

## Routine enquiry about adversity in childhood

**REACH** at Lancashire Care

### Mission Statement

To raise awareness amongst professionals and the public about long term outcomes of adverse childhood experiences.

Lancashire Care will do this by supporting practice change to embed routine enquiry about adversity in childhood within every appropriate assessment.



#ACEaware

### What is REACH?

REACH is a process introduced by Lancashire Care to routinely ask people during an assessment about traumatic/adverse experiences in their childhood. It encourages disclosure, helps practitioners to respond appropriately to what is heard and then plan interventions which improve their health and wellbeing in the longer term.

### What is an Adverse Childhood Experience (ACE)?

An ACE is any childhood trauma or adversity. This includes all forms of physical and emotional abuse or neglect that results in actual or potential harm to a child. This may include growing up where there is:

- Physical, sexual or emotional abuse
- Recurrent emotional abuse including bullying
- Family members who misuse substances
- Poor parental mental health
- Parental death/loss
- Neglect and poverty
- Divorce/death/abandonment

### Prevalence

in an English ACE study...



**47%** of individuals reported at least one ACE

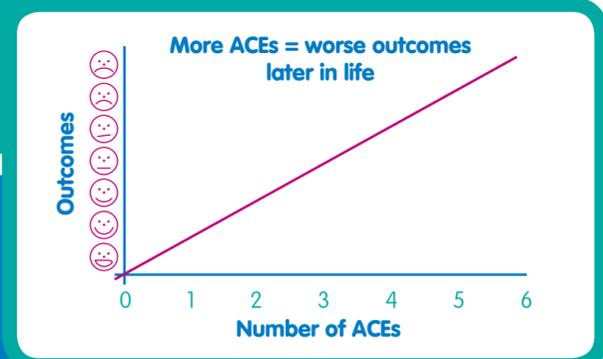


**9%** of individuals reported four or more ACEs

### Impact

People exposed to four or more ACEs die almost 20 years earlier than those with no ACEs.

Preventing ACEs in future generations could reduce rates of:



Smoking by **16%**



Binge drinking by **15%**



Cannabis use by **33%**



Poor diet by **14%**



Unintended teen pregnancy by **38%**



### Barriers To Early Detection



The client is unlikely to spontaneously disclose.



Professionals rarely ask about adversity directly.



The Professional is unsure of connection between psychological difficulties and ACEs and wants to avoid causing distress to the client or themselves.

### What Lancashire Care is doing for the future of REACH

The REACH project is led by Dr Warren Larkin, Consultant Clinical Psychologist and Clinical Director at Lancashire Care, and aims to train professionals to ask about childhood adversity as part of any standard assessment.

We will work with professionals and our communities to:

- Increase knowledge and awareness of adversity and the consequences
- Disseminate the knowledge and skills required to ask and respond sensitively and appropriately
- Embed routine enquiry into assessment procedures and create ACE aware individuals and organisations
- Hold REACH follow up sessions with professionals and service users to support embedding practice change and to learn from their experiences

To find out more please contact us via [reach@lancashirecare.nhs.uk](mailto:reach@lancashirecare.nhs.uk)