

# Resilience: The Biology of Stress and the Science of Hope

## August 2019

Synopsis: “The child may not remember, but the body remembers.” The original research was controversial, but the findings revealed the most important public health findings of a generation. RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in RESILIENCE are proving, what’s predictable is preventable.



Since January 2018 Locality Planning Groups have been rolling-out of the Resilience Documentary as a first step to raising awareness about ACE’s, Trauma, Toxic Stress and Resilience. The following report card highlights this work. Individual report cards are available for many of the screenings. If you are interested in hosting a screening please contact the Locality Planner for your area or contact [una.casey@hscni.net](mailto:una.casey@hscni.net)

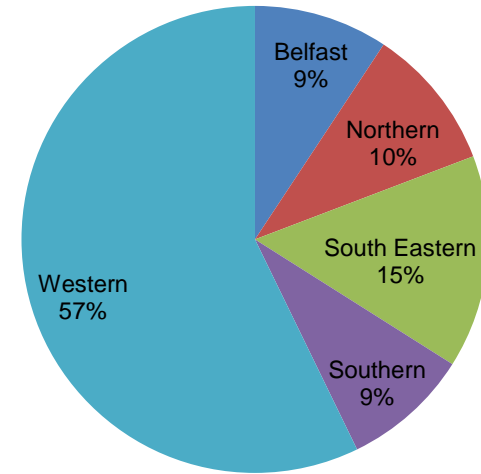
# How much did we do?



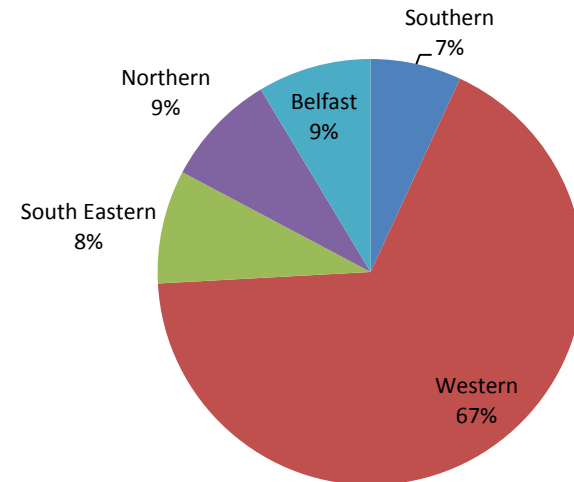
- Between January 2018 and July 2019 the documentary has been screened to 2832 people
- 58 events have been held to show the documentary



## Screenings Per Outcomes Group Area – by numbers attended



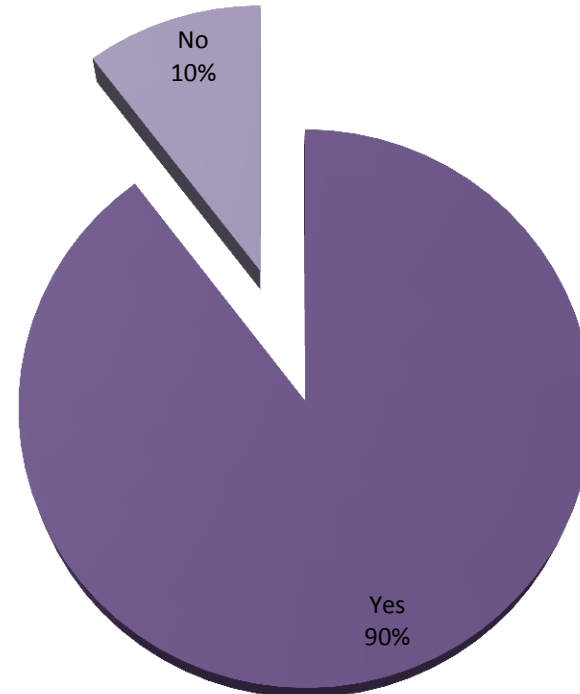
## Screenings by Outcomes Group Area



# How well did we do it?

- 52 of the screenings had a discussion panel as part of the screening
- The panels included representatives from the Regional ACEs Reference Group, Connected for Life, Consultant Psychiatrists, Forensic Psychiatrist, Clinical Psychologists, SBNI, Take Ten, PHA, QUB Lecturer in SW, primary school principal (nurture school), Director of Children's Services, Addiction Coordination Team.

## Screenings with Discussion Panel



**Range of attendees:** Community, voluntary service providers, teachers, principals, school support staff, Social Workers, Sure Start Staff, Community representatives, PSNI, Political Representatives (local council, MLAs and MPs) Drug and Alcohol service providers, Mental Health Service Providers, WHSCT Staff, Early Years Organisations, Behavioral Specialists and Education Psychologists, AHPs, Primary Care team, Midwives, FE College Staff, Prison Staff, CAMHS Teams, SW students, Youth Workers, Young Carers Team, Parents, Floating Support Team, Community Paediatrics, Early Years Students, Youth Justice Staff, Health Visitors, HSDU Staff, LPG and FSH members

# Is Anyone Better Off?

Look beyond the behaviour...  
Ask the question:  
"What happened?"  
(Not, "What's wrong?")

There are ways to improve & help children overcome the adversities they have met in their lives.

To remember that behaviours are not always a condition, but a symptom of life experiences which the child may be subject to.

Will enable me to pick up on signs of ACEs in all situations.

Concentrate on the child, not the activity.  
We are key to buffering children from some of the adversity in their environment.

I will definitely be even more observant and aware of childhood issues within the classroom.

Joined up working! Sharing the learning & ideas.  
Innovation in practice.

The stats highlighted the huge effect life situations / events have on development.

"Fix the environment not the flower."  
Great quote!

Even those with higher ACEs, their brain can be rewired with environmental changes.

# Is Anyone Better Off?

Think of different strategies that can be implemented in the classroom to help children talk about their experiences

Found the film very informative and I agree that the focus of it was on hope and building resilience

Reinforces impressions and experiences in working with families I would already have. How valuable to see children holistically, understanding and supporting them, rather than blaming and punishing them, could change the world...

I didn't know about the connection to physical health

I work with adults so this will help me empathise with those who struggle with resilience

The screening triggered ideas that could be brought out into day-to-day services.

Better understanding of behaviours and to know these can be changed

The documentary very clearly highlights the need for a collaborative and holistic approach to minimising the impacts of ACEs and toxic stress as well as assisting young people and families to cope, adapt and thrive

Much greater awareness of the levels of trauma. How it can have such a huge impact in lives

It was a reminder to me that resilience is something which requires regular 'topping up'.