE

- Think what may have happened
- Think how YOU can help
- Think about safety



### N NEEDS

- Basic needs
- Understanding
- Explanation



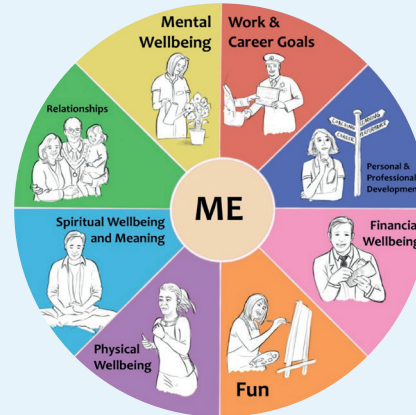
### S SUPPORT

- Support
- Signpost
- Safeguard



## Staff Wellbeing

Good self care is key to improved mood, reducing stress and anxiety. It is also key to promoting good relationships with others. Look at the Staff Wellbeing wheel and think about how you might embed self care activities into your everyday living.



For information + Support

**Lifeline – Crisis telephone counselling**  
08088088000

**24 Hour Domestic & Sexual Violence**  
Helpline – 0808 802 1414

**For further information about support**  
**Helpline Networks go to:**  
[www.helplinesnetworkni.com](http://www.helplinesnetworkni.com)

**Self Help Support/Strategies**  
[www.LLTTF.com](http://www.LLTTF.com)  
[www.mindingyourhead.info](http://www.mindingyourhead.info)

**Steps to Deal With Stress**  
[www.publichealth.hscni.net/publications/steps-deal-stress-simple-guide-stressing-less-and-enjoying-life-more](http://www.publichealth.hscni.net/publications/steps-deal-stress-simple-guide-stressing-less-and-enjoying-life-more)



Adverse  
Childhood  
Experiences  
**Be the Change**

## Understanding ACES & Trauma Sensitive Practice



[www.safeguardingni.org/aces](http://www.safeguardingni.org/aces)

# ACEs

Adverse Childhood Experiences (ACEs) are stressful experiences occurring during childhood that directly harm a child or affect the environment in which they live.

(Bellis et al 2016) Public Health Wales.

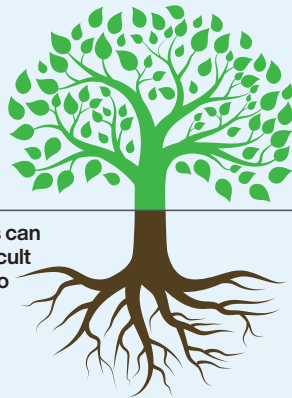
Children who are routinely exposed to situations such as domestic violence, mental ill health, alcohol and other substance misuse problems in their homes may experience a negative impact which can last well into adulthood.

These chronic stress situations are called Adverse Childhood Experiences (ACEs) and are often associated with poorer outcomes for children in educational attainment and employment; higher statistics in crime, family breakdown and a range of poor physical and mental health problems.

## The pair of ACEs

### Adverse Childhood Experiences may include

- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence
- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration
- Homelessness



Adverse Community Environments can make life circumstances more difficult for those individuals or families who maybe experiencing ACEs such as

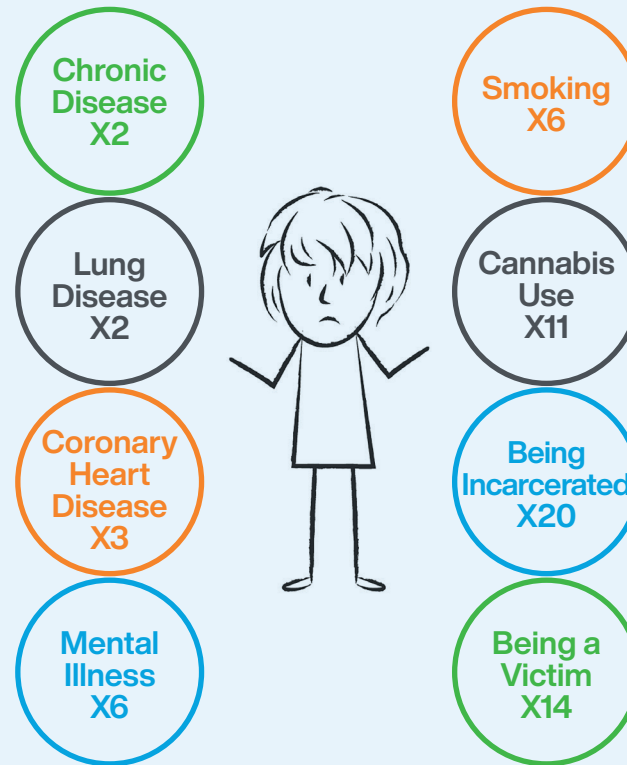
- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity
- Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Violence

**“The soil in which we’re rooted:  
The branches on which we grow.”**

(Ellis and Dietz 2017)

# Welsh ACEs Study

Public Health Wales carried out a large population study that found comparing individuals with 0 ACEs to individuals with 4+ ACEs increased their risk of:



The impact that ACEs may have on an individual, is very much determined by mitigating factors, that can alleviate their potential harmful effects.

# Mitigating the Impact

## ACEs do not define us

Research indicates that the following protective factors can help mitigate the harmful effects of ACEs:

- Having one or more stable caring adult-child relationship**
- Feeling able to overcome hardship and guide your destiny**
- Being equipped to manage emotions & behaviour**
- Being involved & connected**

**Resilience is our ability to cope with and overcome adversity. This can be developed at any stage of life with the right help and support networks around us.**