



## SHROPSHIRE HEALTH AND WELLBEING BOARD Report

<b>Meeting Date</b>	14 <sup>th</sup> July 2022			
<b>Title of Paper</b>	Healthy Lives update – Focus on Adverse Childhood Experiences (ACE) and Trauma priority			
<b>Reporting Officer</b>	Val Cross, Health and Wellbeing Strategic Manager			
<b>Which Joint Health &amp; Wellbeing Strategy priorities does this paper address? Please tick all that apply</b>	Children & Young People	x	Joined up working	x
	Mental Health	x	Improving Population Health	x
	Healthy Weight & Physical Activity		Working with and building strong and vibrant communities	x
	Workforce	x	Reduce inequalities (see below)	x
<b>What inequalities does this paper address?</b>	<p>The more ACEs a child experiences, the more likely they are to suffer from poorer physical and emotional health, lower academic achievement, and substance misuse in the future. (CDC: Accessed 2022)</p> <p>Creating ACE and Trauma informed services will help prevent future inequalities, as well as helping those with existing ACEs and Trauma.</p>			
<b>Risk assessment and opportunities appraisal</b> (NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)	<p>Recruitment of Trauma Informed Programme Manager - The post has been advertised, but unsuccessfully recruited to on two occasions. It is currently being covered as an additional duty within an existing post holder. This is a risk in terms of capacity, sustainability and progression of the work.</p> <p>Commitment from system senior leaders to enable all their staff to be trauma informed, through training, practice and implementation is essential. If not, there is a risk of fragmented understanding and practice across services. This will ultimately impact negatively on people who have experienced ACEs and Trauma. This also presents a risk in terms of breaking cycles of generational trauma.</p>			
<b>Financial implications</b> (Any financial implications of note)	There are no financial implications identified in this update report			
<b>Climate Change Appraisal as applicable</b>	Not applicable for this report.			
<b>Where else has the paper been presented?</b>	<b>System Partnership Boards</b>			
	<b>Voluntary Sector</b>			
	<b>Other</b>			
<b>List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)</b>				
<b>Cabinet Member (Portfolio Holder) or your organisational lead e.g. Exec lead or Non-Exec/Clinical Lead</b> (List of Council Portfolio holders can be found at this link: <a href="https://shropshire.gov.uk/committee-services/mgCommitteeDetails.aspx?ID=130">https://shropshire.gov.uk/committee-services/mgCommitteeDetails.aspx?ID=130</a> ) Cllr Simon Jones, Portfolio Holder for Adult Social Care and Public Health Cllr Kirstie Hurst-Knight, Portfolio Holder for Children and Education				
<b>Appendices</b>				

# Report

## Summary

This paper provides an update on the Adverse Childhood Experiences (ACE) and Trauma Informed work happening through the Steering Group. ACE's and Trauma form part of the Joint HWBB 2022-27 strategy priorities. Although it falls under Children and Young People, the effect of Trauma is across the life course, and work will reflect this.

## Background

Adverse Childhood Experiences (ACE) refer to some of the most intensive and frequently occurring sources of stress that children may suffer early in life. Such experiences include multiple types of abuse; neglect; violence between parents or caregivers; other kinds of serious household dysfunction such as alcohol and substance abuse; and peer, community and collective violence. (WHO: 2022)

The image below from the Centre for the Developing Child (CDC) explains ACEs and toxic stress, but also importantly how we can reduce the effects of ACEs and toxic stress.

**WHAT ARE ACES?**  
**AND HOW DO THEY RELATE TO TOXIC STRESS?**

"ACEs" stands for "Adverse Childhood Experiences." These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.

The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.

**TOXIC STRESS EXPLAINS HOW ACES "GET UNDER THE SKIN."**

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as **toxic stress**. This excessive activation of the stress-response system can lead to long-lasting wear and tear on the body and brain.

The effect would be similar to revving a car engine for days or weeks at a time.

**WE CAN REDUCE THE EFFECTS OF ACES AND TOXIC STRESS.**

The ideal approach, however, is to prevent the need for these responses by reducing the sources of stress in people's lives. This can happen by helping to meet their basic needs or providing other services.

