

Working with Incarcerated Youths & Adults with Adverse Childhood Experiences (ACEs)



Adverse Childhood Experiences

ACEs are **stressful and potentially traumatic events** that happen in childhood. Some of the common types of ACEs include:



Research has found that ACEs are **common** amongst the prison population.

Overseas literature has found that:



80% of adult offenders reported at least 1 type of ACE

In Singapore:



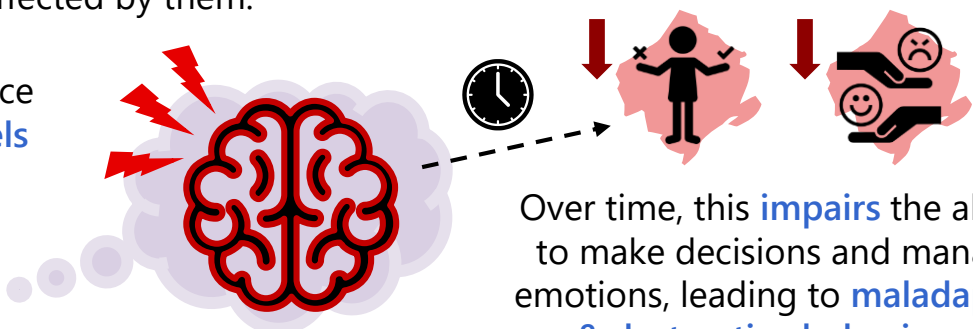
93% of youth offenders reported at least 1 type of ACE



How do ACEs affect a person?

While not all ACEs are experienced as trauma, they do have the potential to cause harm to those affected by them.

ACEs can induce very **high levels of stress**.

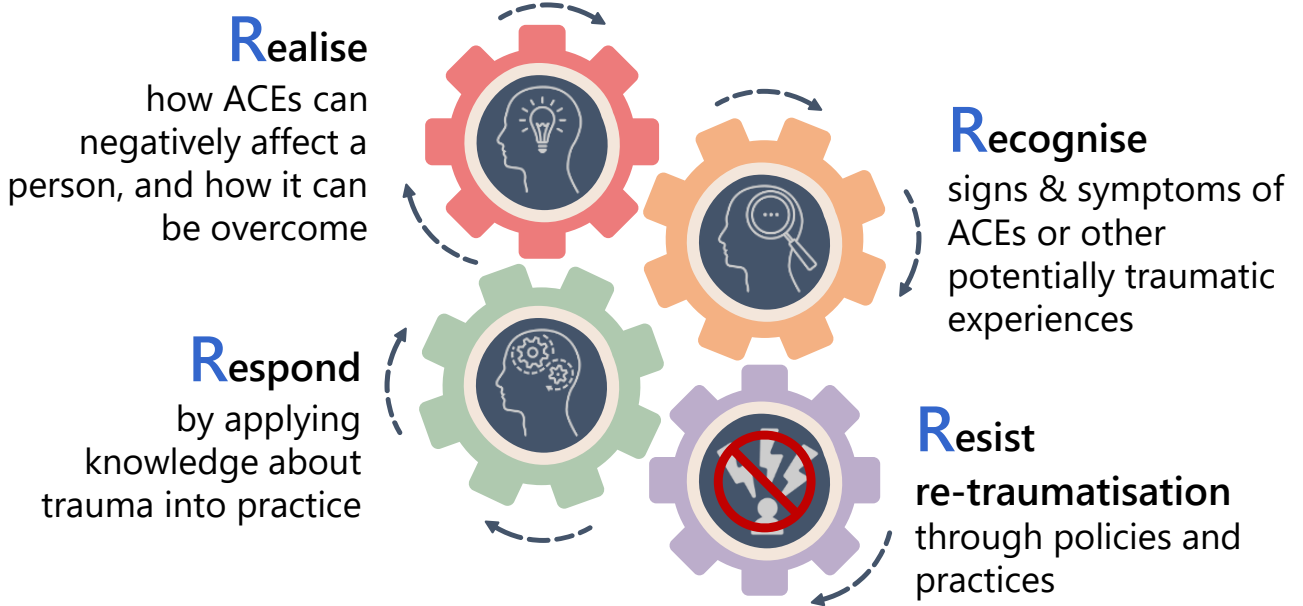


Over time, this **impairs** the ability to make decisions and manage emotions, leading to **maladaptive & destructive behaviours**.



Supporting offenders with ACEs: The 4R approach

The 4R approach can help us have a **holistic understanding** of offenders' backgrounds and how they may have been affected by ACEs.



✘ However, this does not mean getting offenders to talk about the details of any past adverse or traumatic experience! The direct addressing of trauma should only be conducted by a **trained professional** in trauma intervention.



What can be achieved with the 4R approach?

The 4R approach could potentially bring about **positive effects**. For instance:

