

Stronger Families - Adverse Childhood Experiences Toolkit

is an innovative programme that can help strengthen and stabilise families.



Do you know a parent or child that has suffered trauma in their lives and struggles to manage everyday life?

We know that individuals who experience numerous adverse childhood experiences (ACE's), effects how they see themselves, how they interact with others, how they cope, how they parent, their ability to trust, set boundaries and have respectful relationships.

Cheshire East Family Service are offering a group intervention for parents and children. The programme aims to build resilience, coping strategies and empower them to make positive changes by using a trauma informed, psycho-educational approach utilising motivational interviewing techniques.

The purpose of delivering both groups simultaneously is to provide a whole family approach. This allows for a shared experience of the parents and child, allows the parent to be able to support their child at home as well as having an understanding about how trauma, and the impact of trauma can effect family life. We are equipping family's to build their coping skills and develop strategies it is hoped that this in turn will reduce their reliance upon services.



Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.



What does resilience look like?

- > Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.
- > Building resilience and adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.
- > Having family, friends and/or neighbours who support, help and listen to children.
- > Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.
- > Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.

What are the programmes?

> **The Adult ACEs Recovery Toolkit is a 10 week programme** that has been written to educate and inform individuals about the impact of ACEs on them and their children (if they have them). The programme provides guidance on the protective factors that help mitigate the impact of ACEs, and practical methods for individuals developing the resilience they need for themselves and for their children.



> **The Children and Young People ACEs Recovery Toolkit is an 8 week programme** that uses a combination of creative activities and group working to develop young people's resilience and give them opportunity to experience the healing of relational support. It provides information and education that enables children and young people to cope with the adversity they have experienced, (and may do so in the future). Most of the children's activities are craft based which means the intensity of talking about their experiences reduces, and they are unconsciously learning and building knowledge and awareness away from the classroom environment.

Referrals:

If you are supporting a family who you feel would benefit from attending the group programmes please can you complete the parenting referral form and send it to: parenting@cheshireeast.gov.uk

Stronger Families - Adult - Adverse Childhood Experiences

Recovery Toolkit



This is a free programme delivered in 2-hour sessions over 10 weeks, in groups of up to 12 participants.

Adverse childhood experiences (ACEs) are stressful or traumatic experiences including abuse, growing up in the care of someone who has addictions or mental illness, parental discord or incarceration, bereavement or poverty.

The focus of our programme is the long-term negative impact these experiences have had on the individual's self-esteem and/or lifestyle choices and allows the parent to be able to support their child at home as well as having an understanding about how trauma, and the impact of trauma can effect family life.

Research shows that adverse childhood experiences (ACEs) can affect how an adult perceives themselves, how they interact with others, how they cope with emotional pain and how they look after others or parent their own children.

Adversity in childhood can also leave people with confusion about issues of trust, boundaries and how to establish and maintain healthy relationships both with adults and children.

The Programme aims to support people living with the impact of their ACEs to develop alternative strategies to manage their emotions, understand the importance of attachments both within families and wider communities and to work towards their self-esteem and resilience.

building

The course covers:

- Understanding and living with ACEs.
- Understanding toxic stress and strategies to manage it.
- Understanding attachment.
- Developing nurturing parenting styles and reducing the impact of potential ACEs on children.
- Managing emotions and creating new possibilities.



Stronger Families - Child / Young People - Adverse Childhood Experiences

Recovery Toolkit



This is a free programme adapted for primary and secondary school children and is delivered in 2 hour sessions over 6 – 8 weeks.

We organise the groups sensitively, ensuring the children and young people are of similar ages, to ensure they feel safe and can get the most from their group learning.

The focus of our training is identifying the negative impact their experiences have had on the child or young person's self-esteem, communication, relationships and choices.

The aim of the programme is to support children and young people living with adverse childhood experiences (ACEs) and help them develop:

- Perception and assessment of a range of behaviours, healthy relationships and connections to others.
- Understanding stress and their responses to it.
- How to manage better their emotions.
- Self-trust and resilience.
- Communication.
- Techniques to self-sooth, self-regulate and self-trust.
- Limit-setting and bringing their own structure to their lives (especially in cases where they are still living with ACEs).

This Programme uses a trauma-informed, psycho-educational approach to learning, and is not therapy.

