



## **TRAUMA INFORMED PRACTICE BULLETIN – FEBRUARY 2022**

Kent, in partnership with Medway, is working towards a vision of becoming trauma informed by 2023. This new quarterly Bulletin aims to keep partners up to date with local and national developments, information, and research. We hope you will join us in our vision for Kent and Medway.

The initial focus of SPACE Matters related to understanding the effect of ACEs. Now the trauma and adversity suffered by so many because of the Covid-19 pandemic has highlighted the need to take a holistic trauma informed approach to support people dealing with stressful situations including (but not limited to) domestic abuse; illness, bereavement; unemployment and homelessness. Adopting trauma-informed care into practice means making changes that will benefit both staff and service users. It includes training people to actively listen, enhance their professional curiosity, and identify what keeps them safe. Critical to this way of working is gaining a person's trust. Many workers already do this but much in the health care system is variable. The aim of Trauma Informed Care is to make good practice, routine practice, so enhancing the skills, knowledge and confidence of our workforce is important. So, as well as supporting front line workers, it's important to train managers and senior leaders too.

### **TRAUMA INFORMED TRAINING**

**FREE screening of the documentary film, The Wisdom of Trauma featuring Dr Gabor Maté, on 22/23 February.** [Watch the Trailer or Register.](#)

**FREE ACE Awareness and Trauma Informed Interventions**, a half day virtual presentation with Child and Family Training, is taking place at 09:30 [Tue, 8 March 2022](#). Click on the link to register.

#### **FREE webinar: Trauma informed practice: Supporting survivors of domestic abuse**

Trauma informed practice: Supporting survivors of domestic abuse is for professionals working with survivors of domestic abuse who want to learn more about how to recognise and sensitively provide support. In addition to exploring what a trauma informed approach looks like, you will have the opportunity to reflect on your practice. You will also take away some practical tools to help you respond in a more trauma informed way when you work with survivors.

By the end of the course, you will:

- Understand what a trauma informed approach is and why adopting this is good for service users.
- Understand how experiences of trauma (specifically domestic abuse) affect people.
- Look at ways to improve safety, trustworthiness, empowerment, choice, and collaboration, within your professional role.
- Understand the power of language when working with survivors.
- Take away information and tools that will help you to work in a trauma informed way when working with survivors of domestic abuse.

You can register at [Trauma Informed Practice: Supporting Survivors of Domestic Abuse](#).

### **Kent Safeguarding Children Multi-Agency Partnership – FREE Training Videos**

A range of training videos on a range of safeguarding topics and Kent approaches to help raise awareness of safeguarding children:

- [View ACE and trauma informed working video](#)
- [View contextual safeguarding training video](#)
- [View district contextual safeguarding meeting \(DCSM\) and complex adolescent harm meeting \(CAHM\) training video](#)
- [View reachable/teachable moments training video](#)
- [View trauma training video](#)
- [View violence prevention training video](#)
- [View voices of people affected by violence video](#)

A range of supporting [Factsheets](#) have also been produced.

### **Trauma informed training in Medway**

A trauma informed approach forms part of a public health response to ACEs; helping develop a strong, professional workforce that can meet the needs of children, adults and families struggling with past trauma through policy, training, supervision, and therapeutic interventions. Medway Council have been working with KCA to develop a training programme that meets the learning and development needs that were identified through consultation with system leaders and stakeholders. KCA have been commissioned to deliver a Trauma Informed Learning Programme to practitioners across the Children's Services workforce. The aim of the programme is to develop understanding about the impact of trauma on child development and learn how to recognise its effects on CYP and their behaviour, as well as how to effectively respond to its effects without causing additional trauma. The learning programme was launched with a 90-minute webinar on 31st March 2021. This event was recorded and is still available to practitioners from across the Children's Service's workforce in Medway. The session provides an introduction to trauma, toxic stress, and resilience in CYP.

Follow-up online level 1 interactive tutorials are available to support the application of knowledge into practice. Please note that you need to watch the webinar recording before proceeding to the level 1 tutorials. To book your place, please go to the [KCA Connected Booking Form](#).

Please contact [sarah.richards@medway.gov.uk](mailto:sarah.richards@medway.gov.uk) for more information.

### **Childhood Adversity: Recovery, Resilience and Prevention Seminars – 5 May 22**

A series of four virtual half-day seminars have been organised by ACAMH in collaboration with Child and Family Training (CFT). Don't miss this chance to attend four half-day online seminars, and NINE practitioner guides PLUS associated licences, and SAVE up to £50! Over 10 hours of online training, with access to the recording for 28 days, PLUS 4 CPD certificates emailed to you for each of the sessions. Book now through the [ACAMH booking page](#).

### **Mental Health First Aid (MHFA) England**

Statistics from the [Health and Safety Executive](#) show that mental health needs to be higher on the agenda. An effective wellbeing strategy will promote healthy performance and productivity throughout the whole organisation. Equip your managers with the knowledge and skills to build supportive teams, reduce absenteeism and create a culture you can be proud of. Explore the [workplace courses](#) on MHFA England.

