

# Preventing Adverse Childhood Experiences (ACEs) and Fostering Resilient Children, Families and Communities

All children in the Fraser Health region grow up in connected families and inclusive communities that foster optimal health and resilience throughout their lifetime.



## Our focus areas

Strategic directions to prevent and mitigate the effects of ACEs and create positive childhood experiences

### Build connected and inclusive communities

### Provide opportunities for social emotional development

### Promote reproductive health and rights

### Offer culturally responsive caregiving and supports

#### Enabler

Taking collective action and centering the voices of children and youth results in more effective strategies and approaches.

## Our pathways to change

Conditions for safe and nurturing relationships and environments

### Shift social and cultural norms

Promote a shared responsibility for child development. Challenge social norms, structures or practices that uphold racism and discrimination.

### Implement strategies that address the root causes of ACEs

Change the social conditions that lead to ACEs and develop resilience in children, families and communities.

### Influence healthy public policy

Advocate for equitable local and provincial policies that reduce stress on families and create enriching positive environments.

### Use data to inform our actions

Use an evidence-based approach and collect meaningful data so that we offer effective programs and measure our progress.

#### Enabler

Engaging in mutually reinforcing actions along each pathway to change to increase protective factors and decrease risk factors for ACEs.

## Our outcomes

Changes we expect when we are successful

### Children & youth

Grow up with their basic needs met and have safe and nurturing relationships with family and other supportive adults.

### Families

Have strong social support structures and stable, positive relationships with the people around them.

### Community

Is a safe place for families to grow and offers supports when needed.

### Society

Upholds the rights of all children and provides structures and policies that promote equity and inclusion.

#### Enabler

Using both universal and targeted approaches to advance equity.

## Advancing equity with priority populations

Colonialism, discrimination and other structural inequities have resulted in policies and practices that channel significant stress into some communities more than others. This creates environments that increase the risk of ACEs and undermine child well-being. We will engage with those who are impacted the most and co-develop solutions based on their sources of resilience and strength.



## Our priority populations

- Indigenous children and youth
- 2SLGBTQ+ children and youth
- Asylum seekers, refugees and immigrant children and youth
- Youth experiencing substance use and/or homelessness