



## Rossie Research

**At** Rossie, We undertake qualitative and quantitative research to evaluate and drive new practice initiatives. Most recently our Specialist Intervention Service has conducted research into Adverse Childhood Experiences and completed a report on their findings.

### What are ACEs?

ACEs are stressful events that occur during childhood such as violence, abandonment, abuse and neglect. A survey was developed in the US which found that people who experienced a higher number of ACEs were more likely to experience a number of health conditions in adulthood.

### What has Rossie done?

To add to the research, Rossie's Specialist Intervention Service practitioners questioned if strengths could play a role in the development of a young person's resilience. The team produced the study: 'Adverse Childhood Experiences (ACEs) and Strengths of Looked After Children living in Rossie Young Trust'.

The team have constructed our own ACES screening questionnaire based on the original ACEs questionnaire. These areas include: being bullied, experiencing bereavement and having had many placement moves. The research helps and guides the team in developing care plans and intervention services for our young people. As Rossie is accustomed to making improvements constantly, the team will continue to build on this research and work with others to increase our knowledge and others' awareness about ACEs.

The Specialist Intervention Services practitioners continue to work with Universities and other academic bodies to keep up to date with new findings – and will expand upon this research project.

### Other Research

Rossie is committed to ongoing research and evaluation designed to inform the development of new and innovative approaches.

Young people with severe behavioural problems and/or offending behaviour entering secure care often have a long history of treatment and care in the community. These interventions often include multiple disrupted foster care or residential placements that have not been effective in reducing their problems (Harder, 2011).

Whilst there is no all embracing solution, traumatisation is arguably the driving force for problem behaviours, that result in young people being placed within residential and secure accommodation (Barron & Mitchell, 2013). Frequently, it is also the key obstacle to young people being receptive to most psychotherapy approaches.

Evaluation of Teaching Recovery Techniques intervention in Rossie (Barron & Mitchell, 2013) identified that young people experienced a wide range of different types of cumulative (increasing or enlarging by successive addition) trauma, including neglect, loss, abuse, frequent changes of placement and domestic violence.

Traumatised young people can display a wide range of symptoms indicative of developmental trauma including and ranging beyond PTSD, dissociation, traumatic grief, depression, emotional dys-regulation, attachment difficulties, self-harm, suicide attempts, violence and identity confusion. Frequently such young people find it difficult to self regulate, make and maintain relationships and process information.

Trauma assessments and interventions are therefore one of the key service elements which can be optimised within secure and residential care to improve outcomes for young people and demonstrate service 'effectiveness'.

### Please click below to view papers:

**Barron, I. & Mitchell, D. (2018) The Fairy Tale Model: Secure Facility Therapist Perceptions Journal of Child and Adolescent Trauma**

**Barron, I. G., & Mitchell, D. (2017). Manager perspectives of a trauma specific intervention in secure accommodation. Journal of Children's Services.**

## Rossie Research

**Barron, I. G., Mitchell, D., & Yule, W. (2016). Pilot study: RCT of a group-based psycho-social trauma recovery program in secure accommodation in Scotland. Journal of Family Violence, 32(6), 595–606.**

**Adolescents in Secure Care: Exposure and Impact of Traumatic Events' (Barron, I., Mitchell, D., & Yule, W. 2017). This paper argues there is a need for change in the secure estate from adolescents presenting behavioural difficulties to assessing and addressing underlying trauma.**

### [Find our papers](#)

**University of Dundee: Dundee**

**Barron, I., & Mitchell, D. (2014). Report to the Scottish Government: Omission of trauma within Policy and Guidelines.**

**Scottish Government**

**Barron, I., & Mitchell, D. (2013). Report to Scottish Government on the omission of a trauma perspective within National policy documentation.**