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In 2020/21 stress, depression or anxiety accounted for 50% of all work related ill health cases. The number of new cases was 451,000, an incident rate of 1360 per 100,000 workers.

Source: **HSE, 2020/21**

### **Headstart Kent - An Introduction to Resilience and Trauma training**

Staff and volunteers in Kent are invited to book onto **FREE** training to explore the terms ‘resilience’ and ‘trauma’ and related approaches, which can be used within the work you do with young people. You’ll discover what resilience is and how to map it, the stress factors that can cause trauma and how this can affect the brain, and how our perception can impact our work. Upcoming sessions via Zoom can be booked through [Kent Resilience Hub](#).

Dates available are:

- Tuesday 30th November, 3:30-5pm
- Tuesday 14th December 10-11:30am
- Tuesday 25th January, 3:30-5pm
- Tuesday 22nd February 10-11:30am

### **Trauma Informed Schools – FREE Information Briefings**

#### [Information Briefings - Trauma Informed Schools](#)

These free 1.5hr sessions are aimed at informing Headteachers, Senior Leaders, Local authority officers and other senior colleagues who would like to know more about the training that “Trauma Informed Schools UK” offers to schools and may be considering funding their staff on the 10-day Diploma training, or individuals considering applying independently. The aim of the session is to offer an understanding the impacts of high levels of stress caused by Adverse Childhood Experiences and the resultant impact on pupils’ learning and progress including information on how our training can support you to develop school practice and capacity to support mental health, an area identified by the recent Government Green Paper: Transforming Children and Young People’s Mental Health Provision. The session is appropriate for those working in both Primary and Secondary age phases. The session will include an audio-visual presentation introducing you to some of the key interventions we cover on the course, illustrated by moving and emotionally powerful case studies, and will conclude with an opportunity for Questions and Answers.

The briefings will be held online via Zoom, sign up using the following Eventbrite links:

- [Thursday 3rd March 4.30-6pm](#)
- [Wednesday 6th April 1.30-3pm](#)
- [Thursday 19th May 4.30-6pm](#)
- [Friday 24th June 10-11.30am](#)
- [Thursday 14th July 4.30-6pm](#)

### **Lifting the Lid on PTS: Strengths-Based Support and System Reform by [New System Alliance](#)**

Through listening to people’s experiences of the systems available when you experience a tough time, Mayday Trust and the New System Alliance have piloted the Person-led, Transitional, Strengths-Based (PTS) Response. The PTS Response has been developed in partnership with organisations from across the UK, bringing together years of experience and learning to ensure that people remain in

control of their lives when times get tough. Be the first to hear the key findings from the NEF report highlighting the impact and effectiveness of the PTS Response.

Hear from PTS Coaches and other voices, who will discuss the crucial role of relationship building and how adopting a person-led approach can create new and long-lasting outcomes which are meaningful to people. We will draw out the key findings from the report, in bitesize, accessible sessions, leaving delegates with a clearer idea of how the PTS Response works. **FREE [Lifting the Lid on PTS: Strengths-Based Support and System Reform Tickets, Thu 3 Mar 2022 at 09:15](#)**

## **‘TALKING TRAUMA’ – RESOURCES**

### **The Association for Child and Adolescent Mental Health**

A Special Interest Group on Adverse Childhood Experiences (ACEs) launches with a FREE online panel discussion, and audience Q & A, discussing and identifying the key priorities for future research on ACEs. You do not have to be a member of our ACEs SIG to attend. Dr Arnon Bentovim will also introduce ACAMH’s newest Special Interest Group on ACEs, highlighting the free resources on offer, and how you can get more involved. Please note, this is not an event for learning about adverse childhood experiences, but to discuss the priorities for ACE’s research going forwards. [Book you place now](#) - this promises to be an interesting event.

### **Medway Council Youth Mental Health network newsletter**



YMHA Network  
News Letter - Jan 20

More information can be found through [A Better Medway](#).

**Kent and Medway Violence Reduction Unit – Contextual safeguarding and trauma informed approach**  
Find out more information in this [informational video](#).

A **FREE** eLearning module ‘Violence Reduction’ is available at [E-Learning - Kent Safeguarding Children Multi-Agency Partnership](#)

To be able to reduce violence in youth, we need to fully understand the extent of the issue first. This course explores a background to youth violence and the need for reduction, covering topics such as the connections between youth violence and other forms of violence and experiences, the impacts of violence, and how to respond.

**@NHSSafeguarding aims to keep you updated on safeguarding & trauma informed practice via the free NHS Safeguarding App**

This is called [My Guide Apps](#). There is also the [#NHSSafeguarding learning platform](#) for those practitioners who are more professionally curious.

### **Kent Resilience Hub - free resources**

Kent Resilience Hub has loads of free resources, webinars and tools on the Parent and Carers Resources that you can signpost and share with parents, families, and other professionals you might be working alongside, to build on the work you are doing. More information can be found on the [Kent Resilience Hub website](#).

