

# ACTION ON ACES

Gloucestershire



## Resources Bank

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

*Last updated December 2020*

# Short Films & Animations

[Alberta Family Wellness Initiative – Brains Journey to Resilience](#)

[Adverse Childhood Experiences \(ACEs\): Impact on brain, body and behaviour](#)

**ACES Support Hub Wales - [ACEs and the Child Refugees of the 1930s in the UK: History Informing the Future](#)**

## **Beacon House**

[The Window of Tolerance](#)

[The Repair of Early Trauma](#)

[The Repair of Intergenerational Trauma](#)

## **BBC**

[Three invaluable tools to boost your resilience](#)

[The resilience playlist](#)

## **Brene Brown**

[On Blame](#)

[On Empathy \(child friendly\)](#)

[On Empathy \(adult friendly\)](#)

## **CAMHS Nottingham Team**

[Trauma Informed Practice](#)

[Five Sense Five Fingers- Grounding Technique](#)

**Charles Hunt TED Talk - [What Trauma Taught Me about Resilience](#)**

**Centre for Disease Control and Prevention – [We Can Prevent ACEs Animation](#)**

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

[In Brief: What is Resilience?](#)

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

[In Brief: How is Resilience Built?](#)

**Dan Siegel - [Hand Model of the Brain Video](#)**

## **Dr. Karen Treisman**

[TED Talk - Good Relationships Are Key to Healing Trauma](#)

[Organisational culture / values / feeling / relationships / wellbeing in and after the pandemic](#)

[Every Interaction can be an Intervention](#)

**Dr. Nadine Burke Harris TED Talk – [How Childhood Trauma Affects Health across A Lifetime](#)**

## **Early Intervention Foundation**

[1 minute on ACEs: What we know, what we don't, and what should happen next](#)

[ACEs Narrative and Common Responses Recorded Webinar](#)

Leicestershire Partnership NHS Trust – [Resilience but what is it? Here's 5 ways to build resilience](#)

NHS Education for Scotland

[ACEs](#)

[Sowing the Seeds: Trauma Informed Practice for Anyone Working with Children and Young People](#)

[Opening Doors: Trauma Informed Practice for the Workforce](#)

NHS Lanarkshire – [Trauma and the Brain](#)

Northern Ireland - [ACEs Animation](#)

NSPCC – [Tipping the Scales](#)

Sparkle in the Light the Roots of Resilience in Children and Young People

[Part 1](#)

[Part 2](#)

Trauma Informed Schools and [Practices](#)

Understanding Trauma: [Learning Brain vs Survival Brain](#)

Wales - [ACEs Animation](#)

## Documentaries

[Resilience](#) - documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress

[Broken Places](#) - explores why some children are severely damaged by early adversity while others are able to thrive.

[Wrestling Ghosts](#) - a raw, intimate, and heart-opening documentary about parenting, childhood trauma and healing

[Paper Tigers](#) – documentary that follows six students over the course of a school year as a new trauma-sensitive program is implemented.

[Step Inside the Circle](#) - a new documentary explores the significant correlation between childhood trauma and the lives of the men and women who are incarcerated.

## Lived Experience & Good Practice Stories

Benjamin Perks – Because I Grew Up in an Orphanage [Blog](#)

Becky's [story](#)

Chad's [story](#)

Nicky Murray – Head teacher at Burnside Primary School, Angus, Scotland [Story](#)

Ian Wright – [Trusted adult first teacher/ football coach](#)

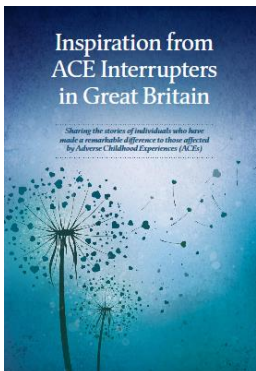
Jaz Anpaw Farr TED Talk – [The Power of Everyday Heroes](#)

Step Inside the Circle - [Stories](#)

Unique's [story](#)

Wales ACE Support Hub [stories](#) including Samaritans, Millbrook Primary School, Youth Offending, and Probation

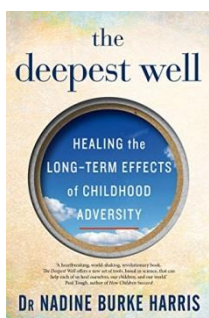
## Books



### ACEs Support Hub – Interrupters in Great Britain

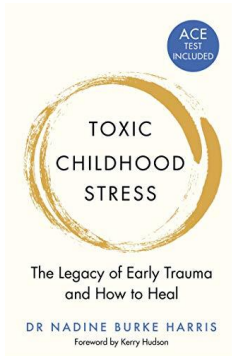
Powerful personal accounts of lives affected by ACEs and the pivotal role of support relationships for resilience and mental health.

