

# Jo Grace

## Children's Services Practitioner

The logo for NSPCC Scotland is centered at the bottom of the slide. It consists of the letters "NSPCC" in a large, bold, blue font, with the word "SCOTLAND" in a smaller, blue, all-caps font directly underneath it. The text is contained within a white rectangular box.

**NSPCC**  
SCOTLAND

Identifying  
symptoms of ACEs,  
how to protect  
against dangers.

# The ACEs

1. Emotional Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical neglect
6. Domestic Abuse/Intimate Partner Violence
7. Substance Misuse
8. Mental Health Issues
9. Loss of parent before the age of 18 through divorce or separation (and death).
10. Incarceration
11. Ex-child in Care\*
12. Poverty, Deprivation and Homelessness\*



**The hidden face of ACEs**



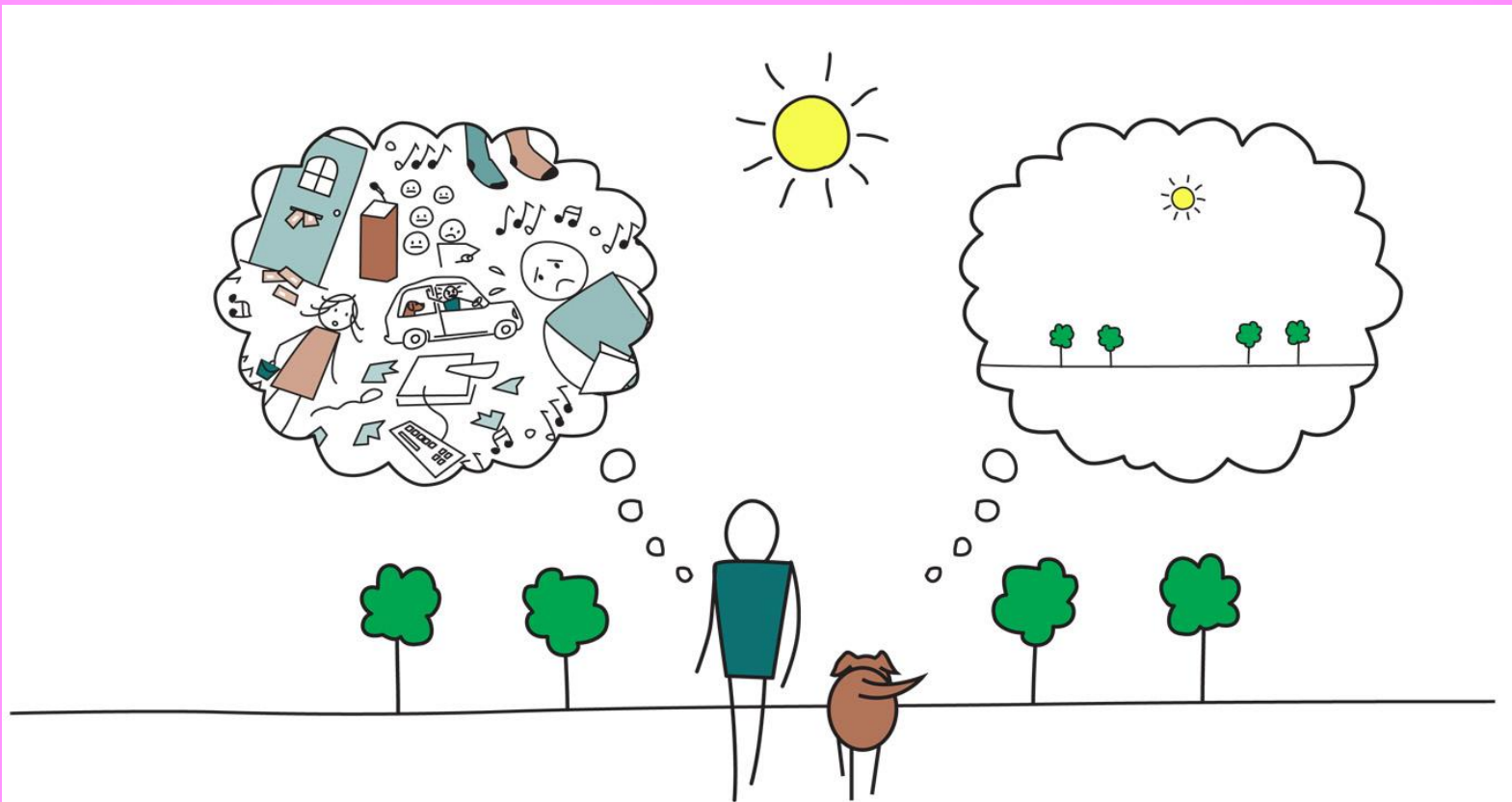
# Symptoms of ACE's

- Alcohol Abuse
- Drug abuse - illicit and prescribed
- Early initiation of smoking
- Hypertension
- Heart attack
- Stroke
- Cardiovascular disease
- Coronary artery disease
- Liver disease
- Lung disease
- COPD
- Emphysema
- Asthma
- Bronchitis
- Type 2 Diabetes
- Cancers
- IBS
- Arthritis - Osteo and Rheumatoid
- Allergies
- Eating disorders
- Autoimmune diseases
- Ulcers
- Childhood conduct disorders
- Chronic health conditions
- Early initiation of sexual activity
- Multiple sexual partners
- Sexually transmitted infections (STIs)
- Increased risk of intimate partner violence
- Adolescent/unintended pregnancy
- Mental health issues
- Stress,
- Anxiety disorders
- Depression and other mood disorders
- Suicidal ideation
- Suicide

# Protecting against the dangers...

- Relationship based working
- Modelling Behaviour
- Strengths based approaches
- View of self as parent
- Case Conceptualisation/Hypothesis
- Promoting Attunement
- Promoting Responsiveness
- Promoting Secure Attachment
- Mindfulness and Emotional Regulation

# Mindfulness



Mind Full, or Mindful?



# The Father of Mindfulness

## Dr. Jon Kabat-Zinn

“Mindfulness is awareness that arises through paying attention, on purpose, to be in the present moment, non-judgementally. It’s about knowing what is on your mind.”

# Breath Test!



# Benefits of Mindfulness

- Increased self awareness
- Decreased stress and anxiety
- Increased sense of calm
- Improved impulse control
- More skilful responses to difficult emotions
- Better focus and concentration
- Better communication
- Better relationships
- Enhanced health

# Thank You!

[www.cestudy.org](http://www.cestudy.org)

[www.cdc.gov/violenceprevention/cestudy](http://www.cdc.gov/violenceprevention/cestudy)

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