

Trauma Informed Somerset

An area for cross-service notes, links and info sharing

[RESILIENCE \(2017\)—UK Trailer - YouTube](#)

Viewing of the full film will be available during November by invitation.

If you would like more information type **RESILIENCE** in the chat

Workshop Agenda

All Items to include themes from the stakeholder workshop on 1st November 2021

1. Our Vision for the Future – Kate
2. Terms generally used and what they mean – Jo
3. Data to show the need for Somerset to become ‘Trauma Informed’ – Tim
4. What do we already have available in Somerset? – Vikki
5. Thoughts form the system
6. Next steps

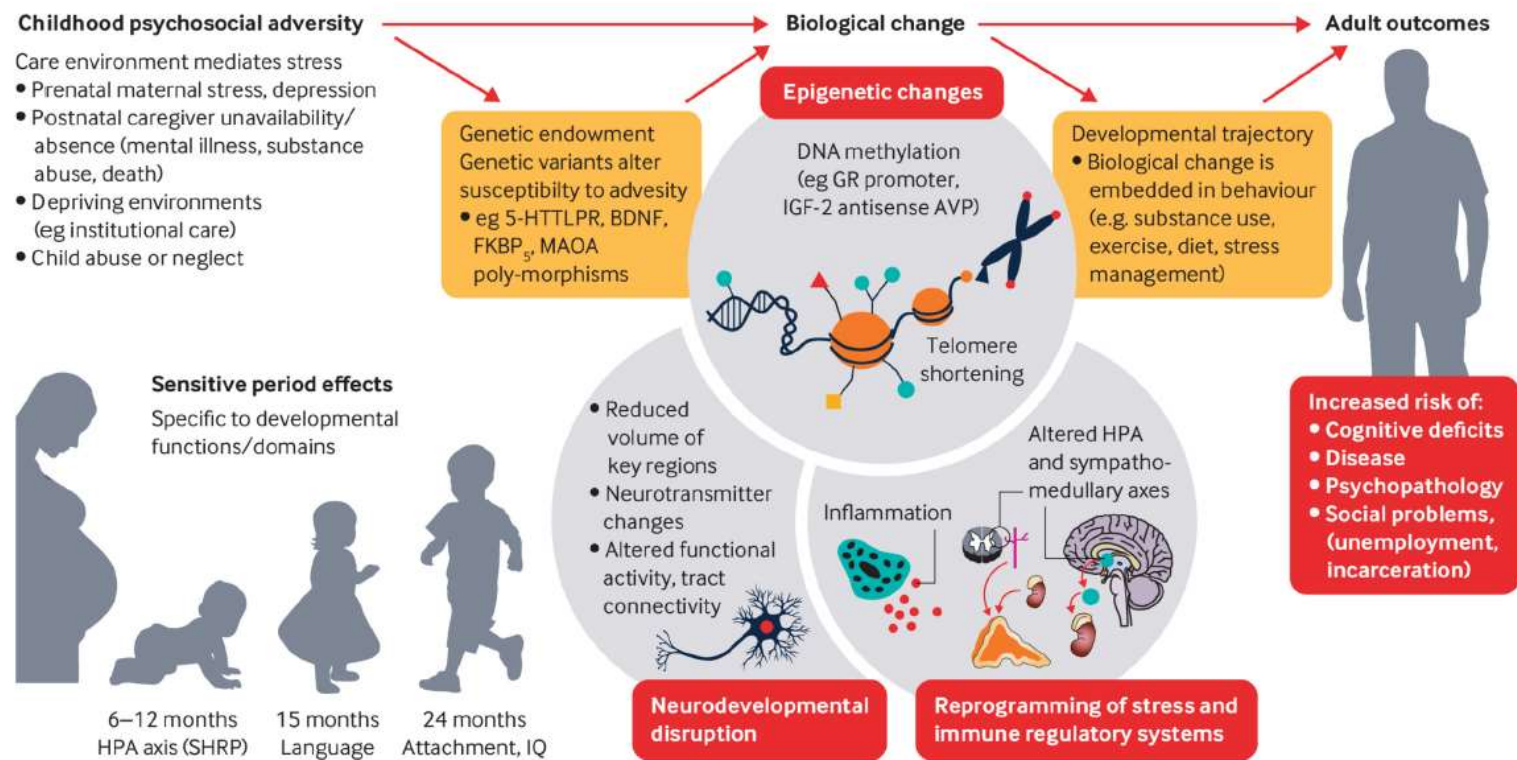
Why do we need a trauma-informed Somerset?

