

BIRMINGHAM CHILDREN'S TRUST

ACE's Recovery Toolkit
Cohort 1 Outcomes Report
March - May 2018

Completed by Chris Devaney
Senior Family Support Worker and Programme Facilitator
Kitts Green Family Support Team

1. ABOUT THE PROGRAMME

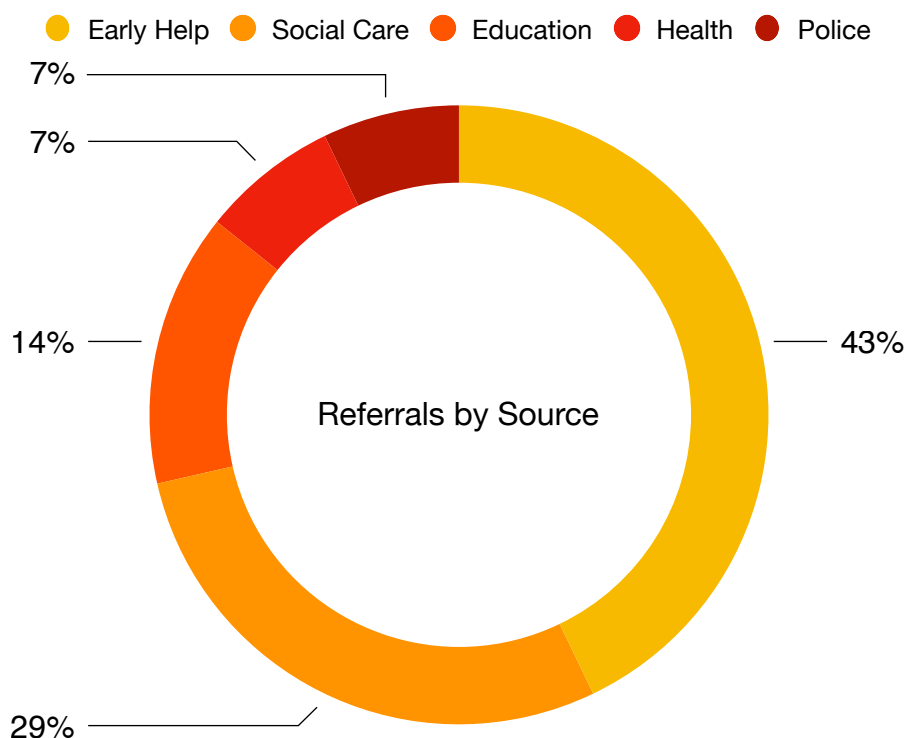
The Adverse Childhood Experiences (ACEs) Recovery Toolkit is a 10 week group programme for any parent who experience and are living with ACEs. The ACEs Recovery Toolkit uses a trauma informed psycho educational model believing that by giving individuals knowledge we enable them to better understand and deal with their previous experiences. This toolkit has been written by Rock Pool CIC to educate and inform parents about the impact of ACEs on them and their children. The programme provides guidance on the protective factors that help ameliorate the impact of ACEs and practical methods for parents developing their resilience they need for themselves and their children.

2. PROGRAMME DETAILS

The programme was held at Kitts Green Children's Centre, every Tuesday afternoon, 12:30-14:30, for 10 weeks, running from March-May 2018. I co-facilitated the programme with a colleague from Kitts Green Family Support Team.

