SUMMARY

Following the launch of the Action on ACEs strategy and our first flagship conference in November 2018, the ACEs Panel decided to take the conference on tour by showing the 2016 documentary Resilience: The Biology of Stress and The Science of Hope.

The roadshows have been an important milestone in our ACEs journey to date as we continue to grow the movement and build momentum around ACEs here in Gloucestershire. The roadshows also provided an opportunity to bring together people from a wide range of backgrounds to share stories and experiences and learn from others.

Over 1000 people attended the screenings during the six to eight months which is incredible. We would like to say a thank you to all the everyone who took their time to attend a screening, share the screening within your networks, venues for hosting us and members and advisors of the ACEs Panel who chaired and supported the discussion and the organisers.

This report tells you the story of the roadshows.
Introduction

From November 2018 to July 2019 we held a series of roadshows across Gloucestershire involving the documentary film Resilience: The Biology and the Science of Hope. This report tells you the story of the roadshows and how the film has been used as tool to engage, inform and build awareness of ACEs and resilience in organisations and communities across the county.

The Resilience film roadshows started on the 13th November 2018 and ended on the 4th July 2019. The screenings were hosted in each district of the county starting at our first major conference in Cheltenham and ending in Gloucester. The full list of roadshows can be seen below:

- More than ACEs Conference in Cheltenham November 2018
- Stroud Subscription Rooms – December 2018
- Cirencester Sundial Theatre – January 2019
- Dean Academy, Lydney – February 2019
- Shire Hall, Gloucestershire County Council Members Seminar – March 2019
- Pitville Pump Rooms, Cheltenham – April 2019 as part of the No Child Gets Left Behind Campaign
- Roses Theatre, Tewkesbury – May 2019
- University of Gloucestershire Oxstalls Campus, Gloucester – July 2019

The Set-Up

Each screening was chaired by at least one member of Gloucestershire ACEs Panel and supported by advisors from the various organisations involved with the ACEs work, Councillors and ACEs Ambassadors. A list of the chairs can be seen below:

- ACC Julian Moss chaired the More than ACEs Conference and Stroud Screenings.
- Sarah Scott, Director of Public Health chaired the Cirencester and Lydney screenings.
- Cllr Tim Harman, ACC Julian Moss and Sarah Scott jointly chaired the Members Seminar.
- Paul Stephenson, Chief Executive of Cheltenham Borough Homes chaired the Cheltenham screening as part of the No Child Gets Left Behind #positiverelationships event.
- Tim Wood, Chief Inspector chaired the Tewkesbury and Gloucester screenings.
Many of the screenings were held either in the morning or afternoon. Cirencester was the only screening that took place in evening. Screenings would last two hours and include a welcome from the chair and an introduction to the Action on ACEs movement. As part of the presentation we would ensure that safety the chair and the advisors. The discussions were a fundamental part of the screenings. They gave the attendees a chance to reflect on the film, ask questions to the Panel on the work happening locally and an opportunity to hear lots of amazing stories and connect with other audience members.

Five questions:

1. Which sector do you work in?
2. Why did you want to come to the film screening?
3. What key insights and messages did you take away from the screening?
4. Overall rating in relation to the:
   - Resilience Documentary
   - Quality of speakers
   - Structure of the event (film and Q&A session)
   - Conference organisation
   - Venue

We actively encouraged attendees to complete the survey via email and on the Action on ACEs Twitter. 260 people completed the feedback form out of the 1000 people who attended. This report shows what we have learned from their comments.

Free text comments received were analysed and where possible, grouped into themes. Those that did not feed into themes were ‘labelled’ miscellaneous. The most frequently occurring themes are presented below.
Who responded?

More than 1000 people attended screenings however only a quarter of the attendees completed the evaluation. Out of those who completed the evaluation, this is the sector breakdown.

Out of the 260 respondents who completed the evaluation the largest proportion of responses derived from Education (21%) and Health (19%). Local Government (16%) was the third highest proportion of respondents; this involved a broad range of representation from Councillors, Commissioners to Corporate Support.

Why did you want to come to the film screening?

There were many reasons why people wanted to attend a screening. Key themes identified from the comments are discussed below:

**Theme 1: Keen to know more about ACEs**

Due to the cross-cutting nature of ACEs, people from various backgrounds reported that they were keen to watch the film to further their understanding of the science of ACEs and resilience.