Dr Kate McCann

Clinical Service Lead for Community Child Health



Science of adversity

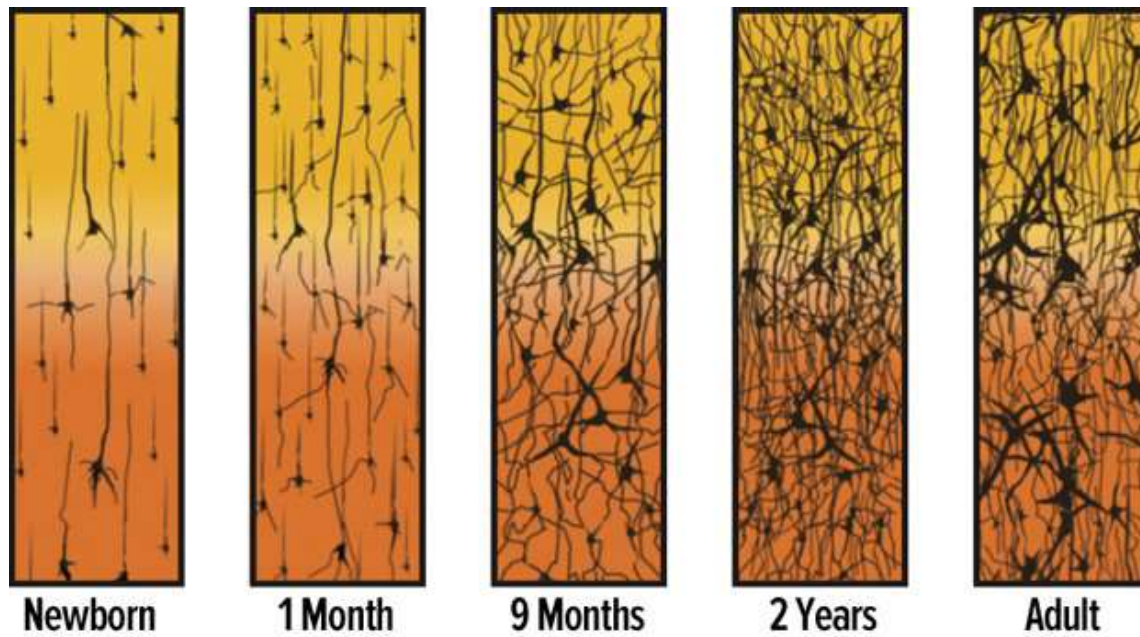


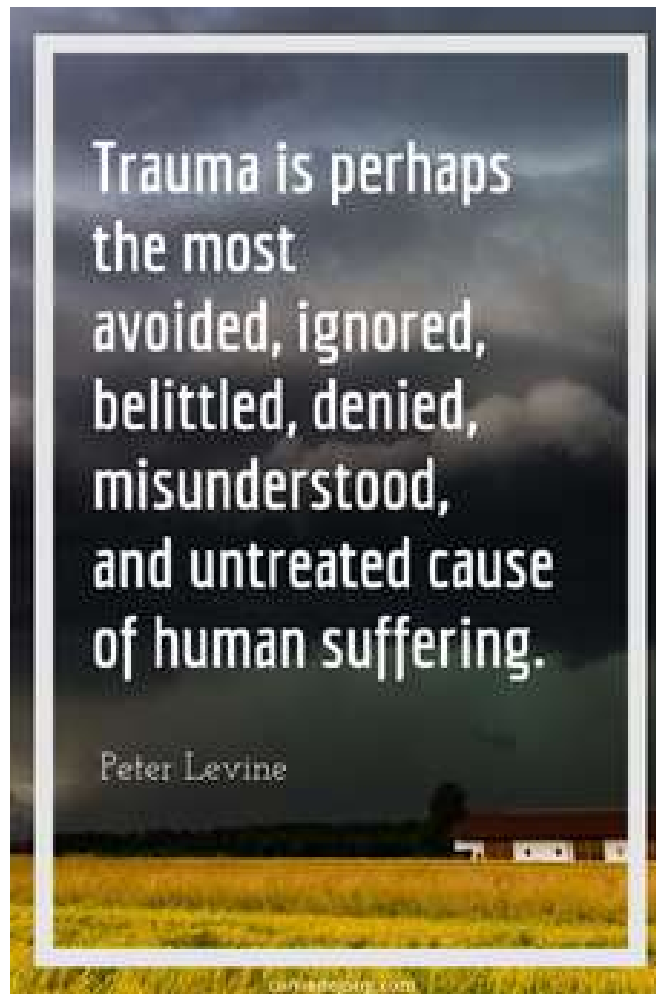
It is never too late to start re-wiring your stress response....The single most important thing is recognising what the problem is in the first place

