

Newsletter

Adverse Childhood Experiences Coalition Guelph & Wellington

Vision

A resilient community that prevents and reduces the effect of Adverse Childhood Experiences.

Who we are

In June 2017, over 100 community stakeholders came together to learn about adverse childhood experiences (ACEs). Together, we learned and talked about what we could do to prevent and reduce the effects of ACEs. After that event, the **ACEs Coalition** was formed. Over the last year, this group of dedicated partners has been developing a plan and taking action to do something about ACEs in our community!



Professional Development Opportunity

We are pleased to partner with Wellington Dufferin Guelph (WDG) Public Health and the Best Start Resource Centre to offer the one-day interactive workshop: *Parenting Under Stress*.

Who is this workshop for? Service providers who work with parents experiencing difficult situations: poverty, addictions, mental health issues, limited formal education, lack of role models, etc.

- **Date:** September 21, 2018
- **Time:** 9:00AM-3:30PM
- **Location:** WDG Public Health, 160 Chancellors Way, Guelph
- **Cost:** \$80

To register, follow this link:

<https://www.eventbrite.ca/e/parenting-under-stress-guelph-tickets-47304271349>

Did you know?

Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences a person may endure before the age of 18.ⁱ These experiences can have negative, lasting effects on health and well-being.ⁱⁱ

Resilience results from the interaction between an individual's **protective and risk factors**; resilience is promoted by protective factors (positive supports) and inhibited by risk factors (negative outcomes).^{iii,iv}

Our Partners

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| <ul style="list-style-type: none"> • Canadian Mental Health Association • County of Wellington Children's Early Years Division • Family & Children's Service of Guelph and Wellington • Family Counselling and Support Services for Guelph-Wellington | <ul style="list-style-type: none"> • Guelph Community Health Centre • Guelph Family Health Team • Guelph Neighbourhood Support Coalition • Guelph Wellington Women in Crisis • Shelldale Family Gateway • Toward Common Ground • Wellington Dufferin Guelph Public Health |
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Taking Action to Prevent and Reduce the Effects of ACEs

Research

WDG Public Health is preparing to do a local study that will gather information about childhood experiences and health outcomes. The results of this research will help us understand the prevalence and effects of ACEs locally. Stay tuned for more information about how to participate in and distribute this survey!



Education & Awareness

The Guelph Community Health Centre and Guelph Family Health Team have been working hard to develop ACEs learning modules for primary care providers and allied health professionals. These modules will give practitioners information about adverse childhood experiences, resilience and their role in addressing ACEs.

We have also presented to boards, committees and community groups to increase awareness about how ACEs impact people in our community.

Theory of Change

The ACEs Coalition has worked together to develop a Theory of Change. This tool will be our guide as we identify actions and interventions to move us toward our shared vision and to evaluate our progress along the way.

Our Next Steps

We are currently working with various stakeholders to increase our collective knowledge about ACEs, as well as to strengthen skills and strategies to support people who have experienced ACEs.

Local Best Practice

[Circle of Security](#) is an evidence-based, relationship-based program focused on enhancing attachment between parents and children by supporting parents to read their child's emotional needs, support their child to manage emotions, and develop their child's self-esteem. This program is offered at Canadian Mental Health Association, EarlyON Centres, Family & Children's Services of Guelph and Wellington and Guelph Community Health Centre.

Did you know?

12% of people who took part in the Alberta ACE Study had four or more ACEs

56% of participants had at least one ACE and 44% had no ACEs^v

Check out these links and resources for more information about ACEs

Follow this [link](#) to hear one boy's story about ACEs

Click here to learn more about [Protective Factors](#)

Read the foundational adverse childhood experience (ACE) [Study](#)

For more information or to become involved

Email: sarahh@towardcommonground.ca

ⁱ Bucci, M., Gutiérrez Wang, L., Koita, K., Purewal, S., Silvério Marques, S., & Burke Harris, N. (2015). *Center for Youth Wellness ACE-Questionnaire User Guide*. CA, San Francisco.

ⁱⁱ Felitti, V.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P. & Marks, J.S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventative Medicine*, 14(4), 245-258.

ⁱⁱⁱ Zolkoski, S.M. & Bullock, L.M. (2012). Resilience in children and youth: A review. *Children and Youth Services Review*, 34, 2295-2303. Retrieved March 15, 2018, from https://journals-scholarsportal-info.proxy.lib.uwaterloo.ca/pdf/01907409/v34i0012/2295_riavar.xml

^{iv} Minnesota Department of Health (2013). *Resilience to ACEs: Some children thrive despite ACEs*. Retrieved March 15, 2018, from <http://www.health.state.mn.us/divs/cfh/program/ace/resilience.cfm>

^v McDonald, S., & Tough, S. (2015). *The 2013 Alberta Adverse Childhood Experiences (ACE) Survey* [PDF].