3. REFERRALS/ATTENDEE INFORMATION

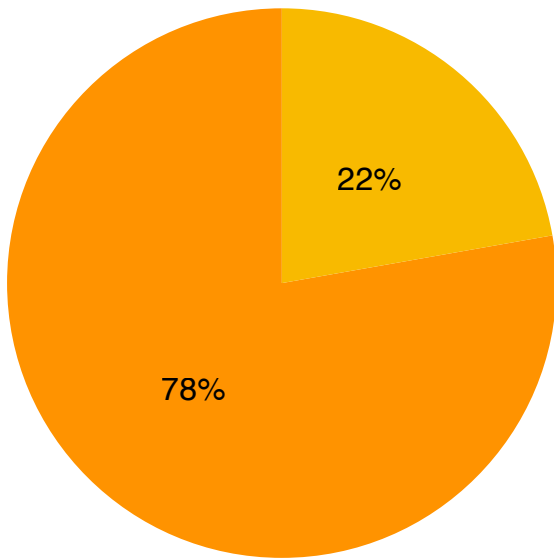
We sent out a referral form in February 2018 to colleagues and key partners, including other Early Help Teams, Social Care teams, Schools, Police, Housing and Health. We received 28 referrals back, where partners thought the family would benefit from ACE Awareness, and support to improve resilience and self-esteem.



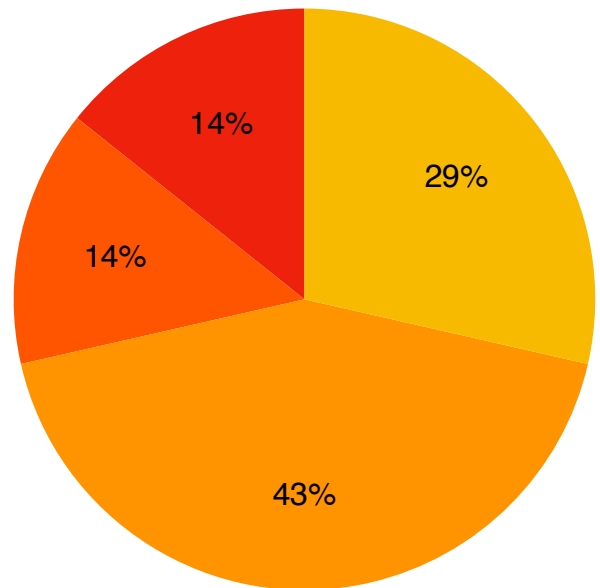
These referrals were then screened using the Rock Pool Pre-Assessment document, to identify suitability for the programme. 10 Referrals were discarded, due to a range of issues including potential homelessness, unmanaged mental health issues and identification of coercive control. These referrals were sent back to the referrer, with the option to re-refer once additional support was in place (i.e application for social housing, engagement with specialist mental health provision) to ensure that a trauma-informed approach was followed.

We accepted 18 people onto the programme, of mixed gender, age and ethnicity.

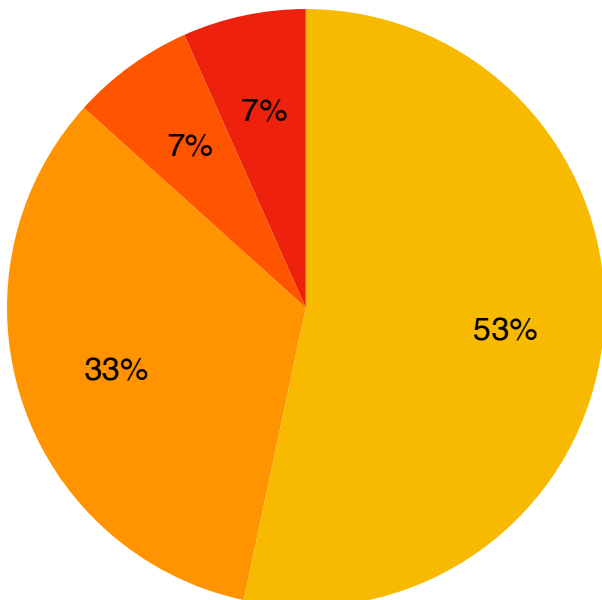
● Male ● Female



● Mixed/Multiple Ethnic Groups ● Asian/Asian British
 ● Black/African/Caribbean/British ● Other

