

Our unique operating context

Child Outcomes



(0 compared to +4 ACEs)

- 4 x more likely - special educational needs
- 9 x more likely - excluded from school
- 4 x more likely - health concerns as a child
- 2 x more likely - been hospitalised as a child
- 11 x more likely - early sexual initiation
- 6 x more likely - unintended pregnancy
- 25 x more likely - lived away from home as a child
- 14 x more likely - threatened by paramilitaries

Adult Mental Health



(0 compared to +4 ACEs)

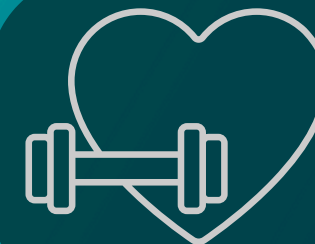
- 7.5 x more likely to currently have Anxiety
- 8.6 x more likely to have depression
- 6.6 x more likely to have poor mental well-being
- 14.8 x more likely to currently have PTSD/ CPTSD
- 9.6 x more likely to have ever been diagnosed with a mental health condition as an adult

60% 1 ACE

NI Population

1 in 5 +4 ACEs

£1.7bn p.a



Adult Physical Health

Overall 5.4 times more likely to have physical health problems, (angina, asthma, chronic pain, insomnia, rheumatoid arthritis)

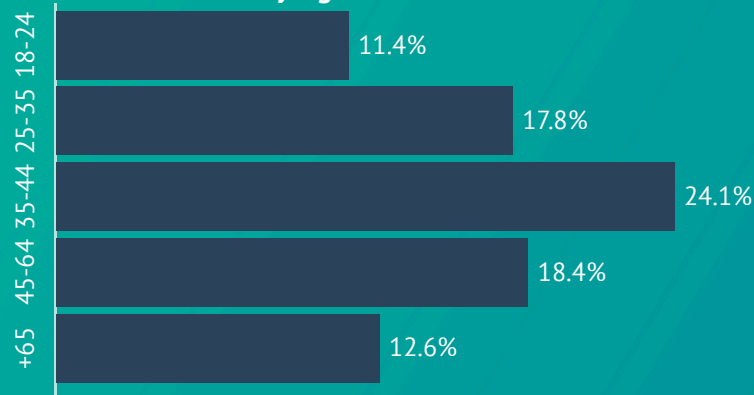
Health Harming Behaviours



(0 compared to +4 ACEs)

- 2.6 x more likely to smoke or vape daily
- 2.9 x for likely to have used drugs
- 2 x more likely to engage in now or low weekly physical activity
- 2.9 x more likely to have attended the ED in the previous 3 months
- 2.8 x more likely to have contacted their GP on more than 3 occasion in the previous 3 months
- 8.3 x more likely to have ever been arrested
- 4.2 x more likely to have ever struggled with debt
- 10.86 x more likely to have ever borrowed from an illegal money lender

Prevalence by Age +4 ACEs



Benevolent Childhood Experiences

Eradicating ACEs could lead to...



In terms of adult mental health.

- The percentage with current anxiety reduced from 54.5% to 35.5%
- The percentage with current depression reduced from 52.3% to 22.6%
- The percentage with poor mental health wellbeing reduced from 44.2% to 17.2%
- The percentage with PTSD/ CPTSD reduced from 26.1% to 16.1%
- Also improvements for physical health



The Executive Programme on Paramilitarism & Organised Crime

Evidence-based Recommendations

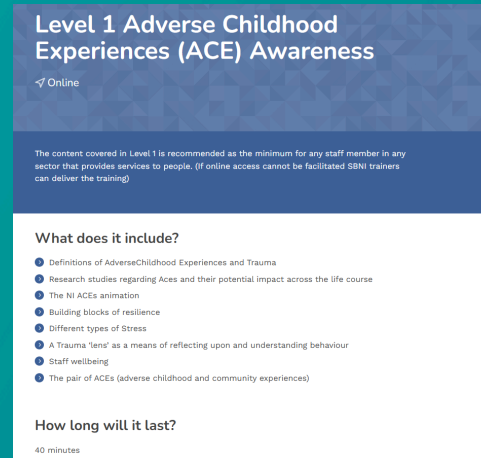
- Improve data collection
- Focus on collaborative and joined up responses
- Policy testing – decision makers appreciate impact of adversities experienced in the home / community on child /adult outcomes
- ACEs informed commissioning of services with preventative and targeted support
- Invest in universal as well as targeted support to interrupt inter-generational trauma
- Scale up interventions that locate and support those most affected by conflict-related adversity like paramilitary violence, bereavement



The Executive Programme on Paramilitarism & Organised Crime

Trauma-Informed Approaches: the tools

Level 1 and Level 2 trauma training



Full Report on Prevalences of ACEs in NI



NI Organisational Toolkit



"Trauma decontextualized in a person looks like personality. Trauma decontextualized in a family looks like family traits. Trauma in a people looks like culture" - Resma Menakem

The report as an evidence base for system change?

