

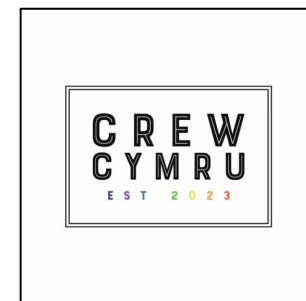


ACEs in its Places

Lisa Brunt
Founder of CrewCymru
and
Future Focus Social Enterprise CIC



- Who Am I and My Why
- Identifying Adverse Childhood Experiences and Trauma
- Identifying Challenges
- Identifying the importance of Interventions and an Emotionally Available Adult
- Sophia's story
- The Future



Who I am.....

A Mum

A Partner

A Daughter

A Friend

An Educator

A Dog Owner

A University
Graduate

A Music Lover

A Book Lover

An Entrepreneur

A Founder of a
Limited and Social
Enterprise
Company

An Emotionally
Available Adult

MY WHY.....

BECAUSE I ACTUALLY CARE



Identifying ACES and Trauma

- Adverse Childhood Experiences
 - Mental Health
 - Trauma
 - Neuro diversities
 - Neglect

Definition: Adverse Childhood Experiences (ACEs) refer to stressful or traumatic events experienced during childhood, such as abuse, neglect, and household dysfunction.

The Reality: Research conducted in Wales has shown that nearly half (47%) of adults have experienced at least one ACE, while 14% have experienced four or more ACEs.

Types of ACEs: Common ACEs identified in Welsh studies include physical, emotional, and sexual abuse, exposure to domestic violence, parental separation, substance misuse, mental illness in the household, and having a family member incarcerated.

Impact on Health: Individuals in Wales who have experienced four or more ACEs are significantly more likely to develop health issues such as chronic diseases, mental health disorders, and substance misuse problems.

Risk Behaviours: Adults in Wales with higher ACE scores are more likely to engage in risky behaviours, including smoking, heavy drinking, drug use, and early sexual activity.

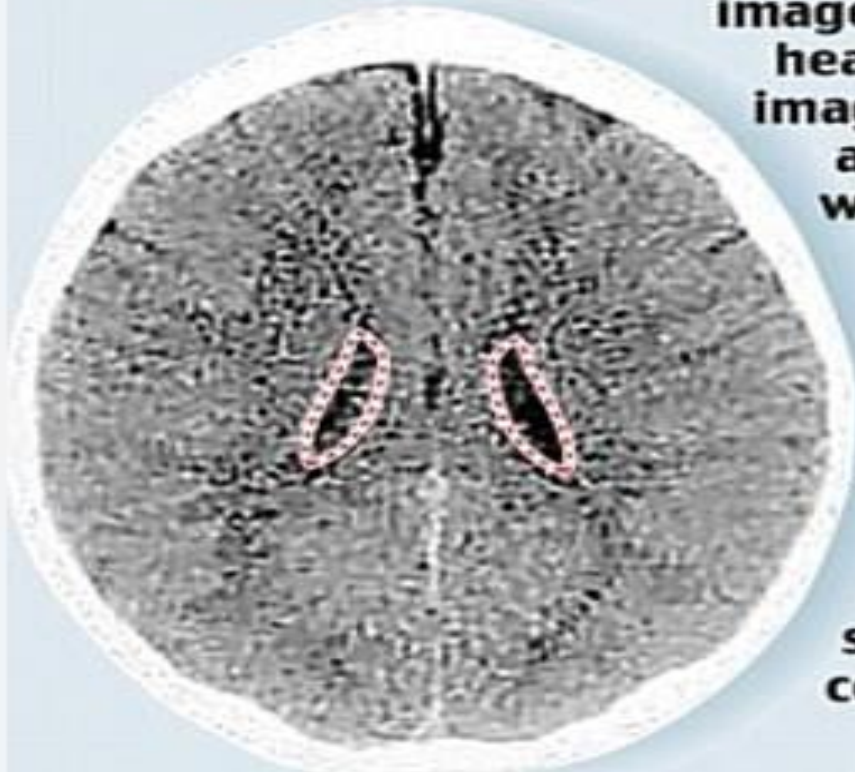
Socioeconomic Impact: ACEs in Wales are associated with poorer educational outcomes, lower employment rates, and increased reliance on welfare support in adulthood.