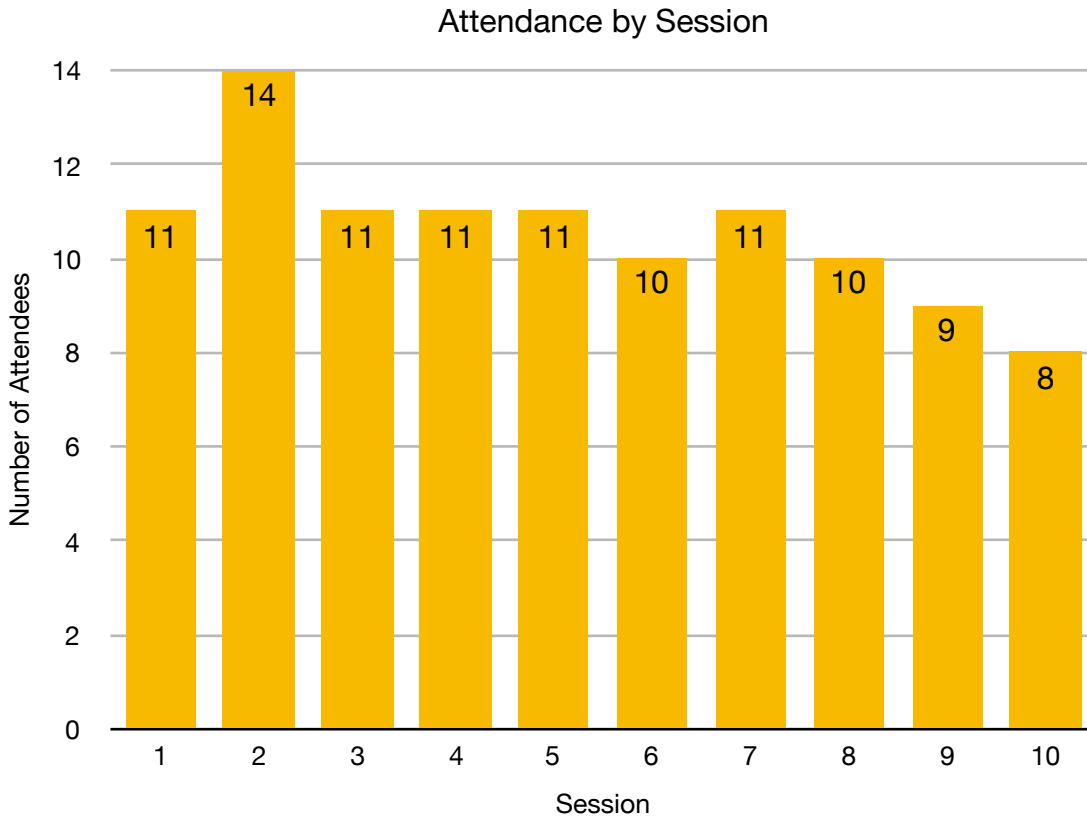


● 25-35 ● 35-45 ● 45-55 ● 55+



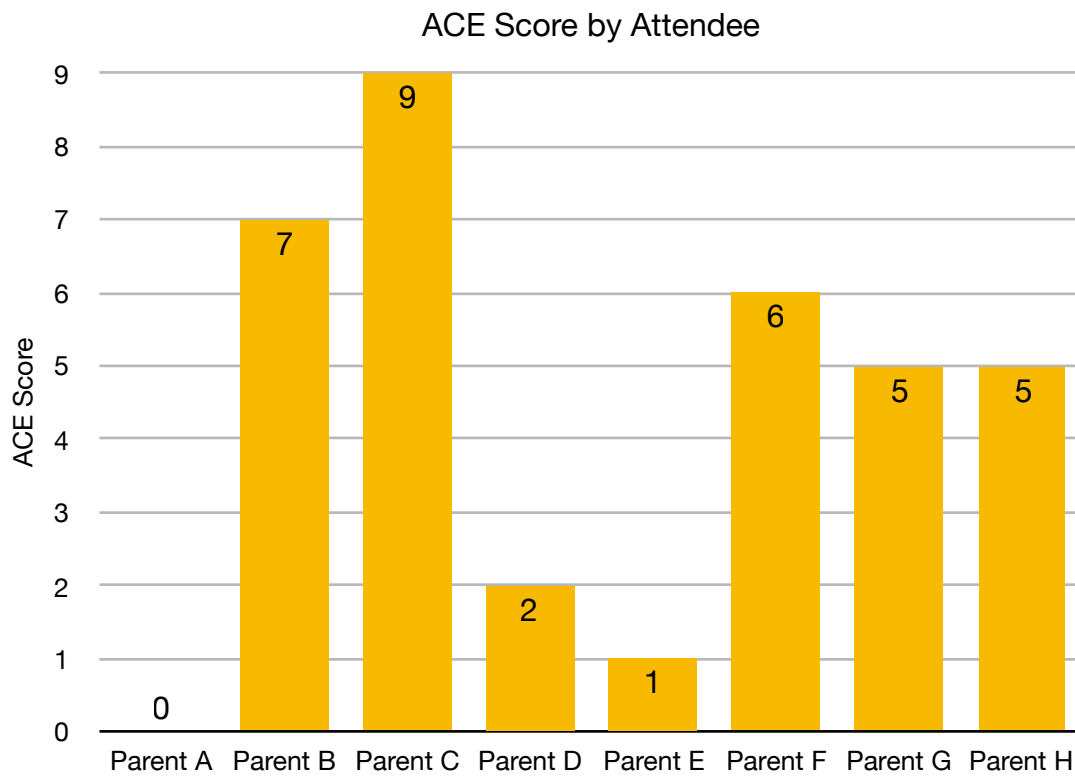
4. ATTENDANCE

11 parents started the programme, and 8 out of 11 completed the programme. This equates to a **73% retention rate**.



5. ACE SCORE

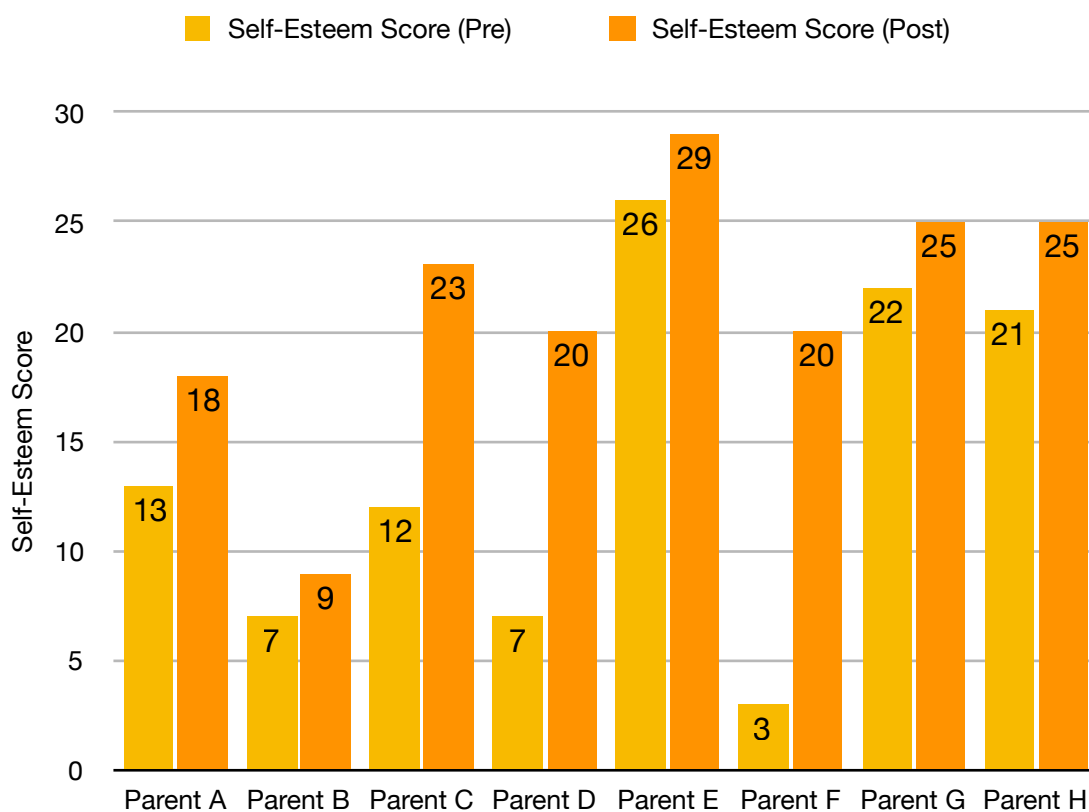
As part of the programme, parents completed an initial ACE Score Quiz, as used in the original ACE Study. The ACE Quiz aims to identify where attendees have experienced one of the ten Adverse Childhood Experiences proposed by Felitti and Anda (1998). These include Physical, Emotional and Sexual Abuse, Physical and Emotional Neglect, Poor Parental Mental Health, Substance or Alcohol Misuse, Parental Incarceration, Parental Separation/Divorce, and Domestic Abuse. I have only included the data from the 8 parents who completed the programme.



