

# ACTION ON ACES

Gloucestershire



## Resources Bank

*As recommended to us by the ACEs Panel, ACE Ambassadors, professionals and the public*

*Last updated October 2019*

## Short Films & Animations

### **Alberta Family Wellness Initiative – Brains Journey to Resilience**

<https://www.youtube.com/watch?v=HJvDrT6N-mw>

### **Adverse Childhood Experiences (ACEs): Impact on brain, body and behaviour**

<https://www.youtube.com/watch?v=W-8jTTIsJ7Q>

### **Beacon House**

#### **The Window of Tolerance**

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

#### **The Repair of Early Trauma: A Bottom up Approach**

<https://www.youtube.com/watch?v=FOCTxcaNHeg>

#### **The Repair of Intergenerational Trauma**

<https://www.youtube.com/watch?v=1toKt7cY4vc>

### **Brene Brown**

*On Blame* [https://www.youtube.com/watch?v=RZWf2\\_2L2v8](https://www.youtube.com/watch?v=RZWf2_2L2v8)

*On Empathy (child friendly)* <https://www.youtube.com/watch?v=HznVuCVQd10>

*On Empathy (adult friendly)* <https://www.youtube.com/watch?v=1Ewvngu369Jw&spfreload=10>

### **Charles Hunt - What Trauma Taught Me about Resilience**

[https://www.youtube.com/watch?v=3qELiw\\_1Ddg](https://www.youtube.com/watch?v=3qELiw_1Ddg)

### **Centre for Disease Control and Prevention – We Can Prevent ACEs**

<https://www.youtube.com/watch?v=VMpli-4CZK0>

### **Centre on the Developing Child at Harvard University**

#### **In Brief: What is Resilience?**

<https://www.youtube.com/watch?v=cqO7YoMscU>

### **Dan Siegel - Hand Model of the Brain**

<http://www.youtube.com/watch?v=DD-lfP1FBfk>

### **Dr. Karen Treisman – Good Relationships Are Key to Healing Trauma**

<https://www.youtube.com/watch?v=PTsPdMqVwBg>

### **Dr. Nadine Burke Harris – How Childhood Trauma Affects Health across A Lifetime**

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

**In Brief: The Science of Resilience**

<https://www.youtube.com/watch?v=1r8hj72bfGo>

**In Brief: How is Resilience Built?**

<https://www.youtube.com/watch?v=xSf7pRpOgu8>

**Leicestershire Partnership NHS Trust – Resilience but what is it? Here’s 5 ways to build resilience**

<https://www.youtube.com/watch?v=1FDyiUEn8Vw>

**NHS Education for Scotland – ACEs**

<https://www.youtube.com/watch?v=VMpli-4CZK0>

**NHS Education for Scotland - Sowing the Seeds: Trauma Informed Practice for Anyone Working with Children and Young People**

<https://vimeo.com/334642616>

**NHS Education for Scotland – Opening Doors: Trauma Informed Practice for the Workforce**

<https://vimeo.com/274703693>

**NHS Lanarkshire – Trauma and the Brain**

<https://vimeo.com/340449102>

**Northern Ireland ACEs Animation**

<https://vimeo.com/330114583>

**NSPCC – Tipping the Scales**

<https://www.youtube.com/watch?v=EW20A962wd4>

**Understanding Trauma: Learning Brain vs Survival Brain**

<https://www.youtube.com/watch?v=KogaUANGvpA>

**Wales ACEs Animation**

<https://www.youtube.com/watch?v=YiMjTzCnbNQ>

## Films you could screen

**Resilience** - new documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress <https://kpirfilms.co/resilience/>

**Broken Places** - explores why some children are severely damaged by early adversity while others are able to thrive. <https://brokenplacesfilm.com/>

**Wrestling Ghosts** - a raw, intimate, and heart-opening documentary about parenting, childhood trauma and healing <https://www.wrestlingghosts.com/>

**Paper Tigers** – new documentary that follows six students over the course of a school year as a new trauma-sensitive program is implemented. <https://kpirfilms.co/paper-tigers/>

