



*Come and watch the acclaimed groundbreaking documentary film Resilience, and learn about Adverse Childhood Experiences (ACEs) and how they impact on childhood and into adulthood*

**EASTLEIGH venue with free car parking – WED 24 Jul 2019**

Registration from 9am. Start 9.30am, Finish time 11:45am

**FREE registration: email [aces@cisters.org.uk](mailto:aces@cisters.org.uk)**

Research into Adverse Childhood Experience (ACE) demonstrates a wake-up call that services need a radical re-design to provide improved early intervention.

Ten ACEs are identified in the international research:

- physical abuse
- sexual abuse
- emotional abuse
- neglect
- mental illness of a household member
- problematic drinking by a household member
- drug misuse by a household member
- divorce or separation of a parent
- domestic violence towards a parent
- imprisonment of a household member



“Resilience: The Biology of Stress and The Science of Hope” is a 60minute documentary and a short trailer can be viewed here

<https://vimeo.com/137282528>.

This event is being hosted by CIS' t e r s ([www.cisters.org.uk](http://www.cisters.org.uk)), as part of their 2019 awareness work-stream.

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## The research has highlighted that there is a cumulative impact of ACEs.

Compared with people with zero ACEs, those with more than 4 ACEs are:

- 4 times more likely to be a high-risk drinker
- 6 times more likely to have had unintended teenage pregnancy
- 6 times more likely to smoke
- 6 times more likely to have underage sex
- 11 times more likely to smoke cannabis
- 14 times more likely to be a victim of violence
- 15 times more likely to have committed an act of violence
- 16 times more likely to have used crack or cocaine or heroin
- 20 times more likely to have been arrested or sent to jail



Children, from all backgrounds, who experience stressful and poor quality childhoods are more likely to adopt health-harming behaviours during adolescence, more likely to perform poorly in school, more likely to be involved in crime and ultimately less likely to be a productive member of society.

In addition these children also develop mental health illnesses and diseases such as cancer, heart disease and diabetes later in life.

### **Stress and ACEs - ACEs have an effect on the developing brain.**

Stress in reasonable doses promotes growth and brain development throughout childhood. Stress is a normal part of daily life and learning how to manage stress and regulate stress responses is critical to a child's development. However acute or prolonged, stress can become **toxic** to the developing brain and body.

Children's stress response systems are immature at birth and therefore vulnerable to maltreatment and neglect. *If the adults in a child's life are not able to buffer the stress or are themselves the source of the stress*, the child may begin to experience the world as dangerous and uncertain. In the face of danger, the body reacts by producing excess surges in stress hormones, such as cortisol.

An individual's reaction to ACEs depends on that person's own biological stress reactions, the person's own protective characteristics, the intensity and duration of the ACE, and the strength of the person's childhood bond to a stable, responsive, and nurturing caregiver. Throughout our childhood, but particularly from infancy through preschool, children depend on sensitive, responsive caregivers to help maintain the normal daily rhythm of the stress hormone, cortisol.

**Who Should Attend ?** This event is for anyone living or working locally: who are in a practitioner role with or caring for children, young people and adults and it will be of particular importance to service commissioners & providers within Local Government, Education and Health.

CIS'ters are encouraging practitioners to attend this event. It will assist professionals and others to further understand the topic of ACEs and the impact these can have on those directly affected and those around them. It will also highlight how interventions (however small or large) to increase resilience is of benefit to us all, as a community.

**To register for FREE event: email [aces@cisters.org.uk](mailto:aces@cisters.org.uk)**