ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

Scientific Publications


The original paper assessing the prevalence of ACEs and their relation to health over the life course.


Confirms the association between ACEs and resulting health outcomes in England and Wales, and adds the additional level of avoidable healthcare costs resulting from ACEs.


Reviews the effects of ACEs and the potential benefits achieved through their reduction.

Books

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Dr Nadine Burke Harris

Nurturing Children: From Trauma to Growth Using Attachment Theory, Psychoanalysis and Neurobiology by Graham Music
**News Articles**

**Positive Childhood Experiences May Buffer Against Health Effects Of Adverse Ones** *(NPR, 2019)*  
Summarizes a recent study on the protective effect of positive childhood experiences on long-term health outcomes, mirroring the methodology of the ACEs approach.

**Reimagining Community Resilience with Health in All Policies** *(Harvard Public Health Review, 2018)*  
Raises the concept of resilience to the population level and provides examples of the application of policies not related to health to increasing resilience and thus long-term health outcomes.

**Other**

**Resilience** *(Guide from the Center on the Developing Child at Harvard University)*

**What is Epigenetics?** *(Factsheet from the Center on the Developing Child at Harvard University)*

**Globally Reduce Adverse Childhood Experience Initiative** *(Project from the for Global Health Sciences at University of California, San Francisco)*

**Unhappy Child, Unhealthy Adult** *(BBC Radio 4 Programme)*

**ACE Aware Scotland 2020 Conversation series - Website**

**Graham Music: Nurturing Natures - Website**

**Tigers - Website**

**Suzanne Zeedyk: The Science of Human Connections - Website**
Other

Beacon House: Therapeutic Services and Trauma Team - Website

Mental Health - Time for Action Foundation - Website

IMARA - Support after Trauma - Website

BASE Babywatching - Website

Square Peg - Website

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