## Stories

**Benjamin Perks – Because I Grew Up in an Orphanage Written Blog**

<https://benjaminperksblog.home.blog/2019/08/19/because-i-grew-up-in-an-orphanage/>

**Becky's story**

<https://vimeo.com/177673020>

**Chad's story**

<https://www.youtube.com/watch?v=sFH6GR0ASKg>

**Nicky Murray – Head teacher at Burnside Primary School, Angus, Scotland**

[https://www.youtube.com/watch?v=oGLGuco-L\\_g](https://www.youtube.com/watch?v=oGLGuco-L_g)

**Ian Wright – 1<sup>st</sup> teacher/ football coach**

<https://www.youtube.com/watch?v=JYNWGI6JvnI>

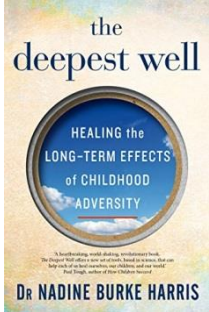
**Unique's story**

<https://www.youtube.com/watch?v=NRIECTLFhkM>

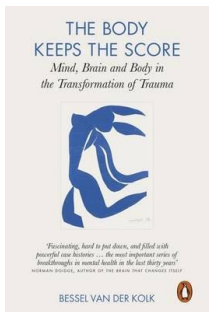
**Wales ACE Support Hub stories** including Samaritans, Millbrook Primary School, Youth Offending, and Probation

<https://www.aceawarewales.com/get-inspired-1-1/2019/1/28/ace-awareness-at-pobl>

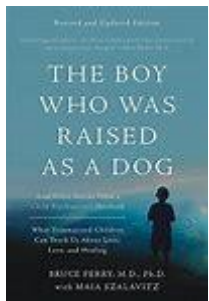
## Books



**The Deepest Well: Healing the Long-Term Effects of Childhood Adversity Book**  
By Dr. Nadine Burke Harris



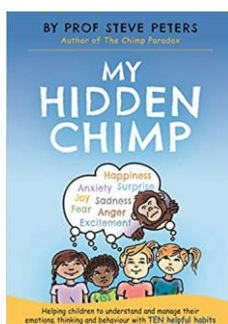
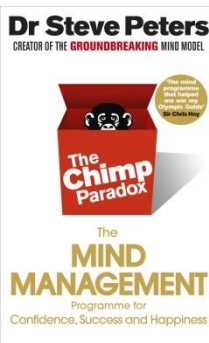
**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Book**  
By Bessel van der Kolk



**The Boy who was raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook: what Traumatized Children Can Teach Us about Loss, Love, and Healing Book**  
By Bruce D. Perry

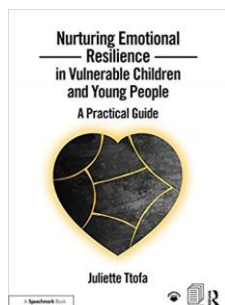


**The Simple Guide to Child Trauma: What It Is and How to Help Book**  
By Betsy De Thierry



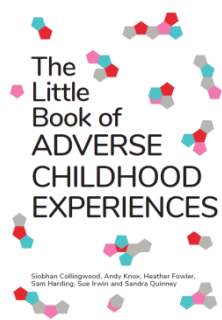
**The Chimp Paradox: The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness Book and My Hidden Chimp**

By Professor Steve Peters



## **Nurturing Emotional Resilience in Vulnerable Children and Young People a Practical Resource - Nurturing Emotional Resilience Storybooks.**

By Juliette Ttofa



## **The Little Book of ACES**

By Siobhan Collingwood, Andy Knox, Heather Fowler, Sam Harding, Sue Irwin and Sandra Quinney

PDF copy of the book

[https://docs.wixstatic.com/ugd/922058\\_395f1ba3a1d4429991cbd6e2c4cf5834.pdf](https://docs.wixstatic.com/ugd/922058_395f1ba3a1d4429991cbd6e2c4cf5834.pdf)