For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

Likewise, fostering strong, **responsive relationships** between children and their caregivers, and helping children and adults build **core life skills**, can help to buffer a child from the effects of **toxic stress**.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. **No one who's experienced significant adversity (or many ACEs) is irreparably damaged.** though we need to acknowledge trauma's effects on their lives. By reducing families' sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, **we can prevent and counteract lasting harm.**

Center on the Developing Child | HARVARD UNIVERSITY  
Learn more about ACEs from the [Centers for Disease Control and Prevention](https://www.cdc.gov/aces/)  
For more information: <https://developingchild.harvard.edu/ACEs/>

In England and Wales annual costs across 13 health risks and causes of ill health have been estimated at £43 billion. Along with acute physical and emotional effects, children that have ACEs can show:

- reduced cognitive and social development
- reduced school engagement
- early adoption of health-harming behaviours
- increased risk of health conditions and juvenile offending<sup>1</sup>

A UK study found each additional ACE was associated with

- 9% earnings penalty
- 25% increased risk of welfare dependency
- 27% increased risk of subjective poverty at age 55 years

Trauma affects not only those who are directly exposed to it, but also to those around them (Van Der Kolk: 2014)

<sup>1</sup> [Health and financial costs of adverse childhood experiences in 28 European countries: a systematic review and meta-analysis \(thelancet.com\)](https://www.thelancet.com)

## Report

ACE's and Trauma form part of the Joint HWBB 2022-27 strategy priorities. Although it falls under Children and Young People, the effect of Trauma is across the life course, and work will reflect this.

Trauma and ACEs are not something new, and related work is already happening in Shropshire. For example; Solihull courses for antenatal period and parenting, (attachment, understanding brain development) and there are good different good training offers. Work is also happening across our schools.

What is missing is a co-ordinated, consistent approach to ACEs and Trauma which includes workforce training and its implementation across the system. This paper provides an update on work happening.

### ***Formation of Multi-agency Trauma Informed Steering Group***

This multi-agency Adverse Childhood Experiences (ACE) and Trauma Informed Steering Group is building on work which took place pre-covid. It meets monthly, led by Public Health and is chaired by Cllr. Kirstie Hurst-Knight.

The aims of the group are:

- Creation of a Trauma Informed Workforce across the whole system, using a tiered core training offer which is consistent, understood and will be used in practice
- Robust Programme coordination and management (Led by Trauma Informed Programme Manager) to ensure systemic change in the approach to trauma, and changing the question from 'What's wrong with you?', to 'What happened to you?' Services include (but are not limited to): health - Primary and acute care, education – schools, colleges and related services, social care – children and adults and the criminal justice system – Police, Courts, prisons, magistrates etc. Evidence of commitment, implementation and embedding of trauma informed practice in their settings and practice will be used
- Raise awareness in communities about the effect of trauma, to help reduce stigma, create a culture of understanding and to aid prevention and recovery.

The group has agreed Terms of Reference and an Action Plan which is reviewed monthly. Membership is multi-agency and includes partners from Shropshire Council, (Public Health, Housing, incl. Domestic Abuse, Education, Early Help and Social Care) Shropshire Community Health Trust (SCHT), Midlands Partnership Foundation Trust (MPFT), Shrewsbury and Telford Hospitals Trust (SaTH), The Voluntary and Community Sector (VCS), Criminal Justice, Armed Forces, and With You, the Drug & Alcohol support provider. Shropshire Fire and Rescue Service are also very interested to be part of this work. The group regularly considers who needs be part of this group, and invitations are extended.

### ***Workshop and screening of film - 'Resilience – the biology of stress and science of hope'***

A recommendation from areas of experience, was to get this powerful but also hopeful, film screened as widely as possible, to enable understanding of the importance of ACEs and Trauma. Over 180 people have seen this film so far, which has been well received. The screening has a facilitated short workshop afterwards, and findings from this inform the steering group.

### ***Senior leadership buy-in and understanding across the system***

The 'Resilience' film followed by a short workshop was screened to Cabinet on the 23<sup>rd</sup> May 2022, who pledged their support for this work.

Screenings are planned for the Integrated Care System (ICS) and all elected members in planning.

### ***Current training offers and how embedded***

A sub-group is looking at the different training offers across the system. It is important that the system workforce receives a consistent offer to enable the same messaging, understanding and importantly, enable implementation.

### ***Resource review and collation***

Resources that can inform through research findings, but also in practice, are being collated

### ***Linking to and learning from other regions***

Shropshire is part of the West Midlands consortium, which is looking at a consistent approach, and sharing resources and good practice

In contact with Manchester who are implementing measures to becoming a Trauma Responsive City. An offer to visit and see the work they are doing will be taken up.

### ***Target Operating Model (TOM)***

ACEs and Trauma progression are part of Shropshire Council's 'Breaking Generational Cycles' project stream. This is important because, as well as demonstrating commitment to embedding this in the Council, it creates an important preventative action too.

In terms of implementation for the ACE/Trauma informed work, Oswestry is the area where the work is planned to start.

### **Recommendations**

The Health and Wellbeing Board are asked to receive this update for information and support this work as Board System partners.