Nadine Burke-Harris MD

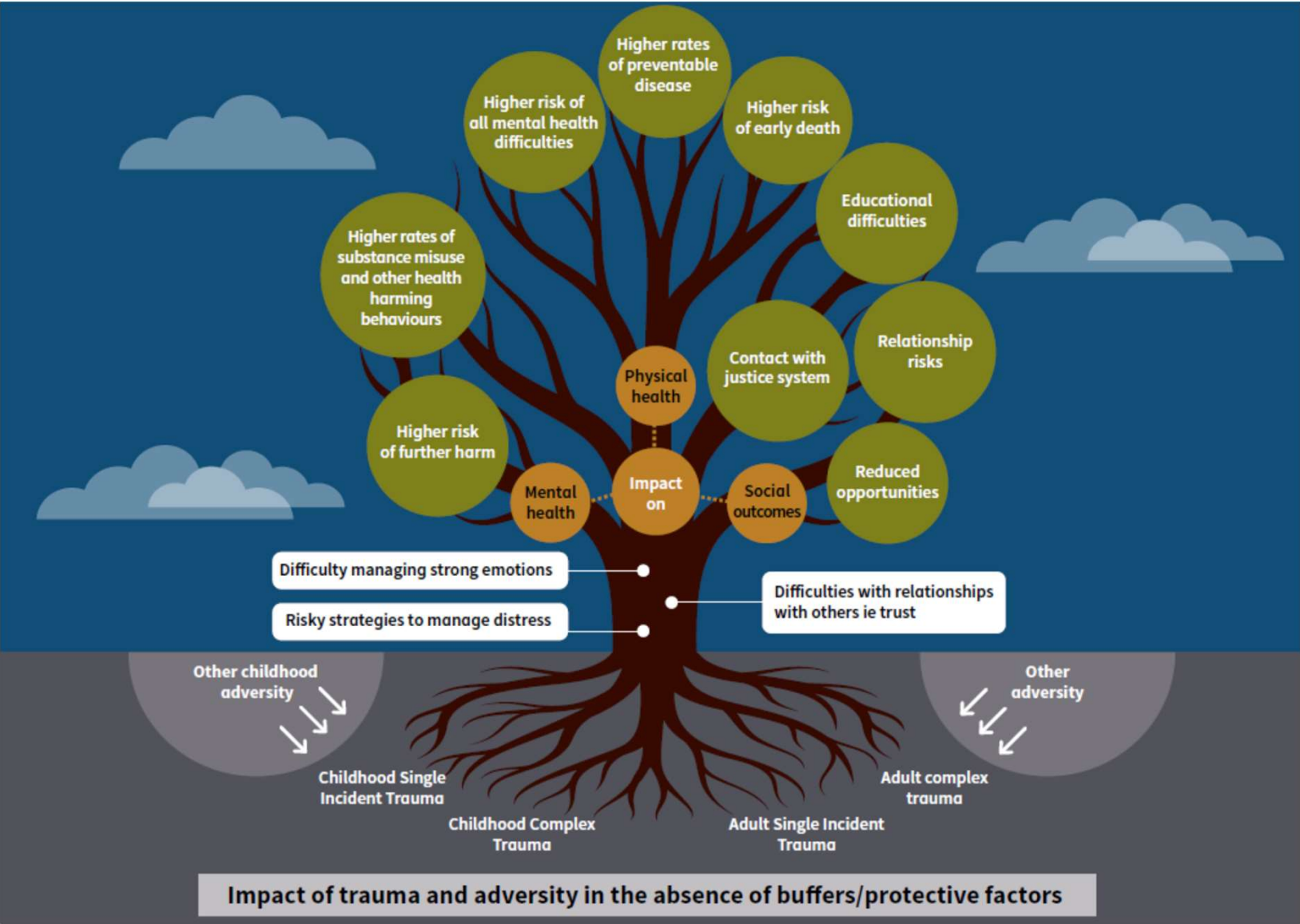


Brain development





Source: <https://www.washk12wellness.org/trauma-informed.html>



Source: NES National Trauma Training Programme

A trauma informed system

.....raising awareness of all staff about the wide impact of trauma

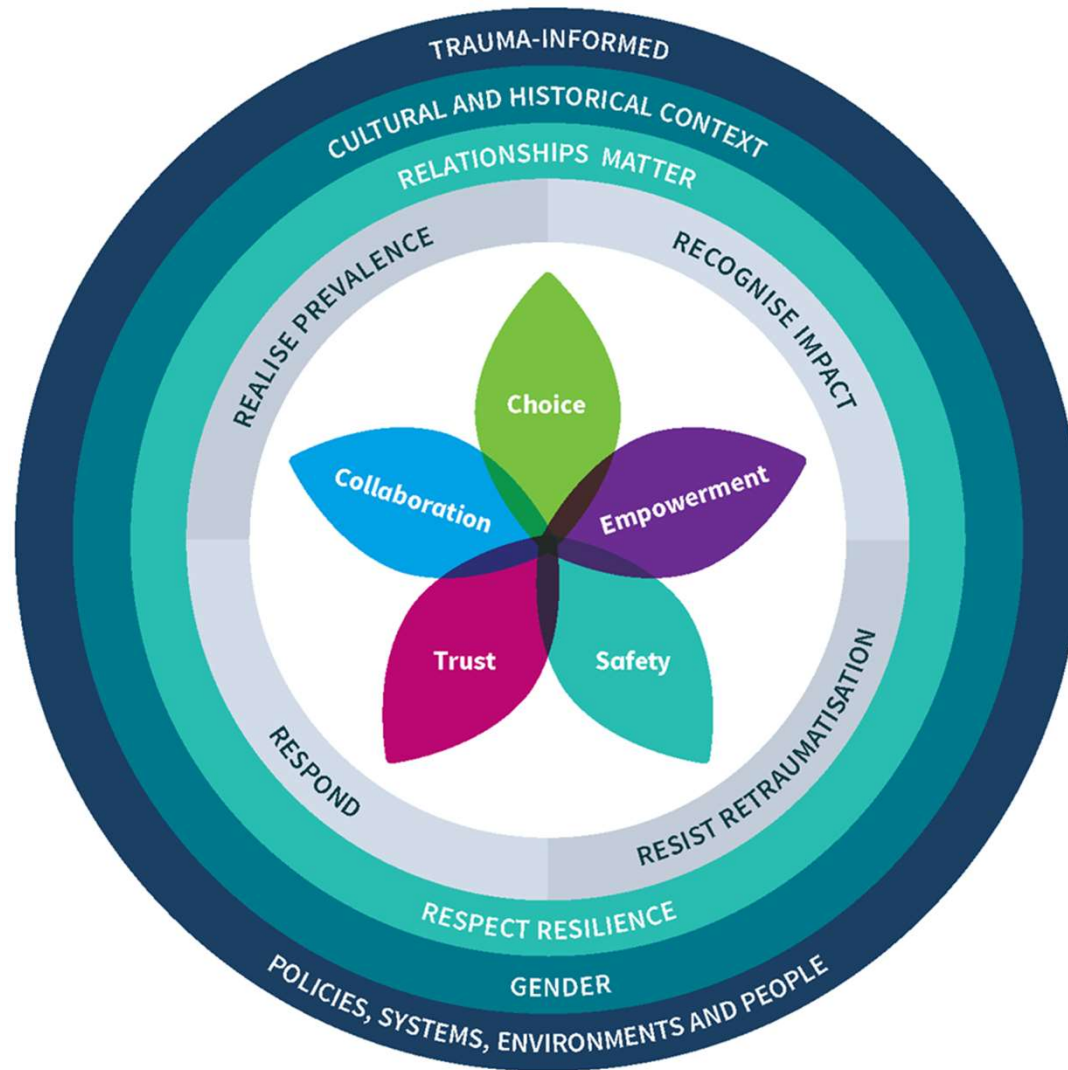
Trauma is everyone's business

