

## BACKGROUND

CYPSP, in partnership with Connected for Life, hosted 2 free screenings of ***Resilience: The Biology of Stress & the Science of Hope***, a one-hour documentary which delves into the science of Adverse Childhood Experiences (ACEs) and chronicles the promising beginnings of a national movement to prevent childhood trauma; treat toxic stress; and greatly improve the health of future generations.

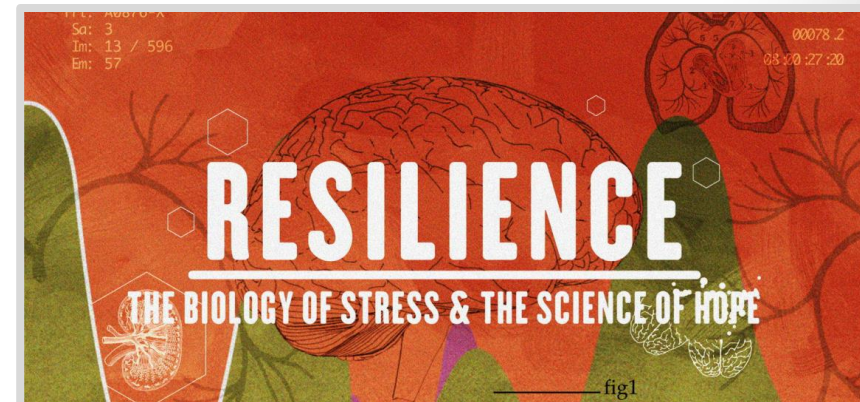
Facilitated discussions were incorporated into both screening sessions, which were held at:

- The Mourne Country Hotel, Newry, on Thursday 14<sup>th</sup> March 2019
- Ranfurly House, Dungannon, on Tuesday 19<sup>th</sup> March 2019

Both screenings were open to everyone (including employees of services and organisations who work with children, young people and families, schools, churches, parents and carers), with the aim of raising awareness of ACEs and taking steps towards creating a trauma-informed community within the southern trust area.

Making a contribution to all 8 **High Level Outcomes** for Children:

- ✓ Physical & Mental Health
- ✓ Enjoyment of Play & Leisure
- ✓ Learning & Achieving
- ✓ Living in Safety & with Stability
- ✓ Economic & Environmental Wellbeing
- ✓ Positive Contribution to Society
- ✓ Respect for their Rights
- ✓ Promotion of Equality & Good Relations



# How much did we do?

## SCREENINGS

- ✓ 'Resilience' DVD was shown in 2 locality areas (Newry & Dungannon) on 2 different evenings (14<sup>th</sup> & 19<sup>th</sup> March 2019)
- ✓ Connected For Life facilitated tailored discussions at each screening

## ATTENDEE PARTICIPATION

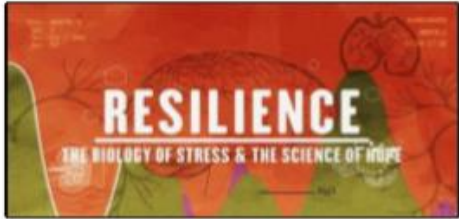
- ✓ 120 attendees in total (75 in Newry & 45 in Dungannon\*)
- ✓ Statutory, voluntary & community sectors represented at both screenings, as well as parents / carers



**CYPSP**  
Children & Young People's Support Partnership

The CYPSP Southern Trust Locality Planning Groups  
in partnership with  
**Connected for Life**

Are hosting 2 screenings of:



**RESILIENCE**  
THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE

*RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE* is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and chronicles the promising beginnings of a national movement to prevent childhood trauma, treat Toxic Stress, and greatly improve the health of future generations.

You are invited to attend this free screening and facilitated discussion which will be held at:

The Mourne Country Hotel, Newry on Thursday 14<sup>th</sup> March, 5.45-8.00pm  
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55021557961>)

and

The Square Box Theatre, Ranfurley House Visitor's Centre, Dungannon on Tuesday 19<sup>th</sup> March, 5.45-8.00pm  
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55071451193>)

These screenings are open to everyone including employees of services and organisations who work with children, young people and families, Schools, Churches, parents and carers

For further information, contact Darren Curtis, Locality Development Officer, CYPSP, on [Darren.curtis@hscni.net](mailto:Darren.curtis@hscni.net) or 02895 383066.

<http://www.cypsp.org/task-finish-groups/regional-ace-reference-group>

**CiNI** Children in Northern Ireland

**Connected for life**

\*Lower attendance level in Dungannon linked to unforeseen local & regional meetings taking place across the same week owing to Greenvale tragedy which occurred on 17<sup>th</sup> March 2019

### PARTICIPANT EVALUATION

93% of attendees stated that the information heard will be of use to them. 7% said that that the information would be somewhat of use.



\*Knowledge about Adverse Childhood Experiences AND Resilience

### PRE- & POST- COURSE FEEDBACK

Both before and after both screenings participants rated their **knowledge level** in relation to the subjects covered in the DVD:

- Before the screening, only 2 (less than 0.5%) confirmed to have had an “excellent” knowledge about ACEs / By the end of the screening, this figure had risen to 43 (46%)
- Before the screening, 28 (30%) confirmed to have had a “good” knowledge about Resilience / By the end of the screening, this figure had risen to 59 (63%)
- The percentage of participants giving a combined topics\* rating of “good” increased from 24% at the start of the screening to 53% by the end of the screening
- 30% gave a combined topics rating\* of 1 or 2 (with 1 representing “poor” knowledge) at the beginning of the screening / By the end of the screening, less than 0.5% featured in the 1 or 2 bracket



## How well did we do it? | Is anyone better off?

### Will the information you heard be of use to you?

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

I can now see how early intervention has a major impact on a child's adult experiences.

I can use today to help understand buzz words in relation to ACEs in my day-to-day role and to understand the adversity on the ground.

It consolidated that toxic stress impacts on the whole self - brain & body.

I work with adoptive families whose children have experienced developmental trauma. This has been very useful.

### What key message will you take away from the event?

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

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

Relationships that are loving & supportive can repair toxic stress.

Definition of toxic stress as unbuffered stress.

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

What do you suggest as a next step in this area with regards to ACEs and Resilience?

More support  
for vulnerable  
families /  
parents to  
break the cycle.

Regular info.  
shared, through  
services and  
voluntary sector,  
of strategies &  
coping methods

Development of  
synopses of ACEs study  
& evidence base  
targeted at frontline  
staff, as not all workers  
can make these events.

To start at  
grassroots and  
educate  
families & staff,  
etc. Every  
parent should  
see this!

Needs to be taken to  
policy level as this is  
where the message  
needs to start which  
would hopefully  
influence resource  
management.

Free ACEs  
training for day  
cares, schools,  
etc. ACE info.  
leaflets for  
families & staff.

We need to  
weave this  
science &  
research into all  
aspects of Sure  
Start services.

Meetings with  
education authority,  
health boards. Policy  
landscape, embedded  
infrastructure of  
support.

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

Explore ways of  
enhancing levels of  
resistance within young  
people. Look at the  
preventative work - early  
intervention.

Thanks so much. We do lots of interventions already, but need to connect more with others.

Very informative session. I will be more mindful in the classroom / working with young people.

Very useful. Needs to be delivered in all areas of planning / delivery of services.

Really enjoyed this. Have taken it on board and will hopefully be able to implement in my practice.

## Discussion

Has the information you have heard about the impact of childhood adversity changed how you understand those you work with?