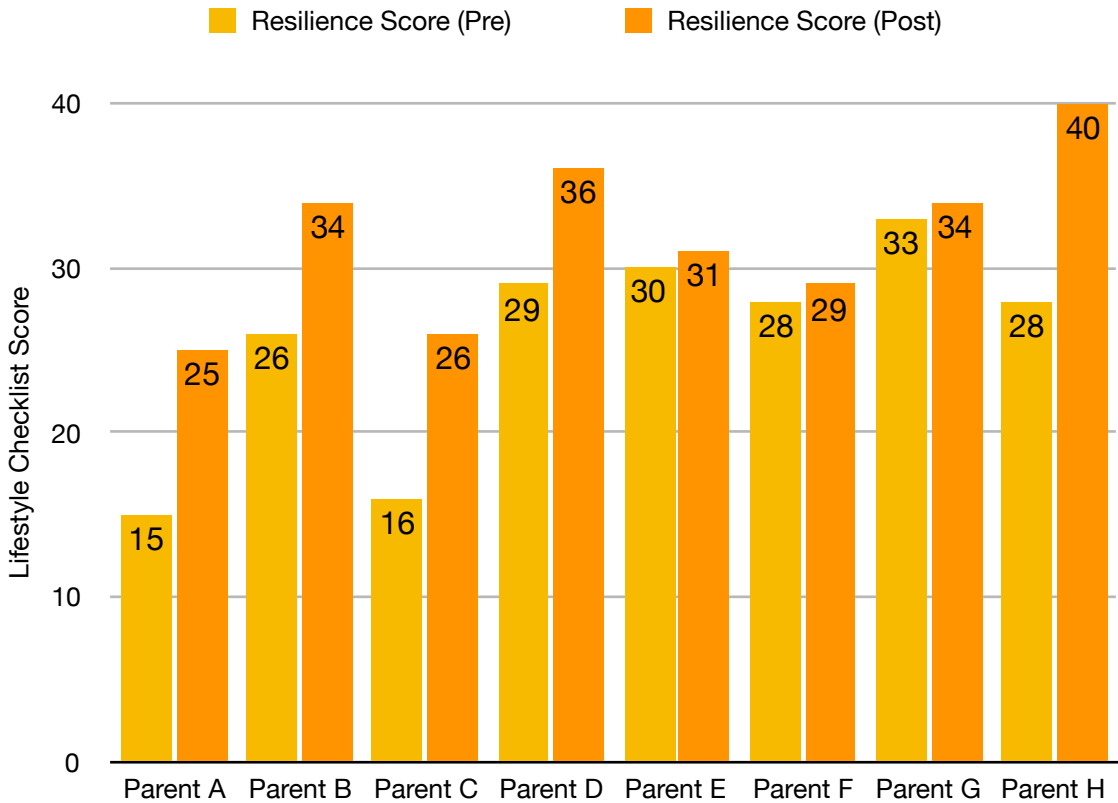
6. ASSESSMENT TOOLS

Parents are asked to complete Rosenberg’s Self-Esteem Questionnaire, and Rock Pool’s Lifestyle Checklist © at the beginning and end of the programme.