...understanding and responding to the impact of trauma

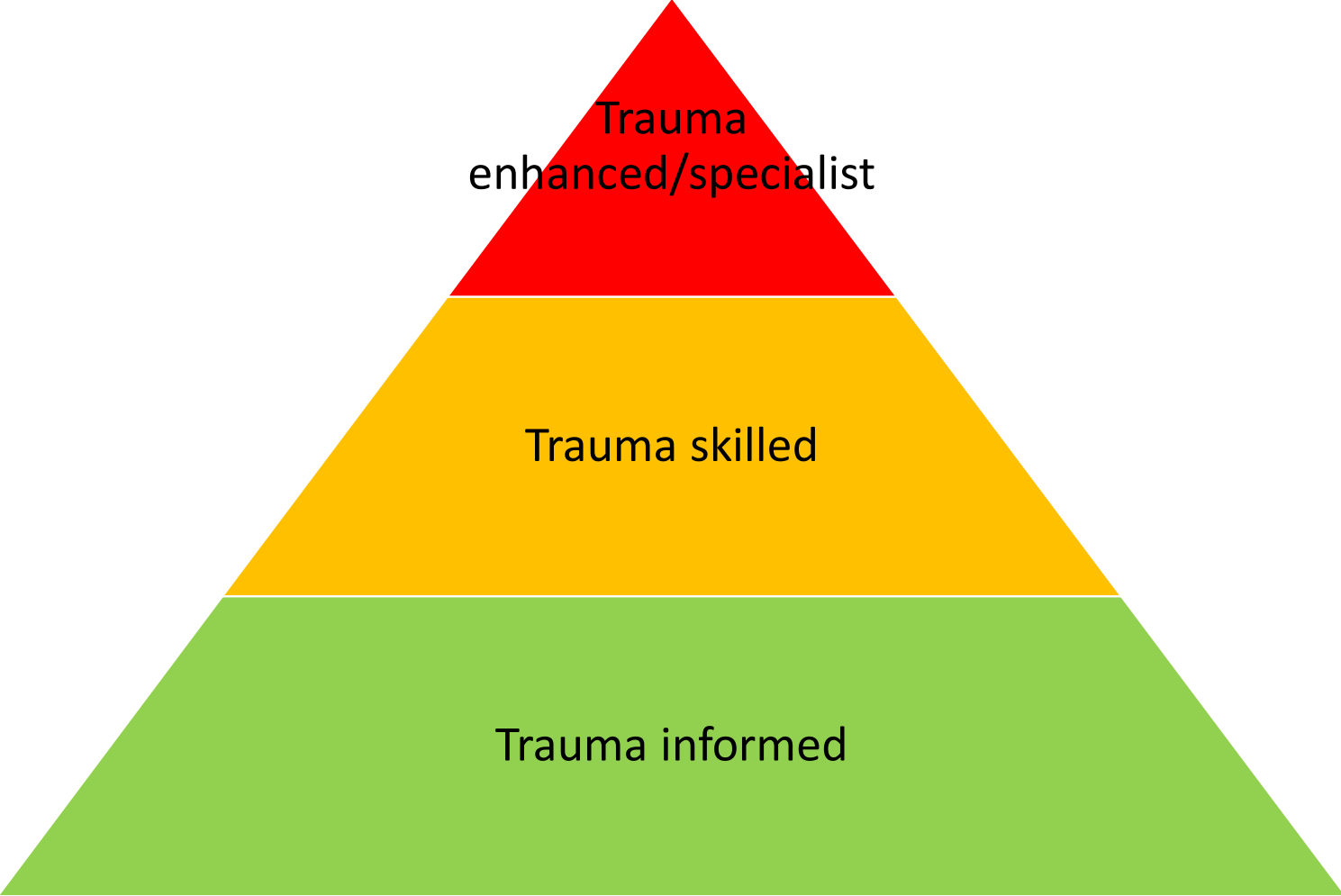
....promotes environments of healing and recovery

...empowering people to re-establish control of their lives

.....not re-traumatising individuals



Source: NES National Trauma Training Programme



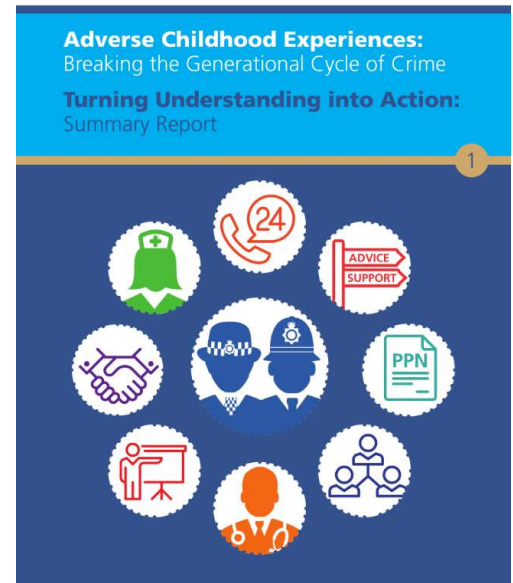
Trauma
enhanced/specialist

Trauma skilled

Trauma informed



Trauma is **'everyone's business'** and every member of the Scottish Workforce has a role to play in understanding and responding to people affected by trauma (NES National Trauma Training Programme)





On adverse childhood experiences (ACEs):

“

The single most important thing we need today is the courage to look this problem in the face and say: 'This is real. This is all of us.'