“I am interested to know more about ACE’s and their relevance to children’s development.”

“I was already aware of the ACE study but had not seen the film, so wanted to broaden my understanding of the study.”
Theme 2: Relevance to my role

The majority of respondents mentioned that they were interested in attending the screening due to the subject matter being pertinent to some of the aspects of their service provision or to improve professional practice.

"To find ways to increase my understanding and improve professional practice and service."

"Keen to further my understanding of the impact of ACEs and what can mitigate that impact."

"Participate in community discussion around ACEs and further my knowledge and understanding."

"To find out more about the origins of ACES."

"I am starting to work with teens, and ACE’s is the buzz word 😊."

"To learn more about ACEs and to support my youth and community work delivery."

"I am working on a project concerning vicarious trauma and I was hoping it would inform my work. Also, ACE’s seem to be the buzz word around at the moment."

"To enhance my Health Visiting practice and to access further resources."

"I am working on a project concerning vicarious trauma and I was hoping it would inform my work. Also, ACE’s seem to be the buzz word around at the moment."

"I am interested in protecting the mental and emotional health of the children I look after."

"Increase understanding of ACEs and their impact from two perspectives. 1. Impact of adults and how support can be provided in the resilience and performance development I deliver 2. How from a private sector aspect I could help."

"To help in my role as pastoral deputy."

"Midwife – important for job role."

"I work with clients within a residential drug and alcohol treatment setting and their families. I work with parents in recovery from addiction and so this is very relevant to the work I do."

"To find out more about the origins of ACES."

"To find out how ACEs can impact the service I deliver."

"To learn more about ACEs and their impact and how I can incorporate them into my practice."

"I am interested in protecting the mental and emotional health of the children I look after."

"Increase understanding of ACEs and their impact from two perspectives. 1. Impact of adults and how support can be provided in the resilience and performance development I deliver 2. How from a private sector aspect I could help."

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Further to this a few respondents highlighted that they attended the screening as it resonated with them personally. This was partly due to their own interest or involvement with their community.

“I am an Early Intervention Outreach Worker and wanted to watch the film to aid my work with families.”

“To get a better understanding of the thinking behind ACEs and see if it would be useful to my neighbourhood engagement team.”

“I work as a Family Support Worker and the subject is a crucial element to my work.”

“To gain a greater understanding. To be able to share the information I gained with early years practitioners.”

“I support adopted children in care so they have all experienced ACES. I was particularly interested in the health research and any ideas for mitigating the effects.”

“I work with the Turn Around for Children Team working with the Family Drug and Alcohol Court...As a team we have discussed ACE’s and most of the team members attended the screening to further our understanding.”

“As part of my role as a safeguarding officer and out of personal interest.”

“To get a better understanding of how we can use ACE’s theory in the community to support children and families.”
Theme 3: To find out what is happening in Gloucestershire

A number of respondents cited they attended the screening to understand more about the county’s ACEs strategy and to find out about some of the work that’s currently underway to address ACEs locally.

“To find out about ACEs and the county strategy.”

“To learn more about what ACES is and what we are doing in our county.”

“This is an increasing area of interest for local authorities. Attendance was to find out more.”

“To understand ACES and to see what is happening locally.”

“We’re piloting a mental health and wellbeing programme within the GRFU aimed at teaching coaches mental health first aid for coaches. It’s really important for coaches to realise children don’t just ‘go off the rails’ There’s always a reason why I’d heard about Action ACE’s and wanted a better understanding.”

What key insights and messages did you take away from the screening?

There were many key insights and reflections that were taken away from the screenings. Key themes identified from the comments are discussed below:

Theme 1 - Health and Wellbeing impacts of ACEs

A significant number of respondents cited one of the main take away messages was the learning about ACEs and the impact negative experiences during childhood can have on health and wellbeing in later life.

“A bit shocked to learn how long-term the effects of childhood traumas can be, and therefore the greater urgency of making sure such issues are properly addressed ASAP.”

“The long-term effects of ACEs.”

“Long term impact of Ace’s on physical health as well as mental health.”
Theme 2 - Way of Working

Many people felt the film and learning about the science of ACEs had provided them an opportunity to look differently at all aspects of their organisation and service delivery particularly around the way they conduct referrals and assessments.

