



## UNDERSTANDING ACES AND TRAUMA INFORMED PRACTICE

Adverse Childhood Experiences (ACEs) are stressful experiences occurring during childhood that can directly harm a child or affect the environment in which they live (Bellis et al 2016). Children who are routinely exposed to situations such as domestic violence, mental ill health of a parent and/or sibling or substance misuse problems in their homes may experience a negative impact on their physical, emotional and psychological wellbeing which can last into adulthood.

These chronic situations are called Adverse Childhood Experiences (ACEs) and are often associated with poorer outcomes for children in educational attainment and wellbeing, employment, involvement in crime, family breakdown and a range of health and wellbeing issues.

Research suggests that poverty, discrimination, poor housing and involvement in violence may both exacerbate and be a response to childhood adversity. This can make a tolerable situation of stress become toxic and as a result the individual and/or family can use health harming behaviours such as excessive alcohol or substance use to cope with the stress. Ellis and Dietz (2017) devised a transformative approach, the 'Building Community Resilience' model to encourage practitioners to be aware of and address the root causes of adversity, the social determinants which can without mitigating factors in place become attributed to other health harming behaviours, intergenerational trauma within families and thus leading to societal impacts such as community disruption and anti-social behaviour of which may include issues such as paramilitary influence, threat and/or activities.

Research explores childhood adversity in a way that does not simply result in the workforce pathologising individuals who have experienced ACEs but understand that childhood adversity can have a ripple effect upon the whole family (potentially leading to intergeneration trauma), community and wider society without the right support and mitigating factors in place. Considering what has happened to cause an individual to behave in the way that they are enables the workforce to recognise underlying childhood related trauma and respond in the most appropriate way through compassion, empathy and connections that will ultimately guide intervention plans.

Find out more by clicking here [www.safeguardingni.org/aces](http://www.safeguardingni.org/aces)

## TRAINING OPPORTUNITIES

### LEVEL ONE ACE AWARENESS TRAINING



This half-day workshop aims to raise awareness of the potential impact of ACEs on individuals and communities. The objectives of this training were to develop an awareness of ACEs and their potential impact for children and adults across the lifespan; an awareness of the use of an ACE/trauma sensitive lens; an awareness of the importance of preventing and mitigating ACEs, and; an ability to identify appropriate pathways to support wellbeing for staff, volunteers and service users.

**Audience:** Suitable for any member of staff within an organisation including volunteers irrespective of their role including administration staff, front end, finance, managers and staff with a client caseload.

#### Dates of Training (Virtually):

- **22 September 2020, 6 pm – 9 pm**  
<https://www.eventbrite.co.uk/e/119115827647>
- **24 September 2020, 10am-1pm**  
<https://www.eventbrite.co.uk/e/119217419511>
- **6 October 2020, 10 am – 1 pm**  
<https://www.eventbrite.co.uk/e/119218338259>

## LEVEL TWO TRAUMA SENSITIVE APPROACHES TO PRACTICE TRAINING



This half-day workshop built on the learning from the awareness session and sought to further develop skills that promote a trauma sensitive response. In particular, it aimed to enhance participant skills and confidence to use a trauma sensitive lens in order to support and develop resilience for those the participant works with; identify the impact of vicarious trauma, and; identify ways in which to support the health and wellbeing of all staff.

**Audience:** This training was appropriate for those members of staff providing direct support or interventions to children, young people, families or adults who have been experiencing trauma as a result of childhood adversity.

### Dates of Training (Virtually)

- **24 September 2020, 6 pm – 9 pm**  
<https://www.eventbrite.co.uk/e/117654424551>
- **27 October 2020, 2 pm – 5 pm**  
<https://www.eventbrite.co.uk/e/117655236981>

### Note:

Staff can book their places on the training dates above through the Eventbrite links attached to each training session. The Level One and Two training programme will be delivered virtually in light of COVID-19 and with this in mind the training sessions will only host a maximum of 8 participants per session. To ensure all organisations are able to avail of training opportunities we are only able to offer a maximum of 2 places per organisation.

If your organisation would wish to consider an in house training opportunity for all your staff please get in touch with the TIP Project Team by email the Project Manager, [Stephanie.hanlon@hscni.net](mailto:Stephanie.hanlon@hscni.net) no later than 16 October 2020.

## **TRAUMA INFORMED PRACTICE TRAIN THE TRAINER PROGRAMME**

Building on the Level One Adverse Childhood Experiences (ACE) Awareness and Level Two Developing Trauma Sensitive Approaches to Practice training, the Safeguarding Board for Northern Ireland have developed a Training for Trainers Programme for all organisations.

### **Objectives of the Training for Trainers Programme**

By the end of this training programme the participant will:

- Have developed training skills to become a Trauma Informed Practice Trainer
- Have developed their understanding of a trauma informed approach to practice
- Be able to support their organisation through promoting consistency of a shared language and understanding of ACEs and trauma sensitive approaches
- Be informed and confident to deliver a minimum of three Level One awareness and Level Two training programmes per year using the training resources and guidance documents.

### **Audience**

A set of criteria has been outlined below to enable potential participants to understand their suitability for the programme

- Occupational – a minimum of three years' experience of direct service delivery with children or adults
- Vocational (desirable but not essential) – a minimum of one year's experience in the delivery of training
- Ensure there has been a commitment from senior management to provide ongoing support to enable future delivery of this training programme

### **Dates of Training (Virtually)**

- **3, 5, 10 November 2020, 10 am – 1 pm**  
<https://www.eventbrite.co.uk/e/117657914991>
- **12, 17, 19 November 2020, 2 pm – 5 pm**  
<https://www.eventbrite.co.uk/e/117662195795>

### **Note:**

Participants must attend all session dates. As they are essential to complete the course.

To ensure all organisations are able to avail of the Trauma Informed Practice Train the Trainer Programme we are only able to offer a maximum of 1 place per organisation on this occasion. If you have been unable to book onto this programme please get in touch with the EITP Trauma Informed Practice Project Manager by email at [Stephanie.Hanlon@hscni.net](mailto:Stephanie.Hanlon@hscni.net).