Rosenberg’s Self-Esteem Questionnaire is a widely used self-report assessment for evaluating individual self-esteem. A score of 15 or less would indicate low self-esteem, a score of between 15-25 is considered “within normal range”.

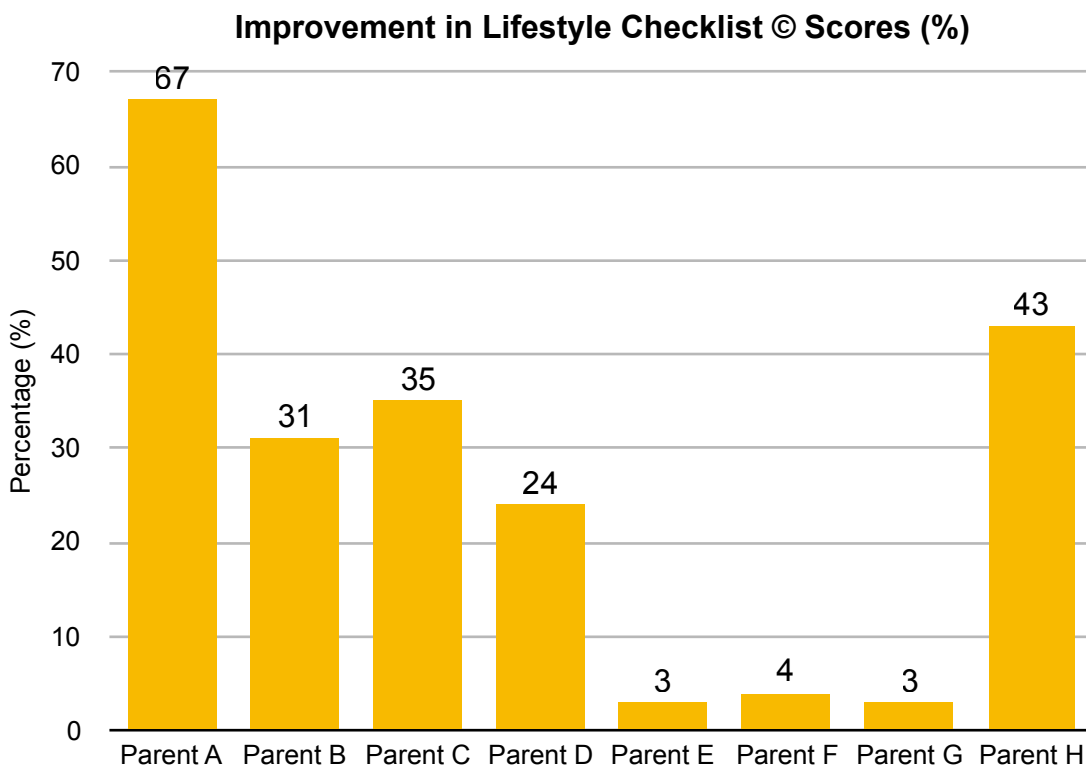
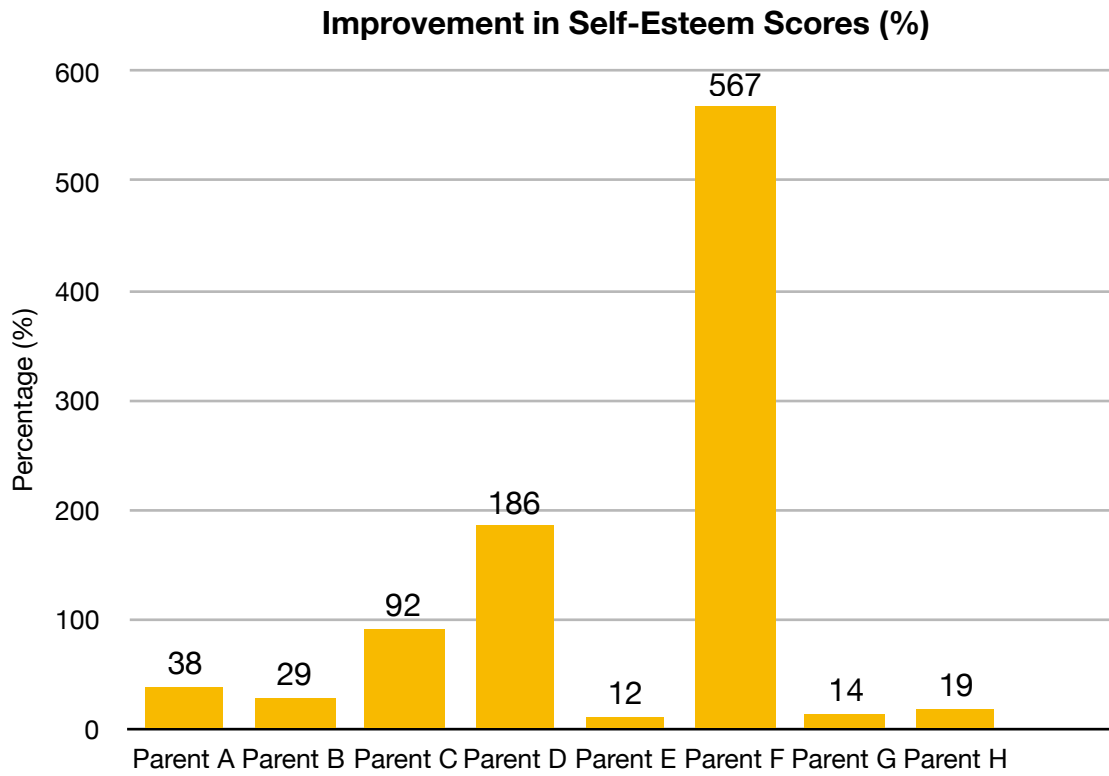


