

TITLE OF REPORT: Trauma Informed care

REPORT OF: Strategic Director, Children Social Care and Lifelong Learning

Purpose of Report

- 1 This report provides an overview of the development and progress of the new Trauma Informed Care Service.

Background

- 2 Trauma-Informed Practice is a strengths-based approach, which seeks to understand and respond to the impact of trauma on children and young people's lives. The approach emphasises physical, psychological, and emotional safety for everyone and aims to empower individuals to re-establish control of their lives.
- 3 Trauma-informed practice recognises the prevalence of trauma and its impact on the emotional, psychological and social wellbeing of people. Awareness of trauma has progressed over the last 20 years, incorporating knowledge from attachment, child development and cognitive memory. Frameworks of practice have changed from purely bio-medical (medicine and psychiatry) and/or purely psychoanalytical (psychology) models to include the psycho-social (trauma-informed) and a recovery focus (recovery-oriented).

Policy Context

- 4 Trauma-Informed Care (TIC) is a framework for health and social care delivery that is based on insight of how trauma impacts people's lives and their needs, aiming to facilitate recovery without re-traumatisation. The framework also recognises the importance of support the workforce when professionals are working with traumatised individuals.

Gateshead Prevalance

- 5 From the indicators of complex needs provided by NHS England and NHS Improvement, Gateshead Children and Young People would benefit from trauma-informed services. Gateshead has a significant number of children

who have experienced Adverse Childhood Experience (ACE) related indicators that are well above the regional and national average. The number of children and young people in local authority care, and the number of children who have complex trauma needs is higher than the regional average with Gateshead currently ranked 7th (out of 12) in the region from September 2022 Benchmarking. This would strongly indicate that Gateshead would benefit from additional services to ensure that these children and young people achieve positive outcomes.

- 6 Children and young people with enduring complex trauma make behavioural adaptations focused on keeping the self-safe in relation to others. These adaptations may have been developmentally appropriate and necessary responses to repeated, interpersonal danger; nevertheless, we know from decades of clinical and epidemiological research that these difficulties have a significant impact upon psycho-social development across the lifespan, increasing the risk of attachment insecurity, poor behavioural and/or emotional regulation, lack of self-esteem, feelings of guilt and shame (Taggart, 2018). Young people responding to their own unmet needs may engage in behaviours that leave them vulnerable to exploitation and/or criminalisation (Hanson and Holmes, 2014).

Building on Good Practice

- 7 Cumbria, Northumberland, Tyne and Wear foundation trust (CNTW) - Children and Young People's Service has developed in partnership with Gateshead Children's Services; in 2022 a therapeutic Specialist Residential Support Team (SRST) was embedded to support children living in our children's homes. This service offers training, formulations, screening and consultations to carers and social workers to enable them to better understand the needs of children and young people and respond in a way that will improve their experiences of care and their longer term outcomes.

Meeting the needs of children, young people and their families across Childrens Services who have experienced adverse childhood experience or trauma.

- 8 A 2 year pilot service has been commissioned by the Intergrated Care Board (ICB) targeted at 5–25-year-olds known to Gateshead Children's Services, expanding on the success of the service offered to children and young people living in our childrens homes.

Delivery model

Phase	Definition
Trauma aware	All professionals working with children and young people in Gateshead have a basic understanding of what trauma is , its prevalence and recognises how it can impact on children and young people and staff

Trauma Sensitive	Care wellbeing and learning partnership has begun to explore the trauma principles in practice on a daily basis
Trauma Responsive	Care wellbeing and learning partnership is readily responding to trauma, including support for children and young people via their care teams and has begun to change the culture to align with the trauma informed principles
Trauma informed	A trauma informed approach is the norm, accepted and embedded across the partnership and no longer depends on a few champions, coaches or leaders. The partnership continues to work with young people with lived experience to strengthen and adapt its trauma approaches. Outcomes for young people demonstrate the positive impact of changes made.

- 9 The service will deliver a trauma informed model that will upskill practitioners across Children's services to be trauma informed. The service will support professionals supporting children and young people who are classed as high risk, high harm and high vulnerability from a consultation and formulation basis. The service will be focused on the children and young people who need it most, providing support to carers, social workers and everyone in the child/young person's care team/network of children including their families to enable them to recognize the signs and symptoms of trauma, respond appropriately and seek further help and support when needed. The service will also provide speech and language screening and support recognising the impact on speech, language and communication of trauma in childhood.
- 10 This service will provide the opportunity to develop trauma-informed formulations and speech and language screening for Children and young people. The service will offer a consultation service to consider the wellbeing needs of all looked after children and their primary caregivers from a trauma-informed perspective.
- 11 The service will offer a consultation to all children in our care, involved in the youth offending service and young people with complex needs, including those who remain with their families, or who are on the edge of care

Outcomes

- 12 The objective of the service is to improve outcomes for all children who have experienced adverse childhood events, whilst working with those children who are most vulnerable and most at risk to:
- Reduce number of young people becoming looked after due to presenting behaviours linked to trauma
 - For children in our care - Ensure the right type of placement is sourced to meet their trauma and recovery needs and the child's care team understands and implements a consistent approach
 - Increase stability of placements
 - Work with services including the Youth Offending Service to offer strategies with the aim to reduce offending and the frequency and severity of risk-taking behaviours
 - Smooth the transition into adulthood for children with experience of care

Staffing

- 13 The team will be employed by supervised by CNTW, matrix managed in partnership with Gateshead Children's services, and based/integrated within Gateshead Children's Services. The team will consist of:
- 1 x Consultant Applied Psychologist
 - 1 x Principal Applied Psychologist
 - 2 x Psychological Therapists
 - 2 x Advanced Mental Health Practitioners
 - 1.6 x Speech and Language Therapist
 - 1 x Peer Support Workers
 - 1 x Assistant Psychologist

Progress to date

- Steering group has been gathered with key stakeholders from across the partnership who will support the development of the service.
- Team members have successfully been recruited and are in the process of induction into the team and wider children's services. Awaiting the recruitment and appointment of the peer support workers.
- Agreed Service start and launch event date - 16th May 2023 – event will be held at the Federation Brewery
- A group of young people are currently co-producing the name of the service and will support the production of service branding and identity.

Next Steps

- Agree workforce training strategy to ensure all practitioners in Gateshead Children's services are trauma aware.

- Agree co-production model to ensure the lived experiences of young people who have experienced adverse childhood experiences and trauma shape the service delivery model.
- Develop and agree referral pathway into the trauma informed care service
- Develop and agree pathways into specialist services for those young people who need more help from specialist services within CNTW and the wider partnership.
- Develop and agree a joint basket of key performance indicators and dashboard to help measure outcomes and success of the pilot

Recommendations

14 Overview and Scrutiny are recommended to:

- (a) note and comment on the information provided in the report.
- (b) consider the frequency with which the committee would like to receive future report

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