[https://issuu.com/acesupporthub/docs/inspiration\\_from\\_ace\\_interrupters\\_in\\_gb](https://issuu.com/acesupporthub/docs/inspiration_from_ace_interrupters_in_gb)



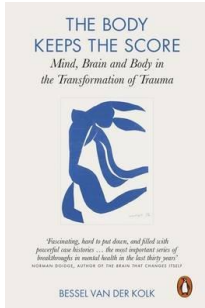
### The Deepest Well: Healing the Long-Term Effects of Childhood Adversity Book

By Dr. Nadine Burke Harris



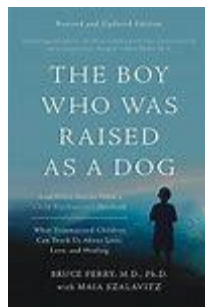
**Toxic Childhood Stress: The Legacy of Early Trauma and How to Heal**

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



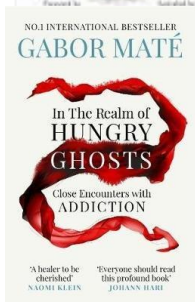
**The Boy who was raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook: what Traumatized Children Can Teach Us about Loss, Love, and Healing Book**

By Bruce D. Perry



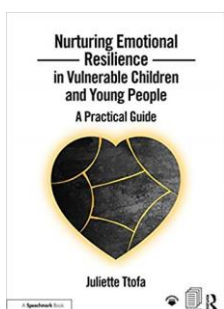
**The Simple Guide to Child Trauma: What It Is and How to Help Book**

By Betsy De Thierry



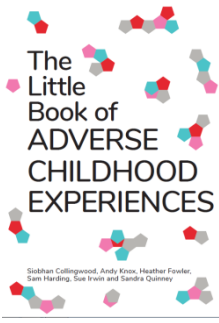
**In the Realm of Hungry Ghosts: Close Encounters with Addiction**

By Gabor Maté



**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)

## Podcasts

### **Anna Freud National Centre for Children and Families. – What is trauma and how does it affect the brain?**

This free 20 minute [podcast](#) covers what is trauma, what does it look like, and how does it affect the brain? These questions are discussed by Child in Mind podcast presenter Claudia Hammond, David Trickey, Consultant Clinical Child Psychologist in the Trauma and Maltreatment Service at the Anna Freud National Centre for Children and Families

### **Mental Health Foundation and the Winston Churchill Memorial Trust – Trauma Podcasts**

Listen to Fellows discuss key learnings and findings in this series of podcasts.

This 30 minute [podcast](#) covers trauma and adversity and trauma informed care. This episode features details of a number of leading trauma-informed organisations delivering services in a variety of community-based contexts abroad. This 30 minute [podcast](#) covers trauma and veterans. This episode features details on a wide range of international programmes providing holistic, community-based approaches to supporting the mental health of veterans

### **Mental Health Foundation- Kindness Podcast.**

This 30 minute [podcast](#) features why kindness matters and how it is central to our mental health.

### **Lisa Cherry – Trauma Resonance Resilience [Podcast Series](#).**

A multi-agency, inter disciplinary resource for those who work in education, social care, criminal justice or health and to listen to conversations that make a difference. In this podcast we're exploring better ways of working together, sharing emerging research that informs practice while deep diving into empathy, connection and vulnerability. Covers a range of topics across all the sectors, such as exclusion, addiction, inclusion, ACE's, Neurodevelopment, CAMHs, gang membership disruption (to name a few topics).

## 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)

### **Action for Happiness**

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

*Useful PDFs*

[Monthly Calendars](#)

### **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*

[Building Resilience Training Aid](#)

[Developmental Trauma Close Up Booklet](#)

### **British Psychological Society**

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

*Useful PDFs*

[Taking trauma related work home: Advice for reducing the likelihood of secondary trauma](#)

[Resilience and coping: supporting transitions back to school](#)

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Briefing%20Paper%20-%20Adverse%20Childhood%20Experiences.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](#)

[Executive Function and How Does it Relate to Child Development](#)

[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*

[Act on ACEs Five Ways to Wellbeing Postcard](#)

[Mind Five Ways to Wellbeing Poster](#)

[Devon Partnership NHS Trust Five Ways to Wellbeing Resources](#)

### **Gloucestershire Educational Psychologists Trauma Guidance**

<https://www.gloucestershire.gov.uk/education-and-learning/special-educational-needs-and-disability-send/educational-psychology-service-eps/traumatic-events/>