The Rock Pool Lifestyle Checklist © aims to identify factors in one’s life that could support them and their children to become more resilient. The checklist consists of 22 statements, where parents have to self-report how often they engage in activities that would affect their resilience; including exercise, self-care, safety, positive thinking, sleep, nutrition and diet, alcohol and substance use, and relationships with family and friends. This could be seen as a parents “resilience” score. Maximum score is 44.



7. IMPROVEMENT

Overall, every parent that completed the 10-week programme, showed an improvement in their self-esteem and lifestyle scores.



On average, this equates to a **120% increase in self-esteem scores**, and a **210% increase in Lifestyle Checklist scores**.

8. EVALUATION

Comments from the 'End of Programme' Evaluation are as follows:

What is the most useful thing you have learnt whilst attending the ACE's RTK?

"I can speak out"

"I have learnt a lot on how to identify mine and my children's emotions and how to help them get through and myself".

"I can now identify traumatic experiences and behaviours, and I understand the science behind it, like the brain model and Maslow"

"Learning more about children's emotional wellbeing"

"It has opened my eyes up to how I was doing things wrong with my children and now I know the right way of doing things like showing emotions towards them".

How has improved self-esteem made a difference in your life?

"I have seen myself in a better way, and I can talk more about things on my mind"

"I know my worth as a person and a parent"

"I feel emotionally better, I'm more confident, and my bond with my kids has improved. I encourage them to share their feelings".

"I know what to do when my kids are feeling sad or happy".

What would you say to someone to get them to join an ACEs RTK?

"That you can get some really good ideas from each other to try, and that the leaders are real good at listening. Also you have the chance to meet new people. It also gives you a chance to process things as I personally find that quite hard to do, although I didn't think it was hard in this group. It also lets you see you are not the only family going through these problems.

"I would say it's a really good course, you would learn a lot with what ACEs are and helps to understand parents and children's emotions and body language".

"The programme is so useful, we have learnt a lot of new things that we can use to make sure our baby has the best start to life, and hopefully it will be ACE free".

"I would tell them it's changed my life. I came in on Week 1 not knowing my place in the world, and now I know exactly who I am, who I want to be, and who I can be. I'm not ashamed of what I've been through, the programme has helped me realise that with the right help, a bad childhood doesn't have to define you as an adult"