

**Hyb
Cymorth
ACE**

**Alcohol
Change UK's
annual
conference in
Wales 2019**

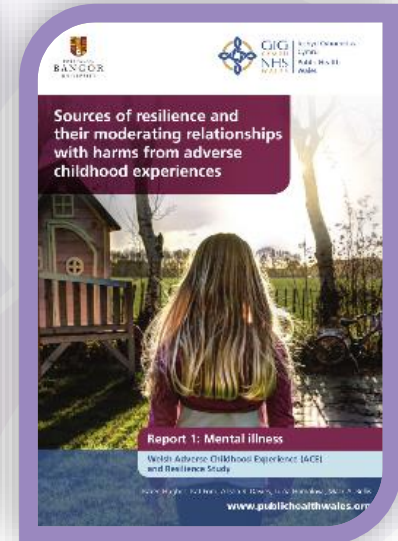
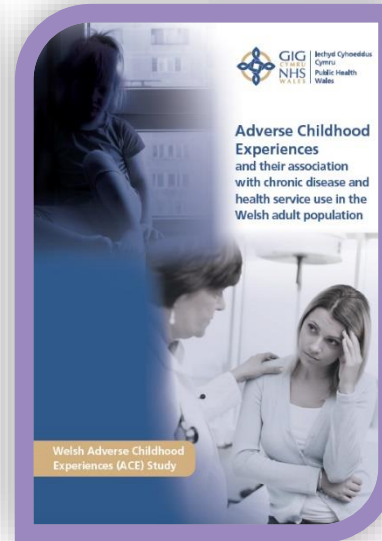
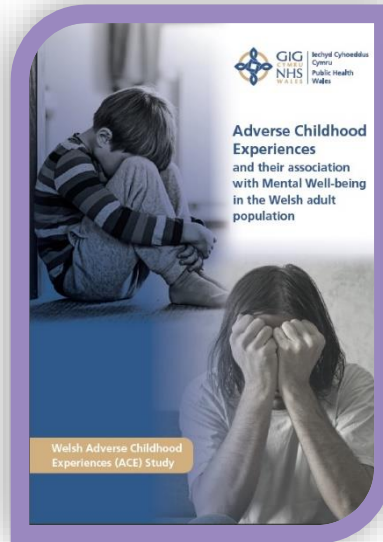
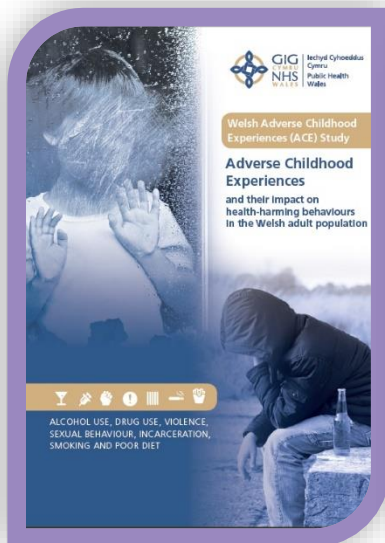
**ACE
Support
Hub**

ACEs – "Opening the can of worms"

18 September 2019

Laura Tranter

Welsh ACE Study



ACEs – "Opening the can of worms"

Welsh ACE Study

Adverse Childhood Experiences and their impact on health-harming behaviours in the Welsh adult population

Welsh Adverse Childhood Experiences (ACE) Study

- Over **2,000** adults aged **18-69** years participated in the ACE Study for Wales:
- Did you live with anyone who was a problem drinker or alcoholic?
- **14%** been exposed to alcohol abuse in the household
- For every **100** adults in Wales **47** have suffered at least one ACE during their childhood and **14** have suffered **4** or more.
- Compared with people with no ACEs, those with **4+** ACEs are:
- **4** times more likely to be a high-risk drinker



ACEs – "Opening the can of worms"

What is the purpose of the ACE Support Hub?

5 Goals

Spread
information
about ACEs

Share evidence
to prevent and
mitigate ACEs

Develop
knowledge and
skills

Take learning
from others and
share it

Drive change and
system
transformation



**Hyrwyddo a
Herio dros Newid**



**Champion & Challenge
for Change**



ACEs – "Opening the can of worms"