Dr. Nadine Burke Harris
Center for Youth Wellness

<https://minnesotachildrensalliance.org/news/nadine-burke-harris-childhood-trauma/>



The ask.....

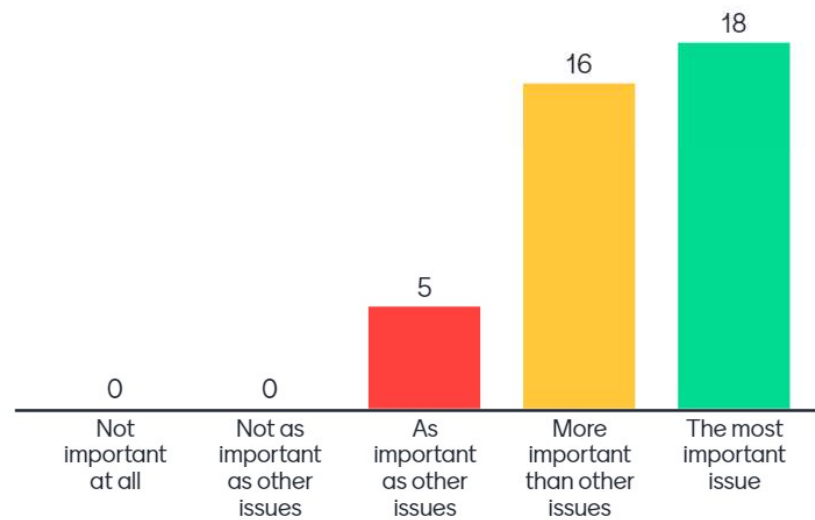
Will you commit to Somerset becoming a
trauma informed county?

Q5 - How important is it for Somerset to be 'Trauma Informed'?

What the stakeholders said:

How important is it for Somerset to be 'Trauma Informed'?

Mentimeter



Terms and what they mean

Somerset ACEs
(Adverse Childhood Experiences)?

Trauma Aware Somerset?

Psychologically Informed Somerset?

Somerset Relational Approaches?

Trauma Informed Somerset?

Trauma and Adversity Aware Somerset?

Resilient Somerset?

Q1 What common term should we use which works for Somerset?

- Overwhelming response was for the term Trauma Informed Somerset.
- Other sometimes used terms were resilience and aware rather than informed
- About 95% voted for trauma informed.
- Seen as the aligning with the majority of similar work being done in the UK
- Informed was viewed as the best term as the process of changing practice is a long one and first step is to become informed
- ACE's seen as slightly less relatable for the public and also can lead to the perception of a focus on childhood experiences where as trauma informed approach is more system wide.

Q2 - What do you understand from the term 'Trauma Informed?'

What the stakeholders said:

- Understanding how early childhood experiences affect later behaviour
- Avoiding traumatisation
- System wide with multi agency collaboration not just individual
- Building resilience
- Not an end state but a process
- Judgement free, compassionate, empathetic approach
- Tailoring interventions based on understanding of individuals trauma
- Developing safe spaces
- Inclusion of all

19-20 Data

- Somerset is ranked 4th highest nationally for CYP hospital admissions rate as a result of self-harm (over double national average and in the top 2.5%).
- The rate of hospital admissions for mental health reasons in Somerset (all ages) is 56% higher than national (top 10% nationally).
- Admission episodes for alcohol conditions in CYP are double the national average and in the top 10% nationally.
- Somerset is in the top 14% nationally for suicides.
- The largest national survey on the prevalence of CYP Mental health disorders (NHS, 2017) suggests that the South West is the second highest region in England for CYP mental disorders. The South West is 21% higher than the England average. Unfortunately, data was not published at a more local level, but given that other measures suggest that Somerset has greater prevalence of CYP Mental health difficulties than the South-west average, it would be estimated that the Somerset level for CYP mental disorders would be even higher than the South West rate.
- School suspensions (fixed-term exclusions) are some of the highest in England across primary and secondary education and are in the top 7% nationally.
- Parts of Somerset, particularly West Somerset are amongst the worst areas for social mobility in the country

70/30 CAMPAIGN: EMPOWERING COMMUNITIES TO PROTECT OUR CHILDREN

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

Abuse

- Emotional abuse
- Physical abuse
- Sexual abuse

Household Challenges

- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

Neglect

- Emotional neglect
- Physical neglect

People with 6+ ACEs can die **20 yrs** earlier than those who have none

1/8 of the population have more than 4 ACEs

www.70-30.org.uk @7030Campaign

4 or more ACEs

3x the levels of lung disease and adult smoking	11x the level of intravenous drug abuse
14x the number of suicide attempts	4x as likely to have begun intercourse by age 15
4.5x more likely to develop depression	2x the level of liver disease