“This represents a real opportunity to change things. Small steps are as important as grand strategies and re-designs.”
Some respondents highlighted they were going to explore becoming trauma – informed and putting this into practice in workplace. Trauma – informed ways of working considers the wider context of a person’s life, the way trauma and toxic stress affects the body and how support can be provided.

“Used research and theories within assessment. Understanding how childhood experiences affect behaviour in adolescents which supports the base theory in which we …”

“The significance of the work that we do - now that theories we have long held have now been verified through research. Keen now to know how we can become a more formal part of the county response to increasing resilience and providing more support for parents of teenagers.”

“To look much deeper in to a referral and not just take it face value especially when a client has additional health issues.”

“That there is work to be done by my organisation to recognise our young people with ACE’s and work with them accordingly.”

“That we all need to be trauma informed in the workplace because the percentage of people in caring professions with 4 or more ACES is higher than the national percentage - wounded healers.”
**Theme 3 - Change the question**

A number of respondents cited the shift in change in question from ‘what’s wrong with you’ to ‘what has happened to you’ as a key take away message.

“Focus on what happened rather than what’s wrong - this has strong links to youth work principles.”

“Ways to approach people and ask in a good way what’s happened.”

**Theme 4 - Intergenerational transmission**

Many respondents cited one of the main take away messages was the intergenerational transmission of adversity and that ACEs can affect both children and adults. In order for us to break the cycle, it's important to recognise that is never too late to address the impact of trauma and that people can be protected from the effects of their ACEs by building resilience.

“That at last there is wider acknowledgment that ACEs affects through adulthood in a myriad of ways and that support is fundamentally needed, the earlier the better…”

“That it is one of the key issues society faces. If we can support children and families facing these experiences effectively, then we have a chance of preventing other problems in the future.”

“I was lucky enough to already have quite a bit of awareness about ACE’s, Feletti, Nadine Burke and the importance of building resilience... I became aware of how easily as professionals we can be pulled into focusing on the child (based on the feedback after the screening) and yet the film suggested and I would echo this from experience that the work on ACE’s needs to be tackled across the life span for it to be effective in the long term.”

“That children may act out because of ACEs and need support rather than just consequences. That everyone can make a difference and making changes can have big results. I have realised that early intervention rather than waiting for problems to arise is key. Also that good mental health and resilience needs to be at the core of what we do and not just an aside.”

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Theme 5 - Importance of building resilience

For many attendees a key learning point was the concept of resilience, the ability to adapt well in the face of adversity. Developing resilience has been shown to improve the outcomes even in those who have high number of ACEs. One of the most important factors that can build resilience is having access to one trusted adult during childhood; this notion was quoted several times in the comments below.

"ACEs can affect life outcomes and we should be more aware of the impact they have had."

"The importance of that one reliable, trustworthy adult in the life of a child to prevent problems as adults and promote their resilience."

"We know that adverse childhood experiences affect children/young people/Adults - but the extent to which they could affect and even hamper resilience development was huge. Also I’d met this week with a family and could see now why their child is having difficulties, but also potentially why the whole family is in reacting to it from the childhood trauma that they have all experienced. Working together is so good and having a trusted adult and trusted friends - resilience can be built."

"Work with parents is vital. I am doing some of the resilience support with children that attend school drop-ins (good feeling of validation)."

"The key is building resilience and the one key adult than can negate the impact of ACEs on individuals."

"The importance of having a stable adult in someone's life, the effects of ACEs, things that we can do to provide stability and to help people live fuller lives."

"The key is building resilience and the one key adult than can negate the impact of ACEs on individuals."
In Gloucestershire, we are promoting the five ways to wellbeing, an evidence-based intervention that is used primarily to promote emotional wellbeing but also promotes resilience. The Five Ways to Wellbeing can be used universally at both an individual level and within communities.

Theme 6 – Reinforced knowledge

While some of the respondents felt it reinforced knowledge they were still impressed by the examples provided in the film such as the origins of the ACEs study, Miss Kendra’s List and Centre Youth of Wellness.

“Resilience and protective factors are key. Everyone across the child’s community needs to have an understanding of ACES to support effectively.”

“The impact of Preventative factors. The importance of the key person in settings.”

“The 5 ways to wellbeing and ways to encourage resilience.”

“I am now aware of the Five ways to well being.”

“As our core business I was familiar with most of the concepts and personalities involved - but it was extremely accessible, highly interesting, and also great to see how well it engaged the rest of the audience.”