Mental Health: ACEs significantly increase the likelihood of developing mental health issues, including depression, anxiety, and suicidal thoughts. In Wales, individuals with multiple ACEs are at a much higher risk of experiencing mental health problems.

Intergenerational Transmission: The effects of ACEs can be transmitted across generations. Children of parents who have experienced multiple ACEs are more likely to encounter similar adverse experiences, perpetuating a cycle of trauma and disadvantage.



NORMAL



These are the brains of two three-year-old children. The image on the left is from a healthy child while the image on the right is from a Romanian orphan who suffered severe sensory deprivation. The right brain is smaller and has enlarged ventricles - holes in the centre of the brain. It also shows a shrunken cortex - the brain's outer layer.

EXTREME NEGLECT



2,275 Children and Young People (CYP) in Wales between 11-17 are victims of Neglect.

1 in 10 CYP have been neglected.

Untreated neglect of Primary Caregivers often leads to neglect.

Neglect / ACES can lead to PTSD in adulthood.

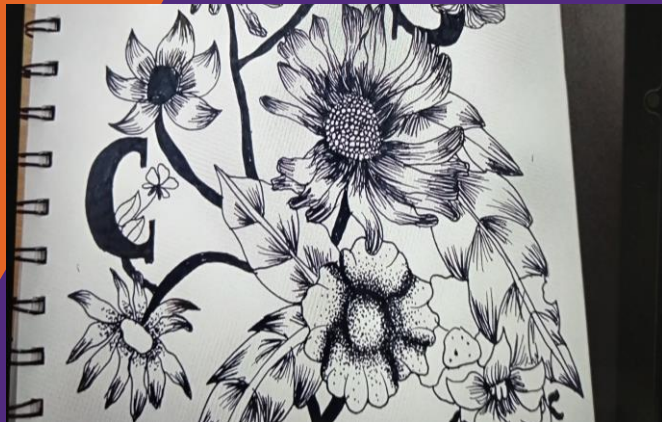
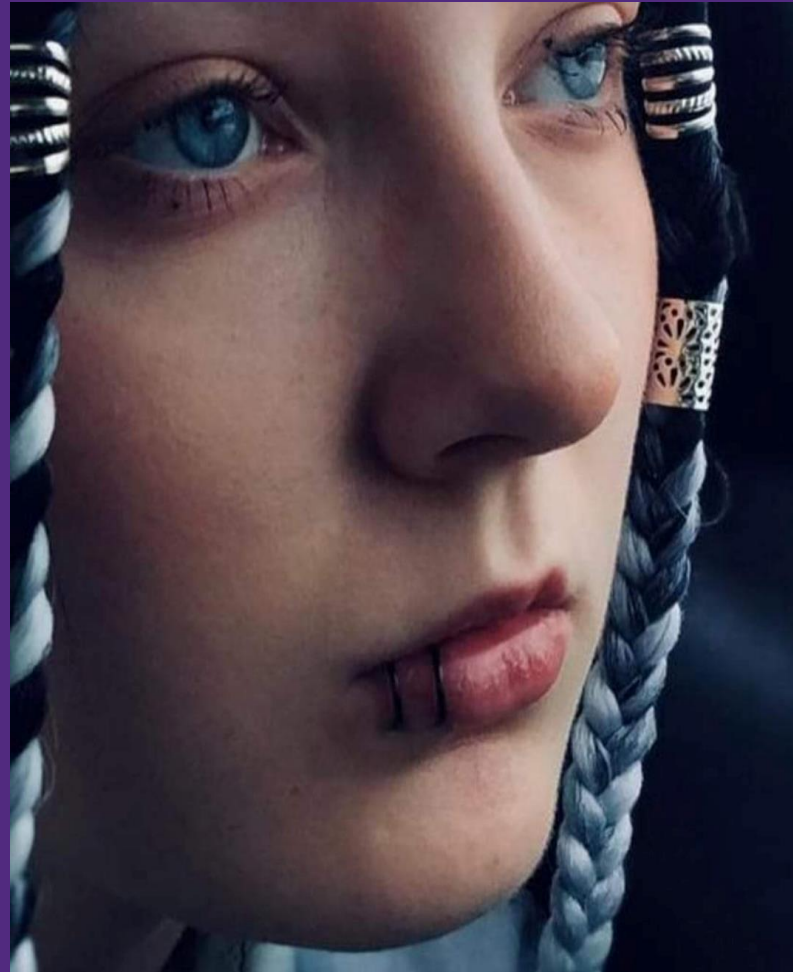
Abused/Neglected CYP more likely to be involved in crime as adults.

