

Adverse Childhood Experiences: What it Means For You



All Nations Centre, Cardiff, 15 March 2017
Evaluation Summary Report



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Adverse Childhood Experiences: What it means for you

Evaluation Summary Report

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Introduction

Public Health Network Cymru is required to organise an annual conference for its members. The topic of Adverse Childhood Experiences (ACEs) was chosen due to the growing interest in this area following the results of the first [Welsh Adverse Childhood Experience study](#) led by Public Health Wales. As a result this event was organised by Public Health Network Cymru which aimed to provide an opportunity to hear from some experts in the field of ACEs and address how practitioner's work contributes to reducing the long term impact of ACEs. Delegates would also have the opportunity during the day to provide valuable feedback to help inform the development of an ACE hub to provide practitioners with support and guidance and become more ACE informed. This was achieved by a number of presentations and a series of workshops using a positive psychology approach. Delegates were also provided with a copy of the [ACE info graph](#) that highlights findings from the Welsh study for reference.



The event was chaired by Sarah Crawley, Director, Barnardo's Cymru during the morning and Steve Thomas, CBE, Chief Executive, Welsh Local Government Association in the afternoon. The event was held on 15 March 2017 at All Nations Centre in Cardiff.

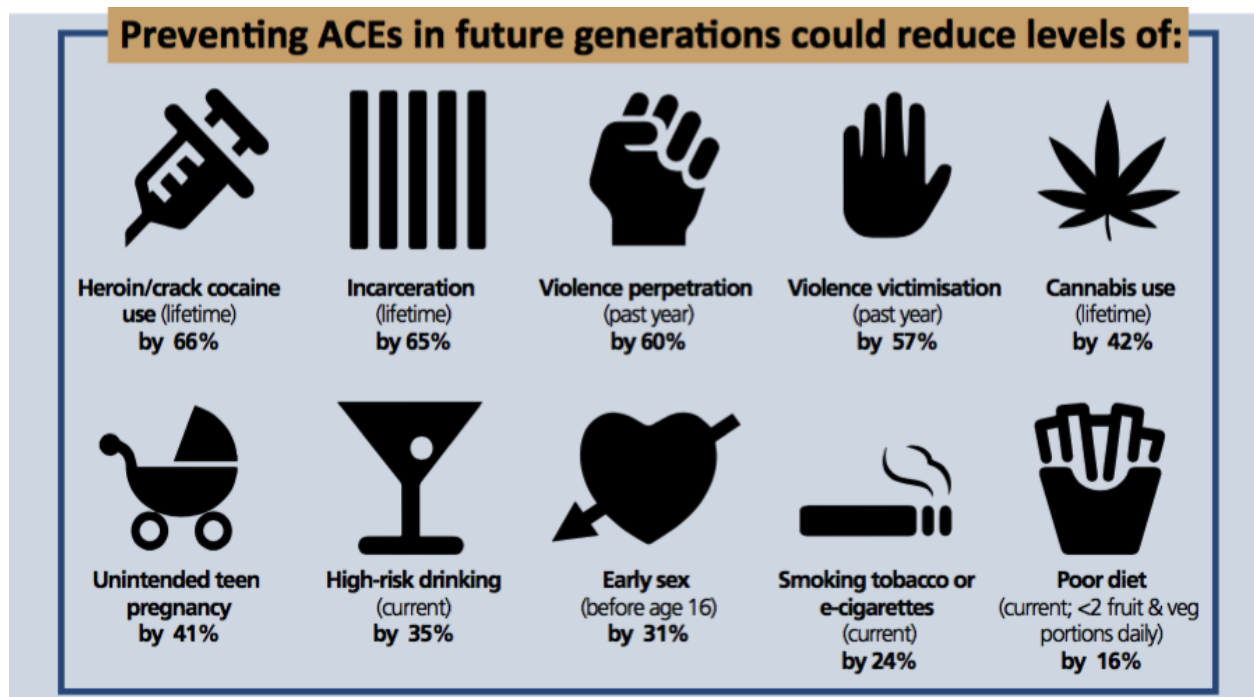
Sarah introduced herself and set the scene for the morning session including providing a background into ACEs, the history of ACEs work in Wales and Barnardo's position including Welsh Government's actions on this agenda.