Key Words

Resilience

Kindness

Compassion

Understanding

Awareness

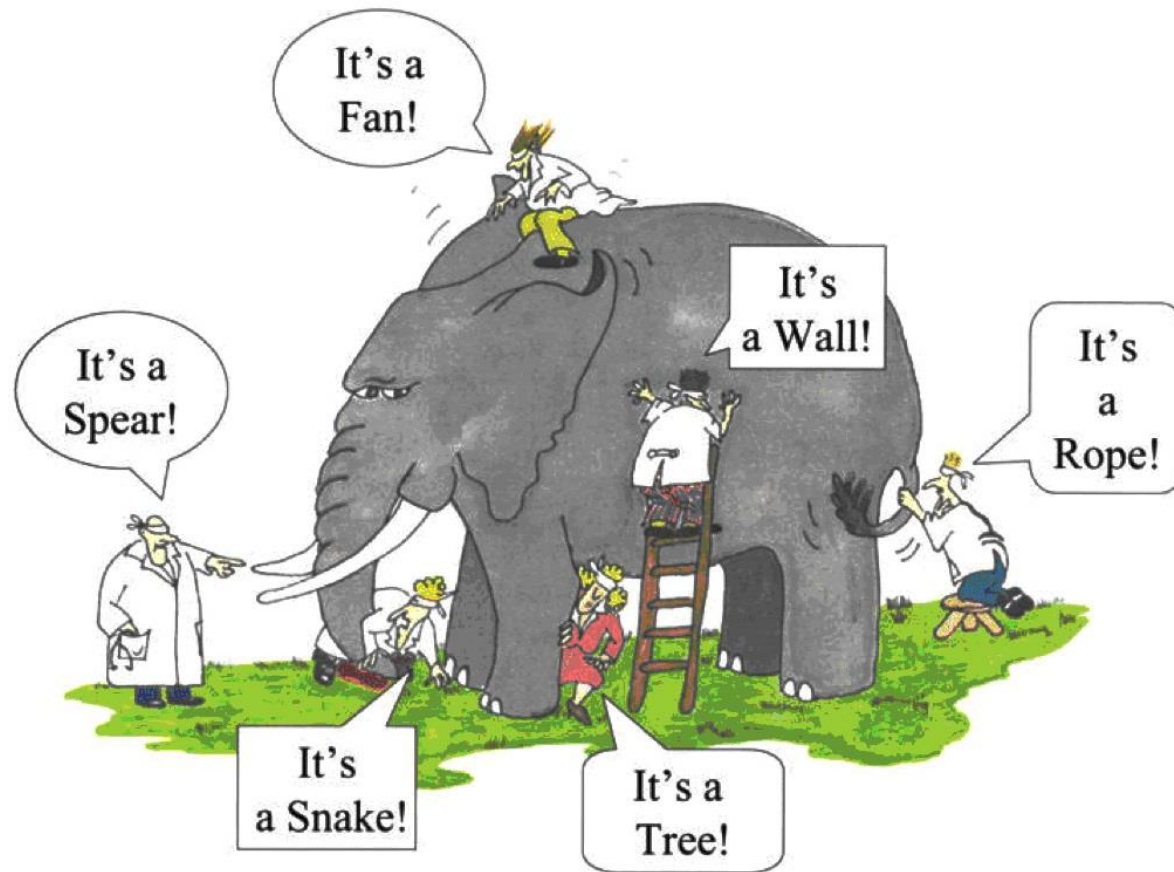


ACEs – "Opening the can of worms"



ACEs – "Opening the can of worms"

System Re-traumatising the Individual



ACEs – "Opening the can of worms"

ACEs aren't another intervention. It's about working differently.

- Learning from each other, sharing experiences about what works and understanding why
- Making the most of what is already out there, with everyone speaking the same language
- Striving for the same goal
- This isn't about signposting, it's about all of us taking responsibility and focusing on people, not process.



ACE – Informed Approach

- **An ACE-Informed approach** incorporates:
- **Realizing the prevalence** of trauma
- **Recognizing** how it affects all individuals involved with the program, organization or system, including its own workforce
- **Resisting re-traumatization**
- **Responding** by putting this knowledge into practice



ACEs – "Opening the can of worms"

ACE/Trauma Informed (Enabling) Environment Or Psychologically Informed Environment

- Places where positive relationships promote well-being for all participants
- Places where people experience a sense of belonging
- Places where all people involved contribute to the growth and well-being of others
- Places where people can learn new ways of relating
- Places that recognise and respect the contributions of all parties in helping relationships



ACEs – "Opening the can of worms"

Everybody and every organisation in Wales has a part to play.

- There is a role for all of us, challenging ourselves to think 'What can I do differently?', and recognising what we're already doing.
- Little steps make big changes, we can change the narrative.
- Creating an ACE informed Wales will bring benefits for everyone.



ACEs – "Opening the can of worms"



efturzyd geenuz iz speel
iboot whut wuz right
nwhut wuz rang
boot this nthat
nthi nix thing

a sayzti thi bloke
nwhut izzit yi caw
yir joab jimmy

am a liason co-ordinator
hi sayz oh good ah sayz
a liason co-ordinator

jist whut this erria needs
whut way aw thi unemploymint
inaw thi bevvyin
nthi boayz runnin amock
nthi hoossyz fawnty bits
nthi wummin n tranquilisers
it last thiv sent uz
a liason co-ordinator

sumdy wia digree
in fuck knows whut
getn peyd fur no known
whut thi fuck ti day way it



ACEs – "Opening the can of worms"

ACE Support Hub: Get in Touch

Please contact: ACE@wales.nhs.uk



@acehubwales



www.facebook.com/acehubwales/



@acehubwales

www.aceawarewales.com



Champion & Challenge for Change



Hyrwyddo a Herio Newid