“The different approach to understanding actions. It is not ‘rocket science’ and is not new. It could be suggested it is a rebranded construct theory approach. Regardless, it offers a refreshed approach to understanding and, hopefully, more impactful and long-term outcomes.”

“ACE’s has been around for a while, so I was aware of it. What I found interesting was the film - how America have embraced the concept and worked with youngsters, but most importantly the positive effects it has had in reducing negative behavioural
Theme 7 - What is happening locally?

A number of respondents felt they had obtained a good understanding of what Gloucestershire was doing to take action on ACEs.

Two Key Talking Points

There are two key talking points that were discussed at each screening which we want to address this report.

1. **Resourcing**

   During the question and answer sessions at the screenings, a consistent theme was presented and responded to ACEs in a landscape and environment where there are limited resources and financial constraints. While this is a limitation, the ACEs Panel believes we are in a position where we have the assets across our communities, people with skills, knowledge and capabilities to stop further harm being done to children and break the cycle of adversity.

   Action on ACEs Gloucestershire has been using an approach called viral change, to quote Laura Porter, “If you put the idea of putting the science into the hands of the general public and they will create very wise actions”. This has been demonstrated time and time again with many organisations and communities being brought together through the science of ACEs and resilience and implementing change.

2. **Dangers of routine ACEs screening - 10 tip article**

   In the Resilience film, US Paediatrician Dr. Nadine Burke Harris advocates for universal routine ACEs screening. At each showing of the film there were extensive discussions with the audience around the use of scoring and the evidence base that underpins it.

   In response to the discussions, Action on ACEs Gloucestershire recognizes that screening for ACEs could be considered a starting point for some in terms of embedding ACEs – informed approaches. However, we advise that people are mindful and treat screening with caution due to the issues associated with the practice. These include labelling and stereotyping, the low-quality evidence of screening programme implementation, ethical issues of asking and the issue of the four or more ACEs being identified as a safeguarding / intervention threshold.

   “The importance of resilience. The danger of the scores being used to label children as discussed in Q and A following screening.”
Nadine Burke Harris, American Paediatrician and now Surgeon General for California, is a leading figure in the ACEs movement in the US and worldwide. One approach she advocates for is universal routine screening of ACEs at every paediatric well-child visit. While this would help identify and treat children at risk of a lifetime of health issues it also has some serious issues that need to be brought into focus. There is more on Nadine Harris and wider ACEs research on our website www.actionaces.org/resources

It’s encouraging to see that people are thinking about the practical application of embedding ACEs. One of the obvious ways to do this is through using the survey as a tool to open up the conversation around ACEs. We need to ensure when having the conversation, we go beyond the negative questions on paper and draw out the strengths. This means you focus on people’s strengths, aspirations for the future and their resilience to bounce back from adversity. This can be done through asking individuals and groups about the factors that contribute to resilience and using techniques such as open-ended questions such as ‘Is there a person or persons outside your family who supports you?’

Ultimately In doing this we can build up a richer picture of the person’s story, see the whole person for what they are and develop a person-centred approach that supports the amplification of those factors when it comes to interventions.

**Overall Rating**

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<tr>
<th>Resilience Film</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Very Poor</th>
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<tr>
<td></td>
<td>★★★★★</td>
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<td>6%</td>
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Attendees were asked how they would rate the Resilience Film Documentary. A large majority evaluated the resilience film as ‘Excellent’ which is a positive. No one rated the film as poorly. However we did receive some criticisms of the film that they felt the film was too American and is there a possibility a British version could be made.

<table>
<thead>
<tr>
<th>Quality of Speakers</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Very Poor</th>
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<tr>
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Attendees were asked, how would they rate the quality of speakers. A large majority evaluated the speakers as ‘Excellent’ and ‘Good’.

<table>
<thead>
<tr>
<th>Structure of the Event</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Very Poor</th>
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<tr>
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Attendees were asked, how would they rate the structure of the screening. A large majority evaluated the structure of the screening as ‘Good.’ Some of the attendees highlighted they would have liked further opportunities to network and find out about local stories.