Overview of Presentations

The first presentation was delivered by Alyson Francis, ACE Support Hub Director, Cymru Well Wales.

For the past 18 years Alyson has worked for the Welsh Government where she has held a number of posts, working with organisations across Wales and with the UK Government. In her last role Alyson supported the Cabinet Secretary for Communities and Children through her role as Deputy Director for Children and Families. Alyson is now on secondment to the role of ACE Support Hub Director, working on behalf of Cymru Well Wales to meet the ambition of an ACE informed society and helping organisations to take an ACE informed approach to their work, enabling systems change to support early intervention and prevention and building resilience.

Following on from Sarah's introduction on ACEs Alyson made reference to the results from the first Welsh Adverse Childhood Experience study. This was followed by showing the very powerful animation that addresses the impact of ACEs from a child's perspective and the subsequent health harming and criminal behaviours as a result. Alyson shared some interesting results that show preventing ACEs in future generations could reduce the levels of health harming and criminal behaviours.



The next presentation following Workshop 1 and the coffee break was by Sophie Howe, Future Generations Commissioner for Wales.

Sophie was appointed as the first Future Generations Commissioner for Wales in February 2016. Her role is to act as a guardian for the interests of future generations in Wales, and to support the public bodies listed in the Well-being of Future Generations (Wales) Act 2015 to work towards achieving the well-being goals.

Prior to this role, Sophie was the first Deputy Police and Crime Commissioner for South Wales. In this role, she led programmes to tackle violent crime and violence against women and girls, focusing on early intervention and partnership working. She reformed programmes on substance misuse and offender management and negotiated the first shared work programme between Public Health Wales and South Wales Police.

Sophie gave a passionate presentation using a number of case studies highlighting the devastating consequences for children who experience ACEs. Sophie highlighted her role as Future Generations Commissioner for Wales and stated that she is very keen to hear from the people of Wales to hear about what they consider are the most important issues and challenges facing Wales in the future and who they think can tackle them.

The afternoon session was chaired by Steve Thomas, CBE, Chief Executive, Welsh Local Government Association who provided an overview of the Welsh Local government Association's perspective in how they contribute to supporting the ACE agenda in Wales and encouraged the work of the early years agenda as well as increasing employment and infrastructure within Wales to help reduce the impact of ACEs on our future generations.

The final presentation was delivered by Dr Sally Holland, Children's Commissioner for Wales.

Sally Holland became Wales' third Children's Commissioner for Wales in April 2015. In her first year in post she undertook a large-scale consultation with children and young people throughout Wales, and used the findings to set her priorities for her first three-year plan. Her priorities include mental health and well-being, effective anti-bullying strategies, reducing inequalities and improving transitions to adulthood for those who have ongoing support and care needs. She is campaigning for equal protection in the law for children from physical assault and hopes to see all public bodies in Wales adopt and implement the United Nations Convention on the Rights of the Child.

Sally highlighted her work in relation to the ACE agenda in Wales and emphasised that ACEs must be tackled so that children can exercise their human rights now and in the future. Furthermore that a Public Health approach to ACEs cannot merely tackle the symptoms and that having 'A Children's Rights Approach' can give coherence and strength to Wales' approach to ACEs.

Individual presentations are available by visiting [Public Health Network Cymru Past Events page](#)

Workshop Sessions

Workshop 1 entitled '**ACEs in Conversation**' took place during the morning session and was led by Dr Aneta Tunariu, Head of Psychological Interventions, University of East London. Delegates were divided into small groups to discuss their opinions on four opening questions on ACEs. The questions posed were:

1. What are your experiences of working with ACEs?
2. What benefits do you see in relation to the information (research, legislation, strategies and initiatives) presented so far? How can it benefit people who have ACEs? How can it support you in your role?
3. What are the areas of support that you feel would help adapt your practice?
4. How would this further aid your contribution to tackling ACEs?