## **Schools Specific Resources**

- <https://www.traumainformedschools.co.uk/>
- [An evaluation of the Adverse Childhood Experience \(ACE\)-Informed Whole School Approach](#)
- <https://beaconhouse.org.uk/wp-content/uploads/Schools-Resources-List-1.pdf>
- <https://www.boingboing.org.uk/resilience/schools-resources/>
- [Improving Children and Young People's Understanding of their Wellbeing](#)

## **Podcasts**

<https://soundcloud.com/anna-freud-centre>



- <https://soundcloud.com/anna-freud-centre/child-in-mind-podcast-what-is-trauma-and-how-does-it-affect-the-brain>

## Websites and useful PDFs

### Action on ACEs

<https://www.actionaces.org/>

*Useful PDFs*

[Frameworks for Becoming Trauma-Informed](#)

[https://www.actionaces.org/wp-content/uploads/2019/03/ACES\\_handout.pdf](https://www.actionaces.org/wp-content/uploads/2019/03/ACES_handout.pdf)

### Alberta Family Wellness

<https://www.albertafamilywellness.org/>

*Useful PDF*

<https://www.albertafamilywellness.org/resources/presentation/afwi-core-story-presentation-ppt-windows>

### Beacon House

<https://beaconhouse.org.uk/useful-resources/>

*Useful PDF*

<https://beaconhouse.org.uk/wp-content/uploads/Building-Resilience-Training-Aid-1.pdf>

### Changing Minds

<https://changingmindsnow.org/>

*Useful PDF*

<https://changingmindsnow.org/activate/resources>

### Centre of Developing Child at Harvard University

<https://developingchild.harvard.edu/resources/>

*Useful PDFs*

[What are ACEs and How Do They Relate to Toxic Stress?](#)

[What Can We Do About Toxic Stress From Surviving to Coping With Resilience](#)

[Epigenetics and Child Development: How Children's Experiences Affect Their Genes](#)

[Harvard In Brief: The Science of Resilience](#)

[Tipping the Scales: The Resilience Game](#)

### Community Resilience Cookbook

<https://communityresiliencecookbook.org/>

*Useful PDF*

<https://communityresiliencecookbook.org/essential-ingredients/resources/> (need to sign up to download)

### Five Ways to Wellbeing

*For Young People* <https://www.onyourmindglos.nhs.uk/five-ways/>

*For Adults* <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

*Useful PDFs*

[https://www.mind.org.uk/media/4220803/five-ways-to-wellbeing\\_poster.pdf](https://www.mind.org.uk/media/4220803/five-ways-to-wellbeing_poster.pdf)  
<https://www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing>

### **Karen Treisman – Safe Hands Thinking Minds**

<http://www.safehandsthinkingminds.co.uk/books-cards-worksheets/>

*Useful PDFs*

Organisational elements and areas that trauma-informed principles and values should be infused & woven into [trauma-informed weaving into whole system](#)

Trauma-informed values, principles, and assumptions-Visual Sketch note– [trauma-informed values, principles, and assumptions](#) & Part 2- Explanation, Guidance, & Expansion-- [Values section expanded](#)

Self Care Organisation and Individual Techniques

### **Public Health England**

Prevention: A Life Course Approach <https://www.gov.uk/government/publications/health-matters-life-course-approach-to-prevention/health-matters-prevention-a-life-course-approach>

*Useful PDF*

[Public Health Masterclass - ACEs](#)

### **Research in Practice**

<https://www.rip.org.uk/>

*Useful PDFs*

[Trauma Informed Approach in Young People](#)

[Developing and leading trauma informed approaches](#)

### **The First 1001 Days**

<https://www.1001criticaldays.co.uk/>

*Useful PDF*

[https://www.1001criticaldays.co.uk/sites/default/files/PIPUK%20Infographic%201\\_0.pdf](https://www.1001criticaldays.co.uk/sites/default/files/PIPUK%20Infographic%201_0.pdf)

### **The Pair of ACEs**

[https://publichealth.gwu.edu/sites/default/files/downloads/Redstone-Center/Resource%20Description\\_Pair%20of%20ACEs%20Tree.pdf](https://publichealth.gwu.edu/sites/default/files/downloads/Redstone-Center/Resource%20Description_Pair%20of%20ACEs%20Tree.pdf)