“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67% of the population have at least 1 ACE

Lifespan

An Evidence Informed Approach

John Hattie's (2009) Research:

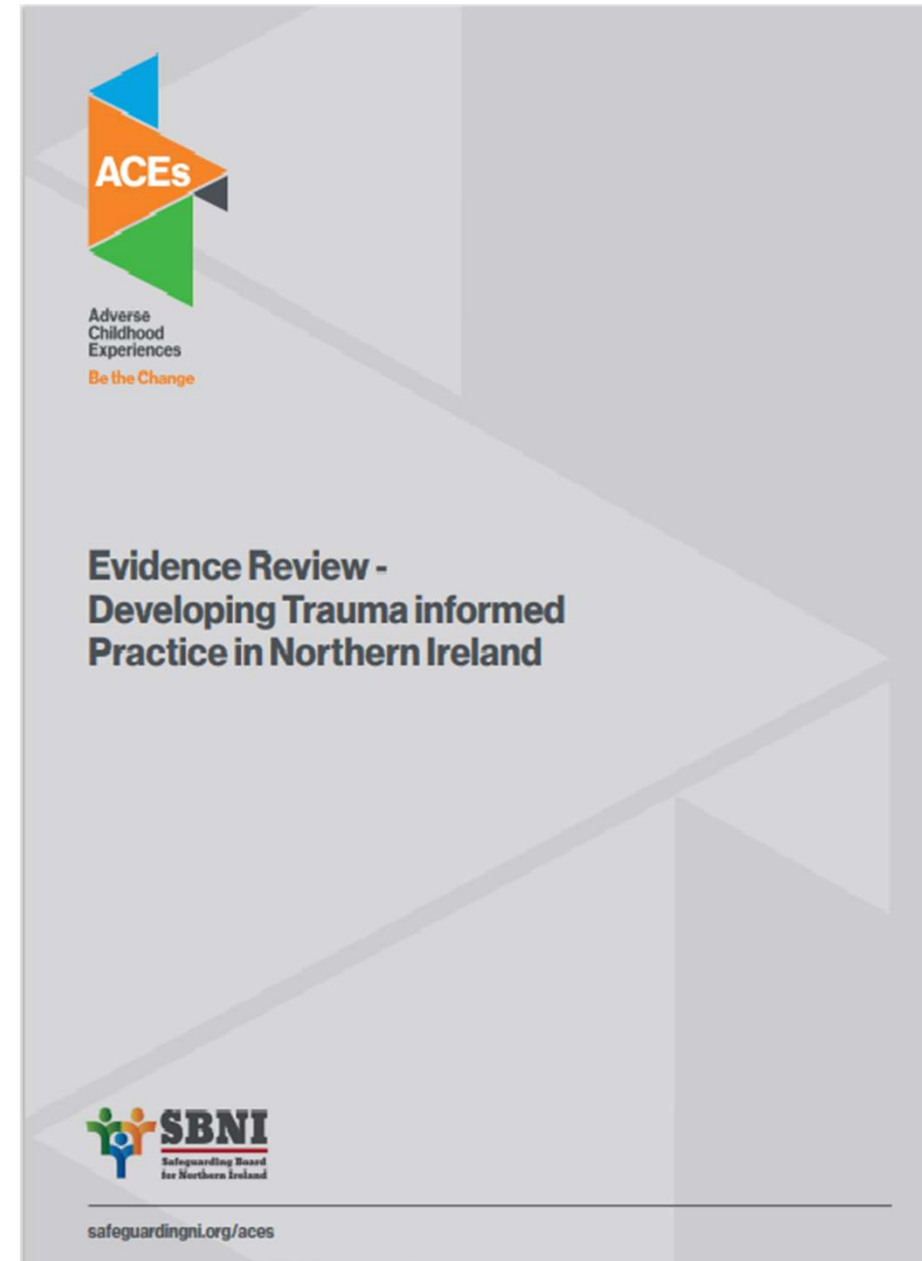
- Positive teacher-student relationships involve value, respect, listening, empathy, warmth, care, positive regard.
- Effect size = 0.72 for achievement - 229 separate studies, 370,000 people in 2,439 schools. ranked 11th of 138 factors (Hattie).
- The evidence indicates increased engagement, respect, better behaviour and sense of belonging are all associated with strong relationships.
- Tendency for teachers to underestimate the impact of relationships on attainment and attribute to other factors (parents, senior leaders and students made more accurate predictions)

Timpson Project (Rees Centre, Oxford University)

- Whole-school approach and leadership support essential in establishing effective approaches, alongside regular follow up and influence on policy change.