You can direct your families to resources like the Resilience Webinars, which are short video clips that help parents and carers develop both their child's and their own wellbeing. [The Resilience Webinars](#) or the [new Mindfulness Resource](#), can support other work you are doing. Take a look today.

### **Trauma, a FREE topic guide by the Association for Child & Adolescent Mental Health (ACAMH)**

Interestingly by age 18 years, up to 80% of children are likely to have been exposed to at least one potentially traumatic event. However, most children who are exposed to potentially traumatic events do not develop [#PTSD](#). Up to 7% of children will have developed PTSD by age 18 years, and up to 4% of children have PTSD every year (Breslau et al, 2006; Copeland et al, 2007; McLaughlin et al, 2013). Learn more about [#Trauma](#) with our [FREE topic guide](#).

**FREE guide on Secondary Trauma** How secondary trauma informed is your organisation? Do you have a culture where it is OK to say you are struggling with the emotional impact of your work? What is your self-care, team care, organisational care? Find out more information in the [FREE PDF guide](#).

### **Racism and mental health in schools: podcast**

The Anna Freud National Centre for Children and Families has released a series of five podcasts discussing racism and mental health in schools. The podcast explores topics including representation, culture, and community. **Listen to the podcast series:** [Talking racism and mental health in schools](#)

**Mental Health Today - How might trauma informed practice in healthcare improve survivors experience?** [How might trauma informed practice in healthcare improve survivors' experiences?](#)

### **How every child can thrive by five – Ted Talk**

The roots of mental health, attachment and self-esteem are established in our earliest experiences. Molly Wright is 7 years old!! She shares just how important experiences of connection and play are and how 'early and often' establishes healthy brain development in the early years. Listen to the [TED Talk on YouTube](#).

### **Parenting a child with difficulties in learning caused by trauma** by Anne Hurley and Kathleen Grace

This book provides guidance for carers and adopters on why learning difficulties can occur in looked after children as a result of trauma, and what can be done about them. It covers how learning difficulties can be connected to earlier trauma and disruptive relationships; difficulties in learning in different ages groups; the importance of play for learning; how adoptive and foster parents and carers can help. Includes case studies and a personal narrative from an adopter exploring how their children's learning has been affected by trauma. **Publication details:** London: Coram BAAF Adoption and Fostering Academy, 2021

### **Briefing on Children's Mental Health Services 2020/21**

The fifth annual report from the Children's Commissioner for England on children's mental health services in England. The report aims to assess children's ability to access Children and Young People's Mental Health Services (CYPMHS) in England in 2020/21, and how this has changed over the past two years. About one child in six (16.6%) is believed to be struggling with mental health issues, a 50% rise on 2017, when the proportion was one in nine (11.1%). Available on the [Briefing on Children's Mental Health Services – 2020/2021](#).

## Patterns of childhood adversity and their associations with internalizing and externalizing problems among at-risk boys and girls.

**Authors:** Ida Haahr-Pedersen, Philip Hyland, Maj Hansen, Camila Perera, Pernille Spitz, Rikke Holm Bramsen and Frédérique Vallières

This article examines whether sex-specific patterns of childhood adversity exist among at risk-children, and whether they are differentially associated with externalising and internalising problems. It uses data from 2,198 children aged 1-17-years-old who have been in contact with the Danish child protection system because of suspected child abuse and finds that there was a greater variation and complexity in adversity exposure among girls compared to boys. The conclusion is that exposure to multiple adversities is common among at-risk children, and that information on different sex-specific patterns of adversity co-occurrences can be useful for intervention planning.

**Journal:** [Child Abuse and Neglect \(Vol.121\), November 2021, \[105272\]](#)

## Health London Partnership

The pandemic has been tough on young Londoners but urgent [#MentalHealth](#) support is there if you need it. Every mental health trust in London has put in place a free telephone service, supported by trained mental health advisors and clinicians, and open 365 days a year. These enable children, young people, and their families to get free urgent mental health support 24/7. Find your local NHS number through the [Healthy London Partnership](#).

## ADHD and risk for subsequent adverse childhood experiences: understanding the cycle of adversity - Association for Child and Adolescent Mental Health

FREE 8min video abstract by Dr. Claudia Lugo-Candelas on her JCPP paper [‘ADHD and risk for subsequent adverse childhood experiences: understanding the cycle of adversity’](#).



## Online report: Key data on young people 2021: overview and policy implications. Ann Hagell, Lizzie Wortley, Lucy Ross, and Eva Whitaker

This report analyses health data relating to 10-24-year-olds in the UK. Findings include that mental health disorders are increasing in frequency in young people of all ages; and high rates of intentional self-harm and suicide in some groups of young people.

**Publication Details:** London: Association for Young People's Health, 2021

**Publication Title:** [Overview and Policy Implications](#)

We hope you've found this Bulletin useful. If you have any queries or would like to share information in a future edition, please email [sue.gower@kent.gov.uk](mailto:sue.gower@kent.gov.uk)