### **WAVE Trust**

<https://www.wavetrust.org/what-are-adverse-childhood-experiences>

*Useful PDF*

<https://www.wavetrust.org/Pages/Default.aspx?CategoryTitle=infographics&SubsiteTitle=7030>

### **Wirral Safeguarding Seven Minute Briefing on ACEs**

<https://www.wirral safeguarding.co.uk/wp-content/uploads/2019/02/ACEs-7-minute-briefing.pdf>



## Young Minds Addressing Adversity

<https://youngminds.org.uk/resources/policy-reports/addressing-adversity-book/>

[Useful PDF](#)

[A short guide for frontline professionals on trauma – informed guide for professionals](#)

[Poster](#)

## Further Online Training



### Online Learning

**Duration:** Approximately 50 minutes.

**Cost:** Free. This course has been funded by the Home Office Early Intervention Fund.

**Who is this course for?** Practitioners, professionals and volunteers who work with children, young people and their families.

**How do I access the course?** You can access the course by clicking the link on the right hand side. You can use the course on a PC or mobile device.

**Will I get a certificate?** Yes, you can download your certificate if you answer 90% of the Knowledge Check questions correctly.



### West Midland Introduction to ACEs and Early Trauma Online Trauma

<https://www.acesonlinelearning.com/>

Funded by the Home Office Youth Intervention Fund, this free 50 minute eLearning module provides a good introduction to ACEs, impacts of ACEs on the health and wellbeing, resilience and trauma – informed approaches. Suitable for professionals, practitioners who work with young people.



Online course in Health & Psychology

### Teaching Students Who Have Suffered Complex Trauma

Find out what complex trauma is, how it affects children and adolescents, and what can be done to help.



Duration: 2 weeks | Weekly study: 1 hour | Learn: Free

### Future Learn Teaching Students Who Have Suffered Complex Trauma

<https://www.futurelearn.com/courses/teaching-students-trauma>

A free online course developed by Queensland University which covers the theories associated with attachment and trauma, strategies to minimise risk and apply trauma – informed practices and programs in schools. Suitable for professionals, practitioners who work with children, young people or adults.



### Blackburn and Darwin Borough Council ACEs eLearning course

<https://learn.blackburn.gov.uk/>

A free online course providing an introduction to the concept of ACEs and provide an introduction to practical tools and techniques for preventing and addressing ACEs. [Sign ups details](#) can be found here.



### Alberta Family Wellness Initiative Brain Story Certification

<https://www.albertafamilywellness.org/training>

Brain Story Certification is designed for those seeking a deeper understanding of brain development and its consequences for

## Research Reports

### US

CDC Kaiser ACEs Research <https://www.cdc.gov/violenceprevention/acestudy/about.html>

### Wales

[ACEs and their impact on health-harming behaviours in the Welsh adult population](#)

[ACES and their association with mental wellbeing in the Welsh adult population](#)

[ACEs and their association with chronic disease and health service use in the Welsh adult population](#)

[Sources of resilience and their moderating relationships with harms from adverse childhood experiences](#)

[Resilience – understanding the interdependencies between individual and community resilience](#)

[Voices of those with lived experiences of homelessness and adversity in Wales: informing prevention and intervention in 2019](#)

[Asking about Adverse Childhood Experiences \(ACEs\) in Health Visiting](#)

[Asking About Adverse Childhood Experiences \(ACEs\) in General Practice](#)

[An Evidence Review Of Interventions To Prevent And Address Adversity Across The Life Course](#)

[Responding to Adverse Childhood Experiences An evidence review of interventions to prevent and address adversity across the life course](#)

[Adverse childhood experiences and sources of childhood resilience: a retrospective study of their combined relationships with child health and educational attendance](#)

### UK

[Science and Technology Committee Report Evidence-based early years intervention](#)

[Adverse Childhood Experiences, Resilience, and Trauma-Informed Care: A Public Health Approach to Understanding and Responding to Adversity](#)

If you know of any other resources that need to be added to the resources bank, please let us know!



**Tweet us: @ActiononACEs**



**Email [actionaces@gloucestershire.gov.uk](mailto:actionaces@gloucestershire.gov.uk)**