From these questions groups were asked to capture their discussion reflections in the following questions:

- a) List up to 3 things that you found helpful/resonate with you from the talks and activities this morning.
- b) What are the areas of support that you feel would help adapt your practice?
- c) How would this further aid your contribution to tackling ACEs?

Naturally there were some commonalities with the answers from the groups. The most common answers covering all questions are illustrated below.

The videos/film would be useful in opening conversations with families/client	Importance of understanding of ACEs. How legislation and guidance can support professionals.	Wanting a consistent approach.	Providing a framework for areas to follow	Awareness. All agencies to be trained/aware. Joined up working. ACE informed working.
Tools/training once ACEs identified - resources in place.	Common language and approach - training. Universal screening.	Central hub - point of contact for resources.	Working collaboratively to further allow needs to address ACEs.	Understanding how others are doing good practice around ACEs work.
Opportunities to showcase what and how we are working ACE informed areas into practice.	National guidance	Keeping Aces clearly on agendas will keep awareness in practitioners.	Introduce into training of professionals - Nursing, Teaching, Social workers, Medicine/GPs, Health/Social Care, Psychology etc.	Consistency

Workshop 2 entitled '**Positive Psychology in my practice**' took place after coffee, again led by Dr Aneta Tunariu. Dr Tunariu further elaborated on the area of positive psychology, its principles and applications by discussing the following:

1. Asking different questions: What works well in spite of?
2. Skills for change, skills for growth: working with positive and negative emotions



Following this presentation Dr Tunariu requested delegates regroup into their smaller groups from the morning session to discuss how they can develop their resilience and wellness to improve their professional practice that then has an impact on others. Dr Tunariu also asked the groups to recognise their own strengths and share their consolidated responses within their groups.



Workshop 3 entitled '**Establishing an ACE Hub that is relevant and useful**' took place after lunch. Upon registering to attend the event delegates identified their relevant sectors and were grouped accordingly for this workshop. The 4 groups were loosely split into Public Health Wales and Local Authority colleagues, Third sector colleagues, Clinical Health colleagues

and colleagues from Private and Academic sectors. Each group was assigned a facilitator to discuss the following questions:

1. Reflecting on what you know about ACEs and your experience, what do you think the vision and aims for the Support Hub should include?
2. It will take a collective effort to meet our aims and bring about change, what is your contribution to having an ACE informed Wales?
3. What could the ACE Support Hub do for you?
4. What would an ACE-Informed School/Justice System/Care Sector/Housing/Voluntary Sector (choose one most relevant to your group) look like?
5. We're not starting from scratch, what assets/facilitating factors have we got already?

A selection of answers from the discussions is highlighted below:

<p>1. Vision and aims for the Support Hub</p>	<p>Bank of resources Latest Research Policy Development Action Plans Multi Agency Training Guidance and direction in embedding ACEs work Networking Information Hub Signposting Sharing best practice</p>
<p>2. What is your contribution to having an ACE informed Wales?</p>	<p>Training and knowledge Share resources and best practice Data collection</p>

	<p>Provide a 'dictionary of useful phrases'</p> <p>Raise awareness of ACEs across NHW Wales – ensure ACEs recognised and acknowledged in services</p> <p>Embed into GP, Health workers, Teachers, Social Worker's education/curriculum (part of staff members development)</p> <p>Consider Champions in originations</p> <p>Long term approach linking to Public Service Boards</p>
<p>3. What could the ACE Support Hub do for you?</p>	<p>Provide consistency</p> <p>Develop an evidence base resource centre</p> <p>Facilitate information sharing and contact between agencies</p> <p>Regional focus – Wales context with regional coordinators</p> <p>Knowledge transfer partnership</p> <p>Telling peoples stories</p>
<p>4. What would an ACE-Informed School/Justice System/Care Sector/Housing/Voluntary Sector (choose one most relevant to your group) look like?</p>	<p>ACE informed Housing</p> <p>Workforce training</p> <p>More support for frontline staff</p> <p>Leadership</p> <p>Consistency</p> <p>Coproduction</p> <p>Solution focussed</p> <p>Less stigma and discrimination</p>

