

## The Leisure and Well-Being Model:

### Improving Outcomes for Children Exposed to ACEs

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#### Overview

- ACEs (adverse childhood experiences) are negative and potentially traumatic events that occur in childhood and affect more than 50% of the US population.
- ACEs are linked with decreased well-being, including conditions like future violence, engaging in risky behavior, mental illness, chronic illness and premature death.

#### The Leisure and Well-Being Model (LWM)

- A strengths-based approach that uses leisure to improve well-being.
- Promote client's resilience in the face of adversity.

#### Linking the LWM to exposure to ACEs

- As children are exposed to more ACEs, their well-being is increasingly reduced.
- Developing an age appropriate leisure repertoire has been shown to aid children in developing social, psychological and physical resources.

#### IMPLICATIONS

- Provide leisure education to identify "savor-able" & authentic leisure interests.
- Advocate for resources for high-risk communities so that services can be provided in safe and nurturing environments.
- Provide trauma-informed services to avoid retraumatization.
- Regularly screen and assess for ACEs and advocate for standardized ACEs assessments.
- Create a network of professionals as a resource for services that reach beyond the scope of RT.

# The damaging effects ACEs have on the well-being of children can be reduced when a protective effect is created through leisure.

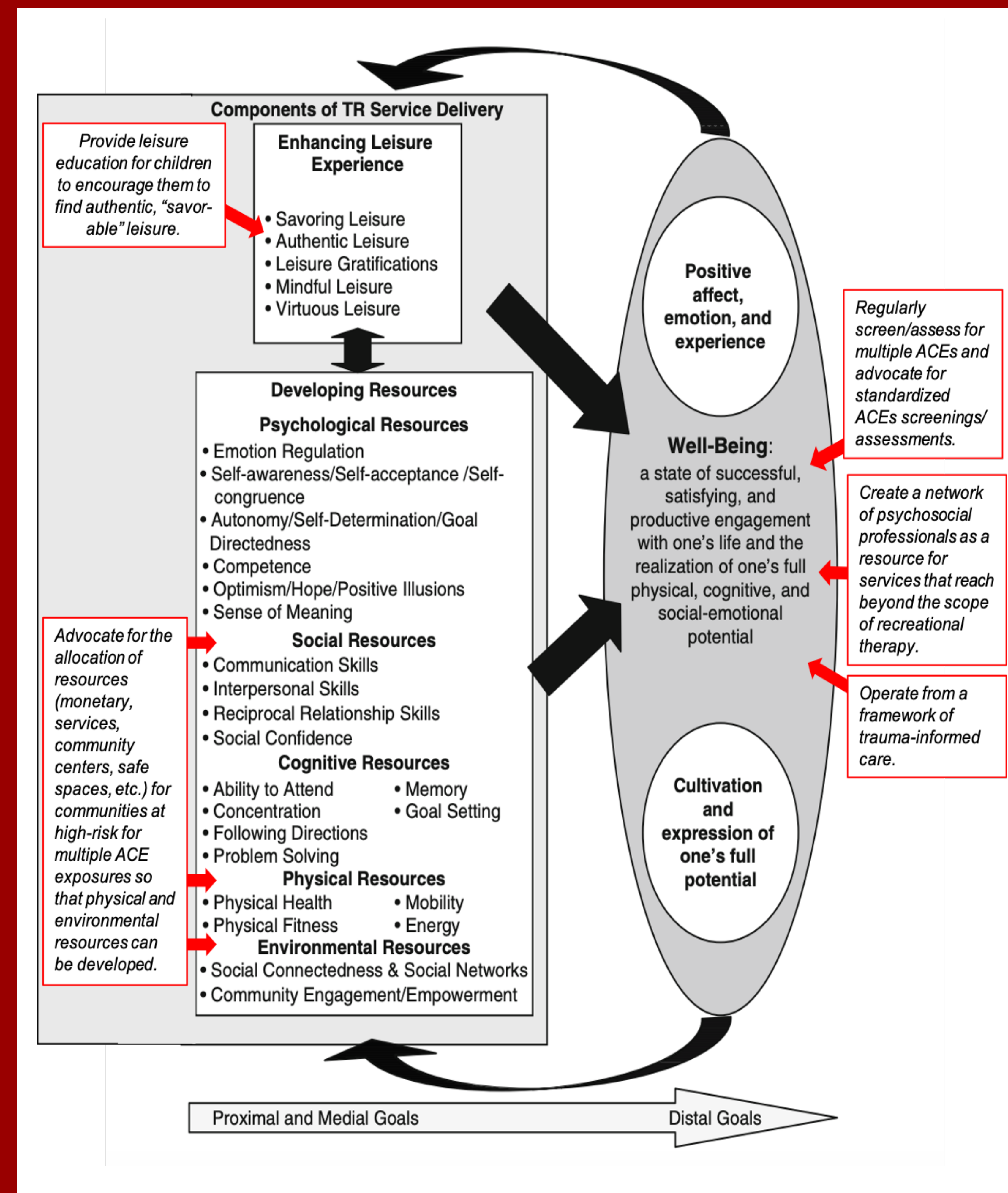


Figure 1. Components of the Leisure and Well-Being Model. Adapted from "Positive leisure science: From subjective experience to social contexts," by C. Carruthers and C. Hood, 2013. Edited by G. Maher for Temple University RT EBP Conference 2020.

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