



ACEs are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or family incarceration.

Living with ACEs results in individuals developing coping and lifestyle strategies that are based on poor parental attachment and the effects of trauma.

Rock Pool can offer support to your workforce in a variety of ways. We provide both open and bespoke courses on understanding ACEs and their impact.

We have also designed a specific 10-week programme for families who experience and are living with ACEs:

The ACEs Recovery Toolkit.

About the programme:

The ACEs Recovery Toolkit has been written to assist any individual or agency working with individuals who have experienced ACEs resulting in trauma and are in a position to take part in a group.

The 10-week structured programme is written using a trauma informed approach and is influenced by Trauma Informed Cognitive Behavioural Therapy (recommended by N.I.C.E for the treatment of post-traumatic stress disorder).

The programme focuses on providing individuals with information and practical tools to develop their own resilience and the protective factors necessary to minimise the impact of ACEs on themselves and their children.

Rock Pool: Developing resilience through trauma informed interventions.

The programme deals with the consequences for individuals whose early childhood experiences resulted in a high ACE score and the resultant toxic stress.

Get In Touch:

If you would like to find out more about how we can help you deliver our ACEs Recovery Toolkit, please contact us:

admin@rockpool.life
www.rockpool.life
07888 237699



The programme covers:

- Understanding and living with ACEs
- Understanding toxic stress and strategies to manage it
- Developing parental resilience
- Understanding attachment
- Nurturing parenting styles and managing emotions
- Developing strategies to reduce the potential impact of ACEs on children

Topics covered in the training:

- ACE research and evidence
- The ACE screening tool
- Attachment theory
- Resilience and protective factors
- Trauma informed working
- How to use the manual to deliver the programme

Aim of the training

- To provide information to participants on ACEs and their impact
- To train participants in the delivery of the ACEs Recovery Toolkit

Learning outcomes

Participants will feel confident in understanding how ACEs impacts on families and will be confident in using the ACEs Recovery Toolkit manual to support families.

Who should attend:

Any professional working with individuals who have experienced high ACEs.

How we deliver this training

Please check out our website at www.rockpool.life for our latest course dates and venues.

We can also deliver this course bespoke for your organisation for more information contact admin@rockpool.life

(Unauthorised use of the ACEs Recovery Toolkit can be an infringement of copyright)



***Compared with people with no ACEs, those with 4+ ACEs are:**

- **4x more likely to be high risk drinkers**
- **14x more likely to have been the victim of violence**
- **20x more likely to have been incarcerated**

** Public Health Wales 2016.*