	<p>Acknowledge work already done by third sector by managing high levels of risk and need.</p> <p>Funding</p> <p>Early intervention</p> <p>Person centred</p> <p>Common language</p> <p>Common approach</p> <p>Data sharing – action plans</p> <p>Nurturing environment</p> <p>Shared experiences</p>
<p>5. What assets/facilitating factors have we got already?</p>	<p>Resilience training</p> <p>Close Networks</p> <p>Passion – funding for research and evaluation</p> <p>Willingness to share information</p> <p>Knowledge</p> <p>Mobilisation</p>

Following this group discussion delegates were also asked to complete a self-questionnaire

The responses to the Workshop 3 questions and the self questionnaire were passed to Alyson Francis to help inform her work and the direction of the ACE Support Hub to ensure that the appropriate support and resources can develop an ACE-informed workforce in Wales.

Attendance Numbers and Organisations / Sectors

Invitations to the event were offered to all members of Public Health Network Cymru as well as colleagues working on the ACE agenda in Wales. It was also publicised in the Public Health Wales staff e-bulletin. In total 125 participants registered to attend (incl. speakers and administrative staff) and 112 delegates attended on the day.

Of those participants the majority were from the Public Health Wales, NHS Wales, Third Sector and Local Authority.

In addition a further 84 followed the event through live streaming on Facebook and Twitter.

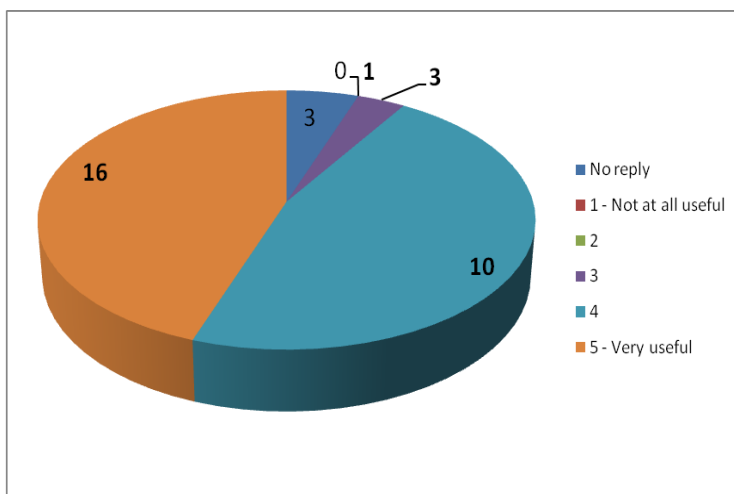
Evaluation Form

Quantitative Results

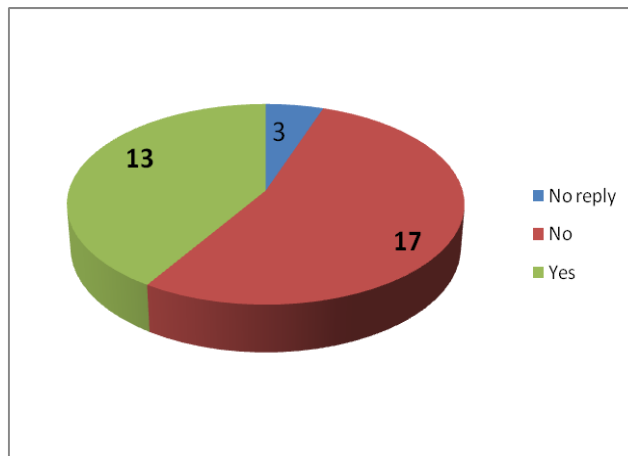
Participants were asked to complete evaluation feedback forms at the end of the event. 56 evaluation forms were completed from the 112 delegates.