*Useful PDFs*

<https://www.gloucestershire.gov.uk/media/2083634/parents-guide-pre-school-aug-18.pdf>

<https://www.gloucestershire.gov.uk/media/2082094/parentsguidefinal-aug-18.pdf>

### **Lancashire Violence Reduction Network**

<https://www.lancsvrn.co.uk/>

*Useful PDFs*

[https://www.lancsvrn.co.uk/wp-content/uploads/2020/05/LVRN-Post-COVID-19-Trauma-Informed-Guidance-for-Schools-FINAL\\_5.pdf](https://www.lancsvrn.co.uk/wp-content/uploads/2020/05/LVRN-Post-COVID-19-Trauma-Informed-Guidance-for-Schools-FINAL_5.pdf)

### **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

### **Mental Health Foundation**

[Trauma and Adversity: Findings from the Mental Health Fellowships Report](#)

### **Mind**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

*Useful PDFs*

[Going Home Checklist Poster](#)

### **Public Health England**

<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](#)

### **Rockpool**

<https://rockpool.life/resources/>

*Useful PDFs*



What is Resilience - [Boy](#) and [Girl](#)  
[Grounding Techniques](#)  
[Fight or Flight Response Sheet](#)

#### **The First 1001 Days**

<https://www.1001criticaldays.co.uk/>  
*Useful PDF*  
[1001 day infographic](#)

#### **The Pair of ACEs Tree**

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

#### **WAVE Trust**

<https://www.wavetrust.org/what-are-adverse-childhood-experiences>  
*Useful PDF*  
[70/30 infographics](#)

Wirral Safeguarding - [Seven Minute Briefing on ACES](#)

#### **Westminster Council**

[Creating a Psychologically Informed Environment Implement and Assessment](#)

#### **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](#)

## Online Training

#### **[Action on ACEs eLearning](#)**

This free 15 minute eLearning module without videos or 45 minutes eLearning module provide a good introduction to the science of ACEs, the impact of ACEs on the body and behaviour and outlines what we can all do to action. This course is suitable for everyone working in health, mental health, education, police, local government, or with children and young people including parents and caregivers as well as those working in early years education and childminders.

#### **[West Midlands Introduction to ACEs and Early Trauma e-learning](#)**

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.

### [Future Learn Teaching Students Who Have Suffered Complex 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.

### [Future Learn Childhood Adversity – The Impact of Children Maltreatment on Mental Health](#)

A free online course developed by University College of London (UCL) which covers childhood adversity through the eye of a clinician, a neuroscientist and an educator. Explore how childhood maltreatment and trauma on child's beliefs, development and behaviours. Suitable for anyone who work with or care for children who have experienced adversity and trauma, such as parents and carers, teachers, social workers and health care professionals. You do not need to be a professional or a formal education in childhood development or psychology.

### [Homeless Link – A basic introduction to Trauma Informed Care](#)

This free pre-recorded 28 minute webinar is designed for volunteers, many of whom have little experience of working with homeless people, dealing with challenging behaviour and understanding support needs. The presentation can be downloaded here: [A basic Introduction to Trauma Informed Care.pptx | 2765K](#)

### [Recovery College Trauma – Informed Care Online Course](#)

To access this course and more, head to [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) and use the log in button at the top of the page, or head straight to Moodle, the e-learning site, via <https://lms.recoverycollegeonline.co.uk/>.

This course is an opportunity to gain a greater understanding of the impact of trauma and how the care that is offered to someone should be shaped by this. This course will give you: more information about what trauma informed care is and how this can help with personal recovery. A better understanding of the different interventions offered as part of trauma informed care

### [Public Health England – Covid 19 Psychological First Aid](#)

Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19. Psychological First Aid (PFA) is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. On this course, you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. The course will teach you the key principles of giving psychological first aid in emergencies. This course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners.

## Face to Face Training

### [The Nelson Trust Trauma – Informed Approaches & Care Packages](#)

There have range of CPD accredited one-day training courses for statutory, third sector, health care professionals and commissioners on trauma – informed care packages

### [AVA Trauma Informed Practice: A Course for Frontline Workers \(CPD Accredited\)](#)

Trauma informed practice is a one day course. It is for frontline workers who want to learn more about how to recognise and sensitively respond to people who have experienced trauma. In addition to exploring what a trauma informed approach looks like, you will have the opportunity to reflect on your practice. You will also take away some practical tools to help you respond in a more trauma informed way when you work with service users.

#### [AVA Becoming Trauma Informed: A Training Course for Managers \(CPD Accredited\)](#)

The need for services to be trauma-informed is increasingly well understood. But what does it actually mean in practice? This one-day course on becoming trauma-informed is for managers who are responsible for the design and delivery of health and social care services.

