

Take Action: 2018-2020 Bermuda Adverse Childhood Experiences (ACEs) Study

The 2018-2020 Bermuda Adverse Childhood Experiences (ACEs) Study concludes with the start of a framework for the general Bermuda community and specific organizations to use as they think through the role(s) they can play in strategizing approaches to ACEs.

1. Promote community awareness of ACEs.

- a) Increase public understanding of ACEs through media campaigns, discussion groups, and community events.
- b) Focus advocacy efforts on the voices of those directly impacted by ACEs.
- c) Support multi-sector partnerships to strengthen the coordination of efforts in the community.
- d) Encourage all businesses to become trauma informed.

2. Support parents and caregivers (family members and others involved in the day-to-day care of children).

The three core principles are to:

- a) Strengthen core life skills such as executive function and self-regulation skills
- b) Support responsive relationships for children and adults
- c) Reduce the source of stress in the lives of children and families

3. Provide training for and professional development in trauma-informed care.

- a) Ensure that those who work with children and families know about ACEs and their related protective factors and are aware of available resources that can provide the needed support.
- b) Train education and behavioural health care staff to recognise the signs of ACEs and how to address them appropriately.
- c) Adopt trauma-informed care practices throughout all levels of organizations.
- d) Invest in evidence-based behavioural health approaches for children.

4. Advance policies and practices that help children and families thrive.

- a) Advocate for specific ACEs-focused policies in early childhood care environments and education centres.
- b) Educate policy makers about ACEs, create opportunities for funding, and make relevant policy changes to holistically address ACEs from prevention to ameliorating the effects.
- c) Create opportunities for cross-sectoral collaboration in policy development, advocacy, and implementation.

5. Collect, analyse, and share data and findings from research and practice, while funding pilots for novel interventions.

- a) Support research, data collection, and effective data-sharing initiatives to improve everyone's understanding of ACEs and their effects in Bermuda, for both children who may be impacted and adults who actively live with the prior identified trauma.

Visit www.tfc.bm or Call 232-1116 for more information!



Tara Hines, MSPH & Stephanie Guthman, PhD
Co-Principal Investigators