



## **Workshop: design the training course**

### **What are ACEs and why are they important? What are ACEs and why are they important?**

#### **Different models.**

Adverse Childhood Experiences (ACEs) are potentially traumatic events, ranging from abuse, neglect and household dysfunction, which can have a significant impact on long-term health and mental wellbeing of an individual in their life.

1. **Adverse childhood experiences**
2. Disrupted neurodevelopment
3. Social, emotional and cognitive impairment
4. adoption of health risk behavior
5. Disability and social problems

#### **Planning the training course**

##### *Thinking through actions*

1. What are possible goals (*professionals*) could set for addressing ACEs?
2. What strengths would this group bring to an effort to address ACEs?
3. What resources exist to help with this work?
4. What do we still need to learn or know to face children ACEs?
5. What resources could we implement?
6. Pilot implementation
7. How could we assess action results?

##### *Brainstorm:*

1. Why this effort is important?
2. Bring a group together to develop a training
3. Develop a core group of trainers to deliver training
4. Develop talking points or materials on why this training is important for everyone to take
7. Set up training times and procedures
8. Evaluate effectiveness of trainings

#### **Design learning routes to build children's resilience:**

- *Everyday strategies*, which are incorporated into routine practice and service delivery and are designed to be used whenever an appropriate opportunity arises
- *structured resilience interventions*, which typically require intervention-specific training and are often accompanied by a guide or manual. Structured resilience

interventions differ from everyday strategies as they are delivered over a specific period of time.