Can cause low self- esteem, Social behaviour problems, lack of confidence.

Evidence suggests that Children and Young People who have diagnosis of being Neurodivergent have a higher probability of experiencing ACEs compared to their non-autistic peers.

Identifying Challenges



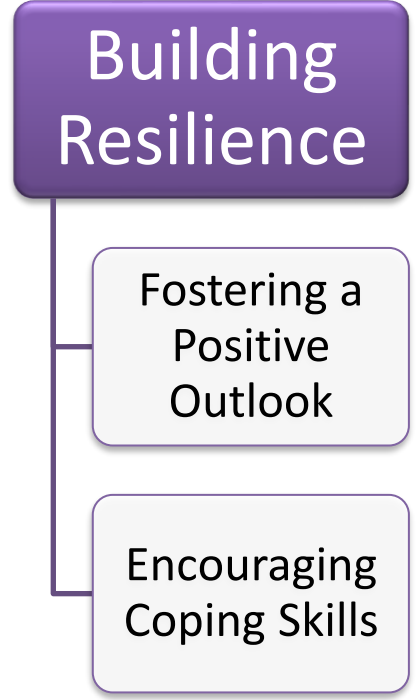
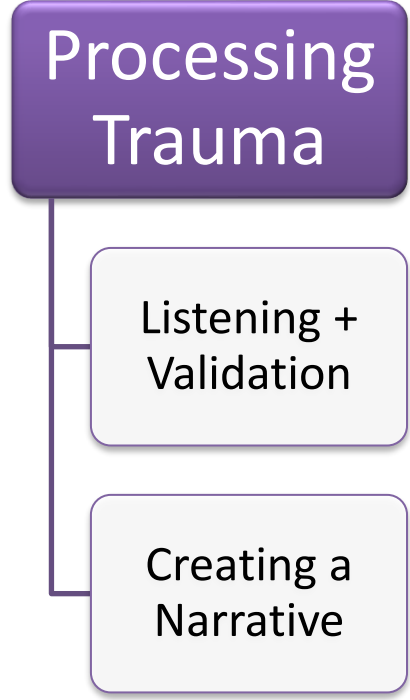
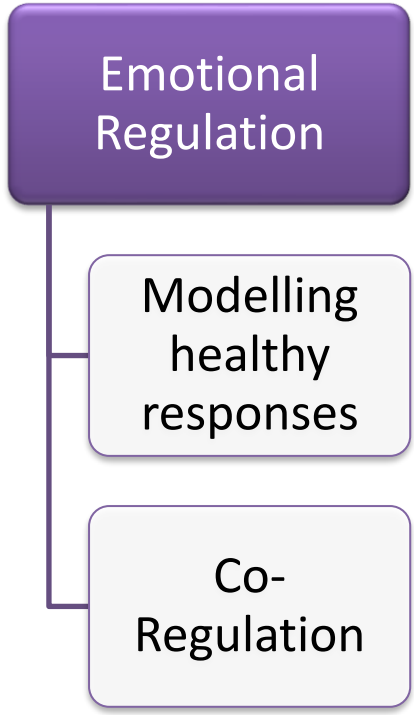
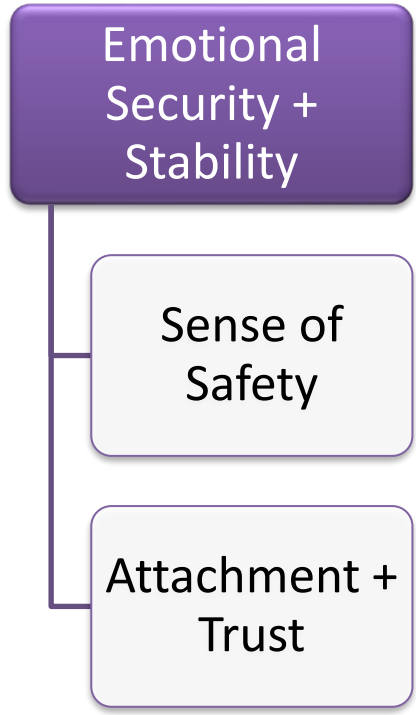


