

ACEs Awareness Training

Half day training

Learning outcomes

- LO1 - Define and explain ACEs
- LO2 - Understand how trauma and toxic stress affects our body and brains
- LO3 - Identify how ACEs impact health, educational and social outcomes
- LO4 - Discuss strategies to support individuals to mitigate the effects of ACEs
- LO5 - Determine how trauma/toxic stress awareness may impact our practice and behaviour

Defining ACEs and his risk trauma events

- Definition on with brief background and questions
- Discuss questions - bias and issues
- Consider high risk trauma events in broader categories
 - Maltreatment
 - Adjustment
 - Inhumane treatment
 - Violence & Coercion
 - Prejudice
 - Adult responsibilities
 - Bereavement & Survivorship
 - Household Adversity
- Elaborate on areas and give specific examples of what may be included in each category
- Highlight aspects that can be missed

Understand how trauma and toxic stress affects our body and brains

- Understanding what is happening on a biological and chemical level
 - Stress response
 - Cortisol
 - Brain Development
 - Neurological impact
 - Physical systemic impact
 - Insulin regulation
 - Blood pressure
 - Metabolism
 - Inflammatory response
 - Foetal development

Identify how ACEs impact health, educational and social outcomes

ACEs Awareness Training

- National and local data
- ACEs questionnaire survey

Discuss strategies to support individuals to mitigate the effects of ACEs

- Bottom Up Approach and therapeutic interventions
 - DDP
 - PACE
 - EMDR
 - Trauma Informed CBT
- Systemic Practice Principles based on therapeutic methods
 - Reflective
 - Context
 - Relationships, Communication and Interaction
 - Environment/Community
 - School and/or support organisations
 - Part of the problem and solution – re-traumatising behaviours and practise
 - Supporting our workforce – supervision, safe spaces, support to recognise stress
 - Whole family
- Implementation of systemic change
 - Paper Tigers
 - Young Minds consultation
- Resilience Framework
- LAUGH – 5 ways to wellbeing
 - Stress reducing activities
 - Research and chemical/biological reasons for effectiveness
- Left/Right brain Coordination activities and sensory stimulation

Determine how trauma/toxic stress awareness may impact our practice and behaviour

- Reflection – what next
 - Self-care
 - Behavioural change
 - Further learning
 - Team support
 - Systemic change

Please note, our **full day training** includes additional time and section on:

1. Vicarious Trauma and Compassion Fatigue
2. What does it mean to be trauma informed?
 - Realise impact of trauma

ACEs Awareness Training

- Recognise symptoms and effects on individuals
 - Respond
 - Resist re-traumatizing
- How can we put this into practice:
 - immediately in your personal practice?
 - medium term over the next week, month, term?
 - long term, strategic, work towards?
- Strategic and systemic change –
 - System structures
 - Leadership and management
 - Day-to-day professional
 - Personal