

At The Exchange, Twickenham Sept 19 at 6pm
Q & A discussion to 8pm Café & Bar on site
Book online at www.exchangetwickenham.co.uk
Tickets £8 £6 conc



“The child may not remember but the body remembers”

“When I started hearing about the emerging science of adversity and childhood stress, my mind was blown. High doses of stress during childhood get into our bodies, change our brains, and lead to lifelong health and social problems—everything from domestic violence and substance abuse to heart disease and cancer. The science of ‘Toxic Stress’ and the major findings that came out of the Adverse Childhood Experiences (ACE’s) Study should be common knowledge public health information. But the movement is still in its infancy.”

Director James Redford

RESILIENCE is an award-winning one-hour documentary that chronicles the birth of a movement to disrupt intergenerational cycles of violence, addiction and disease. Since implementing “trauma-informed” policies and practices, some communities in America have seen drastic reductions in rates of everything from dropping out of school to teen pregnancy, youth suicides and domestic violence. In Washington state, youth suicides down 59%, domestic violence incidents down 27%, youth arrests for violent crime down 66%. In San Francisco a whole school approach to trauma-informed practice has seen school suspensions drop by 95% in 5 years.

In the UK the movement is just beginning. Screenings of ‘Resilience’ are having an impact.

Post screening Q & A with distinguished panel of speakers

- **George Hosking** OBE, Founder and CEO of the charity Wave Trust (Worldwide Alternatives to Violence), economist, accountant, psychologist and clinical criminologist.
- **Dr Sarah Temple**, GP, with special interest in neurodevelopment and the link between emotional, mental and physical health, founder and director of social enterprise EHCAP.
- **Shabira Papaim**, Deputy CEO of the charity Best Beginnings, community development worker in maternity and mental health, work cited in NICE good practice guidelines.
- **Sir Vince Cable**, MP for Twickenham and Leader of the Liberal Democrats, is keen to raise the profile of child mental health.

Come and share your ideas and join in the conversation

Film run time 60 minutes / Q & A to 8pm

“If I had to boil it down to one thing people might learn from this science, it’s to totally put to bed forever this sense that children who are born under disadvantaged circumstances are doomed to poor life outcomes. The science is saying that’s just not true.”

Dr Jack Shonkoff, Paediatrician, Harvard University.



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