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<thead>
<tr>
<th></th>
<th>Excellent</th>
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<th>Fair</th>
<th>Poor</th>
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<tr>
<td>Event Organisation</td>
<td>60%</td>
<td>37%</td>
<td>3%</td>
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Attendees were asked, how would they rate the event organisation. A large majority evaluated the organisation as ‘Excellent’

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<td>Venue</td>
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A large majority evaluated the venues we used as ‘Excellent’ or ‘Good.’ It must be recognised when we were organising the roadshows we wanted to ensure that they we in central locations, accessible to all and in some cases free of cost.
Social Media Response

Throughout the Resilience tour there was positive engagement on Twitter from a wide variety of organisations and communities. Here is a snapshot of Tweets from the different screenings:

**Stroud**

![Tweet by Clare Freebrey](image)

Brilliant action on ACE’s presentation and film today. Difference in life expectancy where ACE’s were a factor, staggering statistic. @ActionOnAces

![Tweet by Stroud Police](image)

Stroud Neighborhood team are attending a training session on Adverse Childhood Experiences this afternoon with numerous partner agencies. #actiononaces

![Tweet by ActionOnAces](image)

Another brilliant event & fully engaged audience for the Stroud screening of Resilience. Thank you ACC Julian Moss @Glos_Police for hosting. @HannahElliott_2 from Public Health for taking questions; Stewart King and Cllr Lesley Williams from @GlosCC for supporting the event.
Cirencester

@ActionOnAces Retweeted

John Wade @John_A_Wade · Jan 23
@ActionOnAces looking forward to tonight’s screen of #Resilience in Cirencester. Love this picture of how relationships help us grow and thrive @WilliamMLilley @Hazelbromford1 @HilaryCottam #ABCD

ActionOnAces @ActionOnAces · Jan 23
Our approach to #ACEs on the big screen tonight.
Be aware: Awareness drives change
Talk about: Talking provides hope
Take action: Action inspires others
Build resilience: Resilience breaks the cycle
#ActiononACEs
Shire Hall

**ActionOnAces @ActionOnAces · Mar 21**
Yes a really well attended event and a lot of discussion after #ActiononACEs

Cllr Brian Robinson @robinsonbrian
@ActionOnAces Good to see a full house of Councillors and officers at Shire for the Action on ACE’s Conference

The #ActiononACEs display is now on show at @GlosCC ahead of an awareness session with councillors next week.
Lydney

ActionOnAces @ActionOnAces · Feb 13
Thank you to the 150 people who came to the @DocResilience screening today, our 4th public screening. Lots of questions particularly around training & good examples of trauma-informed approaches here at @TheDeanAcademy itself.
#ActiononACEs #ACEsware

ActionOnAces Retweeted
anita holford @anitanee · Feb 15
A powerful film about the impact of adverse childhood experiences/early trauma - “the biggest Public Health issue facing the world today” one expert said, affecting young people’s lives & learning as well as future long-term conditions
actionaces.org/what-are-aces/ See it if you can

ActionOnAces @ActionOnAces
@HannahElliott_2 from public health gloucestershire on the impact of @DocResilience
Gloucester

Michelle Mason @mlmason90 · Jul 4
Thank you @ActionOnAces for the session. Such an informative film that demonstrates the importance of asking #whats happenedtoyou? Not what’s wrong...

TheWorldOutsideHQ @JohndeGruyther · Jul 4
Watching Resilience film with @ActionOnAces a powerful film with hope at its heart. I’m left with many ideas of how this can inform my work with young people. @VS_Gloucest

ActionOnAces @ActionOnAces · Jul 4
Great to see sports organisations attending the screenings, we know that sport can make a huge positive difference to the lives of children (and adults).
#trustedadult #resilience #team

James Mapstone @2ndChanceJames
With @ActionOnAces for a screening of @DocResilience being shown @uniofglos #ActionOnAces #Resilience
Cheltenham

Cheltenham Borough Homes @CheltBoroHomes · Apr 23
Paul Stephenson introducing the screening of @DocResilience as part of the @ActionOnAces session this morning, talking about the work of the #ACEsPanel and how “hope” drives everything we do in the county to tackle #ACEs #ActionOnACEs #StrongerFamilies #Resilience – at Pittville Pump Rooms

No Child Left Behind @NCLBchelt · Apr 23
200 professionals from all sectors have joined us this morning to consider how we can all build #resilience through kindness and compassion. Powerful stuff.
#strongfamilies #NCLB2019
@ActionOnAces @CheltBoroHomes @CheltenhamTrust

-END-