On this course you will gain an understanding of how to recognise and sensitively respond to the effects of trauma. You will use a range of management tools to review current practice. Finally, you will create a plan on becoming trauma informed and introducing a trauma-informed ethos to your service(s).

#### [Solace Women's Aid Trauma Informed Practice](#)

This full day training will look closely at how trauma impacts the body and the brain, and how you can recognise when someone is affected by this. You will learn practical strategies for sensitively responding to and engaging clients, as well as tools to effectively advocate for clients, communicate their risks and needs and improve multi-agency responses.

#### [Rockpool ABC of Trauma Introduction and Awareness – Tier One Training](#)

The ABC of Trauma Introduction and Awareness is a CPD accredited half-day event that supports delegates to understand trauma, Adverse Childhood Experiences (ACEs) and toxic stress and its impact on individuals, and explores how we can support clients to build resilience and protective factors to mitigate ACEs.

## Research Reports

### UK

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

[ACEs and the child refugees of the 1930s in the UK: History Informing the Future](#)

[ACEs in child refugee and asylum seeking populations](#)

[Life course health consequences and associated annual costs of adverse childhood experiences across Europe and North America: a systematic review and meta-analysis](#)

[Exploring the health and service utilisation of general practice patients with a history of ACEs: an observational study using electronic health records.](#)

[Health and financial burden of adverse childhood experiences in England and Wales: a combined primary data study of five surveys](#)

[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](#)

[Science and Technology Committee Report Evidence-based early year's intervention](#)

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

[Early Intervention Foundation Report –ACEs- What we know, what we don't know, and what should happen next](#)

[The ACE Index: Mapping Childhood Adversity in England](#)

[College of Policing Public Health Approaches to Policing Discussion Paper](#)

[Public Health England Collaborative approaches to preventing offending and re-offending in children \(CAPRICORN\)](#)

[Gloucestershire Maternity QI Project - Identifying ACEs in families who use maternity and neonatal services to improve the response to risk and build resilience to strengthen parenting capacity](#)

[Respond to ACEs in Sport](#) – An evaluation of two ACEs awareness workshops to inform the response to ACE prevention and mitigation in the sports sector

[Wales ACEs Support Hub Youth Workforce Evaluation Report](#) - This evaluation covers activities undertaken to support the youth workforce in Wales during the period from September 2018 up until March 2019.

[\*\*The Clustering of Adverse Childhood Experiences in the Avon Longitudinal Study of Parents and Children: Are Gender and Poverty Important?\*\*](#)

[Safer Gloucestershire Violence Prevention Needs Assessment](#)

Michelle Kelly-Irving, Cyrille Delpierre. A Critique of the Adverse Childhood Experiences Framework in Epidemiology and Public Health: Uses and Misuses. Social Policy and Society, Cambridge University Press (CUP), In press, ff10.1017/S1474746419000101ff. fhal-02088653f <https://hal.archives-ouvertes.fr/hal-02088653/document>

Bateson, K, McManus, MA and Johnson, G (2019) Understanding the use, and misuse, of Adverse Childhood Experiences (ACEs) in trauma-informed policing. Police Journal. ISSN 0032-258X  
<http://researchonline.ljmu.ac.uk/id/eprint/12811/1/AA%20Uses%20and%20Misuses%20of%20ACEs%20Police.pdf>

Lacey, RE., Howe, LD., Kelly – Irving, M., Bartley, M., Kelly, Y. (2020) The Clustering of Adverse Childhood Experiences in the Avon Longitudinal Study of Parents and Children: Are Gender and Poverty Important? Journal of Interpersonal Violence 1-2 <https://journals.sagepub.com/doi/pdf/10.1177/0886260520935096>

Nelson, CA., Bhutta, ZA., Burke- Harris, Danese, A., Samara, M. (2020) Adversity in childhood is linked to mental and physical health throughout life. *BMJ* <https://www.bmj.com/content/bmj/371/bmj.m3048.full.pdf>

## Schools Specific Resources

### [Restore Schools](#)

RESTORE provides a restorative perspective that can inform how we plan for the return to the classrooms, playgrounds and corridors of physical schools. It highlights seven key areas which, alongside learning, are where we need to stimulate thinking and make decisions in order to collectively move forward into a healthy 'new normal'. The areas intersect, interconnect and affect each other, as we all do. RESTORE is a lens through which staff, children and parents can look at the strategy and plans that are needed for everyone's well-being in a fast changing environment and for a safe and healthy return to school.

- [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](#)
- <https://www.traumainformedschools.co.uk/>

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)**