Outcome Evaluations

- Increased staff awareness of trauma long past point of training
- Increased client engagement and decreased use of restraints/physical coercion, disciplinary measures and client aggression
- Improvement to mental health and wellbeing of clients
- Increases to treatment effectiveness
- Improved staff happiness and satisfaction
- Cost effective



What's happening in Somerset



ACEs

Introduction to Adverse Childhood Experiences
Early Trauma Online Learning



Somerset Children & Young People
Health & Wellbeing



Working With The Traumatized Child

<https://www.menti.com/> code 8701 8110

Q3 - What else is happening in somerset that could be referred to as 'Trauma Informed'? What else shall we bring into this work?

What the stakeholders said:

- A wide variety of training programs
- Third sector organisations
- Range of youth engagement programs
- Need to bring in wider services
 - Maternity wards due to research on impact of ACE's pre birth
 - Drug and alcohol services
 - Housing
 - Transport
 - Important to involve a range of sectors outside public and third sector services such as hospitality

Q4 - To what extent do you think your service area is 'Trauma Informed'?

What the stakeholders said:

- High level of disparity within sectors even within individual services
- More information needed on services outside children's
- Difference between their understanding and their practice
- Primary care and public health both perceived as average
- Third sector organisations tended to perceive themselves as more trauma informed than public sector

Avon and Somerset VRU - trauma informed training

(Children & young people at risk of violence and exploitation)

The Home Office Youth Fund 2021-22 have awarded Avon and Somerset VRU's funding to help embed trauma informed practice. From this Somerset have £102K of training resources to use between now and March 2022.

Criteria	Somerset Offer
Training that will contribute towards all systems trauma informed approach for young people who come into contact with services across Police, Somerset County Council, Health & Education, using a model that can be evaluated and can potentially rolled out by other services in the future.	240 frontline professionals training spaces 24 management training spaces 10 train the trainer spaces (+ 1year supervision) Access to a TIP network



Scottish Government
Riaghaltas na h-Alba
gov.scot

Trauma-Informed Practice: A Toolkit for Scotland

<https://www.menti.com/> code 8701 8110

Implementation Guide

Core principles

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment

Areas of implementation

- Governance and leadership
- Policy
- Physical environment
- Engagement and involvement
- Cross sector collaboration
- Training and workforce development
- Financing
- Evaluation/ Progress monitoring and quality assurance

Q6 - How can Somerset become more 'Trauma Informed'? Examples can include training, development, culture, principles, competencies, etc.

What the stakeholders said:

- Common set of principles/goals with shared language
- Support from leadership
- Cross agency collaboration
- Consistent and joined up training with support and time to understand and implement
- More understanding around the impact of housing insecurity on causing ACE's and retraumatisation
- Understanding how trauma influences likelihood of substance abuse which can in turn cause ACE's in those that interact with the user and continue the cycle
- Raising awareness
- Client engagement and peer support mechanisms
- Toolkit and shared outcome framework
- Further research into best practice and evidence based interventions
- Trauma informed evaluations of current services

Q7 - Are there any examples of best practice relating to trauma aware work/ACE's that can help inform our practice?

What the stakeholders said:

- Manchester – safeguarding and compulsory ACE's training
- Wales – work on ACE's
- Scotland - toolkit and continued evaluations
- Lancashire - trauma informed organisational development toolkit
- Plymouth –trauma informed city
- Academic research, frameworks and models
- Future generations act and other current bills being passed

Q8 - What are the existing barriers to Somerset becoming a 'Trauma Informed' system?

What the stakeholders said:

- System pressures – resources, target focused, competing demands
- Disconnected approach in training in implementation
- Lack of client input
- Lack of awareness and a shared understanding
- Need for difficult self reflection on where damage is caused in services
- Danger that rhetoric doesn't match action

Next steps

- Resilience Movie available W/C 14th November (To register email Clare Stuart CStuart@somerset.gov.uk)
- Survey to capture responses across workforce
- Use responses from 1st November to inform working groups to...
 - Develop a trauma informed workplan for Somerset
 - Agree a set of trauma informed principles for Somerset
 - Think about training standards and practice models
- Ensure this work links with the Early Help system design work with the Institute of Public Care Oxford Brookes University
- Consider the governance – Early Help Board (Somerset Safeguarding Partnership) with strong communication to other places.