One of the questions asked delegates to rank from one to five, (where one is not at all useful and five is very useful) how useful did you find the seminar.

The graph below clearly shows that the majority of answers were 4 or 5.



It was also interesting to see that there were slightly more delegates who were not members of the Network in attendance.



Qualitative Results

Further questions on the evaluation form looked for a qualitative response and are detailed below.

What was your main motivation for attending this event?

The overall response to this question was to learn more about ACEs, how to take the ACE agenda forward and how this will impact on people's practice.

"Gain a better understanding of ACEs to enable me to support service users."

"To learn more about ACEs and how it can affect people later on in their life. Ways to identify ACEs more effectively."

"To learn about what action plan for ACEs are."

Was there anything that was of notable interest?

Many of the delegates pinpointed one or two of the presentations as being of notable interest. The presentation given by Alyson Francis about the ACE Hub and the ACEs animation was noted to be very powerful. The workshops

led by Dr Aneta Tunariu was of particular interest to delegates and especially using a positive psychology approach was very well received.

"The speakers - all interesting. The video was very powerful."

"Dr Aneta and the information on how to work with young people and children organisations - self - all excellent."

"General motivation from the participants to collectively invest in an ACE informed Wales."

"I thought the positive psychology was brilliant. Dr Tunariu and Sophie Howe both give hope for the future."

How do you plan to utilise the learning gained at this event?

The majority of delegates said that they would share this information with their workplace and use it to inform their own practice and how their organisations will incorporate the ACE agenda going forward.

"Supporting the organisation to take a ACE lens to programmes and service delivery."

"Raise awareness of ACEs, consider communication skills relating to identifying ACEs."

"Taking practical workshop content and using it with professionals and young people."

"When undertaking patient assessments to think about ACEs and see if they have had a direct effect on the patient's mental health."

What seminar topics would you like to see delivered in the future?

A number of seminars will be held during 2017/18 and the evaluation form was used as one method of establishing what topic areas delegates would like to see covered in the future. The majority of topic suggestions focussed on ACEs and a number of factors that impact on ACEs. These included mental health, alcohol and drug abuse, supporting bereaved families in a professional setting, learning from others who have successfully integrated ACE informed practice into their area of work and looking at tools to enable how to take an ACE lens to our services.

In addition to these there were also requests for events to cover sharing good practice, people engagement and physical activity and nutrition and its impact on mental health.

Any other comments?

Delegates were given a chance to provide further comments regarding the event. The feedback was positive and highlighted a numbers of areas for improvements in future events focussed on ACEs.

"Very informative day with very passionate speakers, very enjoyable. Thank you."

"Brilliant workshops, learnt a lot. Thank you."

"An opportunity missed with so many people turning up. Everyone knows about ACEs and I was hoping there would be more guidance on how to embed this into practice."

"It's a start - I'm interested in what will come and how it will develop."

One Word

Participants were asked to give one word to sum up how they felt about the event. These words have been inputted into Wordle (www.wordle.net). Wordle generates word diagrams that give greater prominence to words that appear more frequently in the text. From this you can clearly see that informative, inspiring, positive, motivated, excellent and good were stated most frequently.



Further information

All presentations are available on the [Public Health Network Cymru](#) website.

Farsight Creative attended on the day to film the seminar and a short video is available providing a synopsis from the day. To view the presentations and/ or the video visit [Public Health Network Cymru Past Events page](#) or [YouTube](#)

Feedback is still being gathered on the animated Adverse Childhood Experiences video which can be viewed at:

<http://www.aces.me.uk/video-survey/en/>