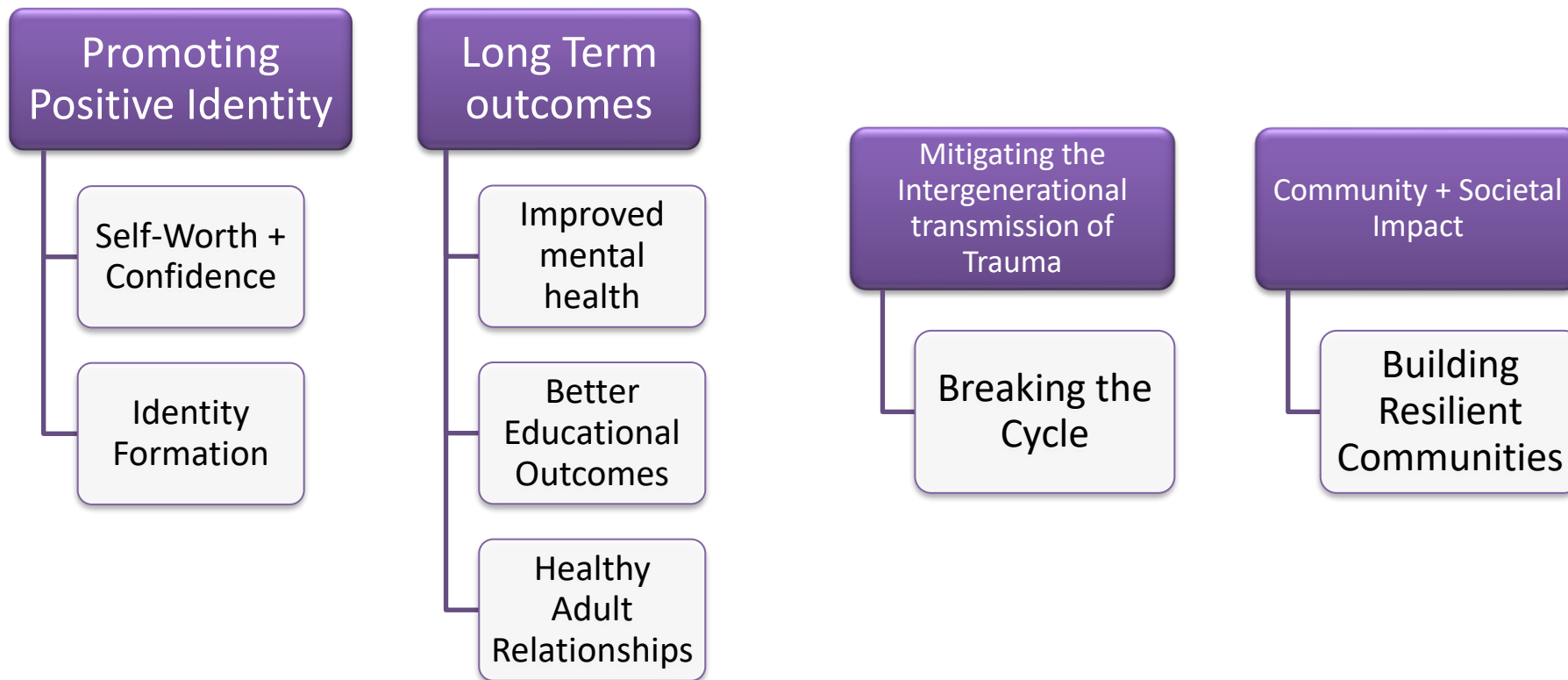
Sophia's Story



Identifying the Importance of Interventions and an Emotionally Available Adult



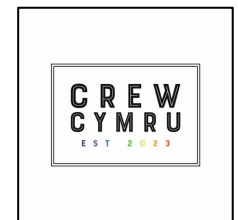




In summary, the presence of an emotionally available adult in the life of a child who has experienced trauma is essential for the child's emotional healing, development of coping mechanisms, and long-term mental health. This supportive relationship acts as a protective factor, helping to mitigate the negative effects of trauma and fostering resilience, ultimately enabling the child to thrive despite their adverse experiences.

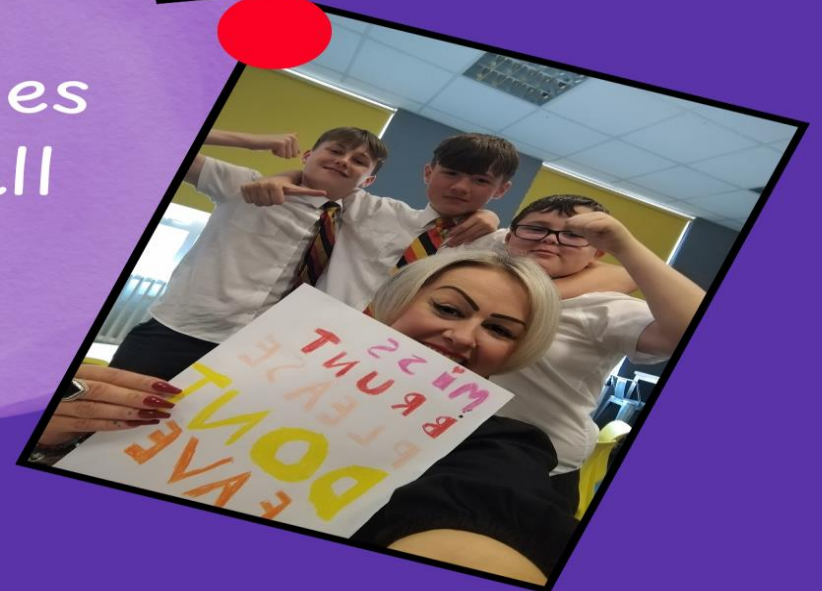
The Future

- CrewCymru Ltd
- Future Focus Social Enterprise CIC
- Applying for more funding
- Applying for grants
- Grow our team
- Collaboration to promote our services and work
- Sponsorships





The smiles
say it all





Thank You



Bernie Davies

Toni Clarkstone

All our wonderful sponsors

The Principality Stadium

My amazing partner Craig

Sophia's family



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Preventative Measures: Public health campaigns in Wales emphasize the importance of supportive parenting, stable family environments, and early childhood education as key strategies to prevent ACEs.

Collaboration: Tackling ACEs in Wales involves collaboration between various sectors, including health, education, social services, and the criminal justice system, to provide a coordinated response to the needs of affected individuals.

Support Services: Wales offers a range of support services for individuals affected by ACEs, including counselling, mental health services, and specialized programs for children and families.

Long-Term Outcomes: The long-term impact of ACEs in Wales includes a higher risk of chronic illnesses, mental health disorders, and socioeconomic challenges. Efforts are being made to reduce these outcomes through comprehensive support and prevention programs.

Public Awareness: There has been a growing effort in Wales to raise public awareness about ACEs and their impact, encouraging communities to support vulnerable individuals and promote resilience-building activities.