



ADDITIONAL RESOURCES COMPILED BY OUR VOLUNTEER TEAM

Scientific Publications

Felitti, V., Anda, R., Nordenberg, D., Williamson, D., Spitz, A., Edwards, V., ... Marks, J. (1998). [Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences \(ACE\) Study](#). American Journal of Preventive Medicine, 14(4), 245–258.

<https://doi.org/10.3922/j.psns.2014.1.06>

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

Hughes, K., Ford, K., Kadel, R., Sharp, C. A., & Bellis, M. A. (2020). [Health and financial burden of adverse childhood experiences in England and Wales: a combined primary data study of five surveys](#). BMJ Open, 10(6), e036374.

<https://doi.org/10.1136/bmjopen-2019-036374>

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.

Bellis, M. A., Hughes, K., Ford, K., Ramos Rodriguez, G., Sethi, D., & Passmore, J. (2019). [Life course health consequences and associated annual costs of adverse childhood experiences across Europe and North America: a systematic review and meta-analysis](#). The Lancet Public Health, 4(10), e517–e528.

[https://doi.org/10.1016/S2468-2667\(19\)30145-8](https://doi.org/10.1016/S2468-2667(19)30145-8)

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](#)



**ADDITIONAL RESOURCES
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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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