



Trusting Hands Gateshead's trauma informed care service

Dr Aisling Martin

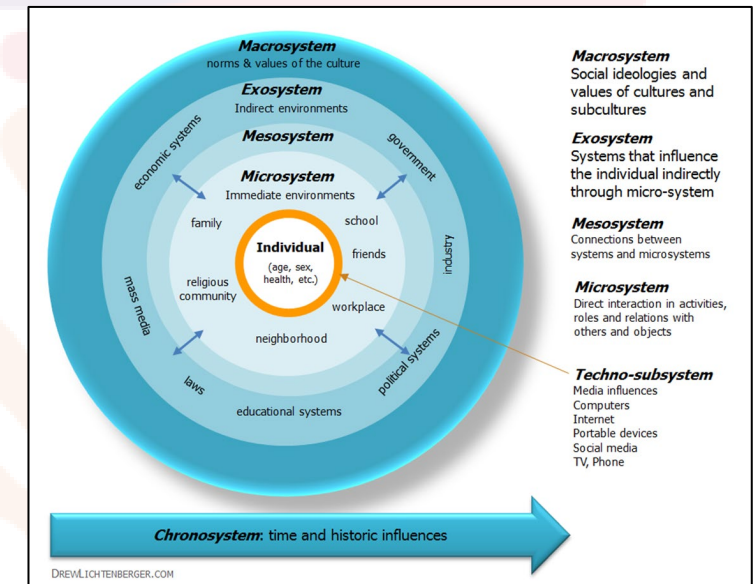
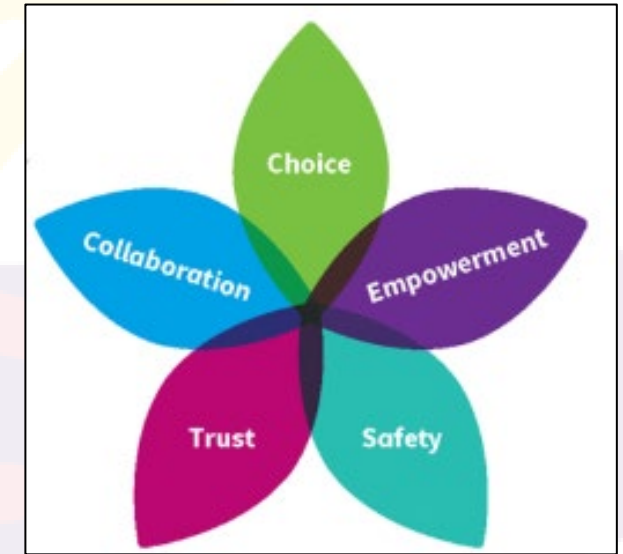
Consultant Clinical Psychologist

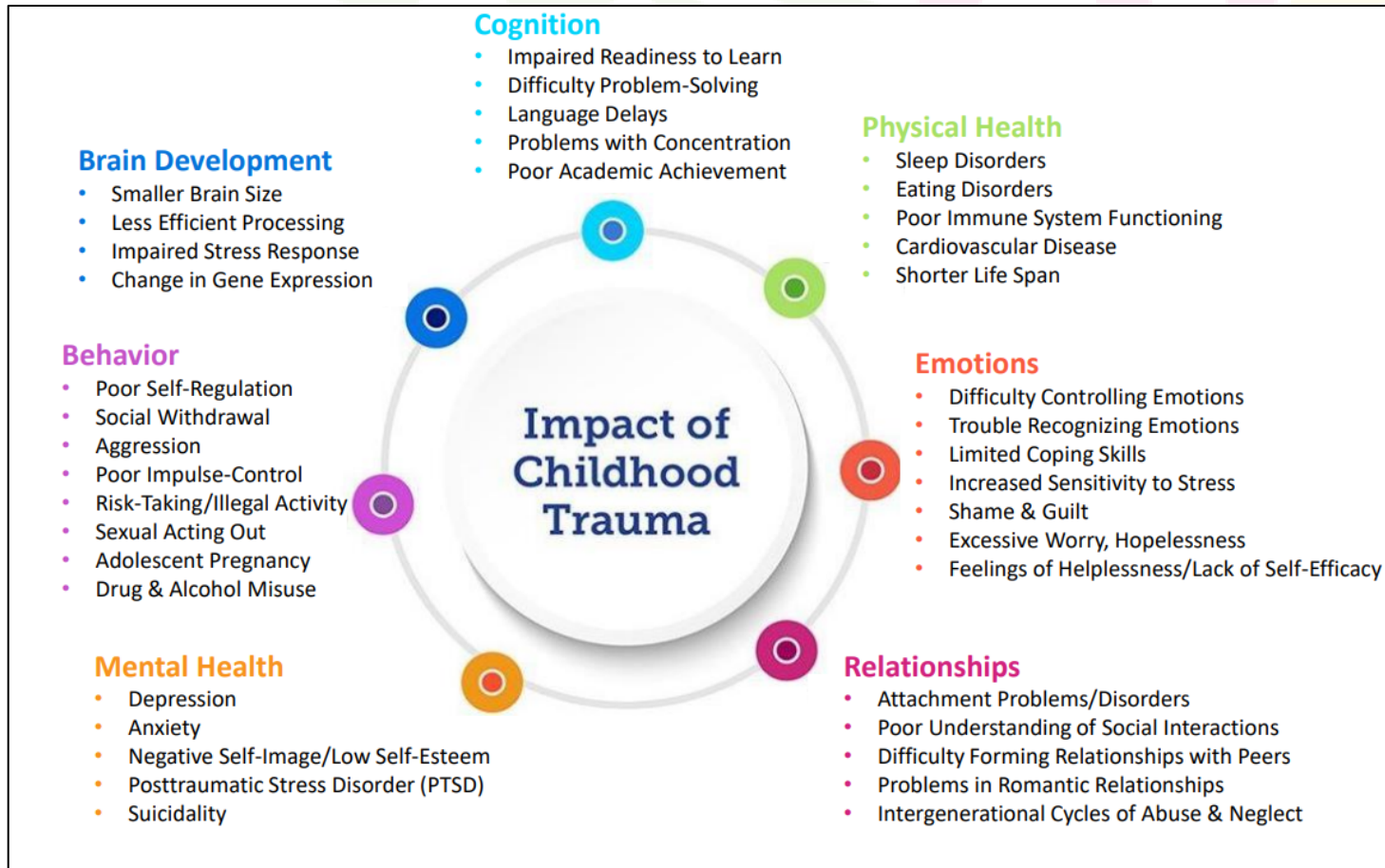
Lisa Wood

Practice Lead – Innovation, transformation &
vulnerable adolescents

Trauma informed care

- Changing the question from “**What’s wrong with you?**” to “**What’s happened to you?**”
- A framework for Health, Education and Social Care delivery based on insight of how trauma impacts on children's lives and their needs, aiming to facilitate recovery without re-traumatisation
- A framework which recognises the importance of supporting the workforce who are immersed in trauma

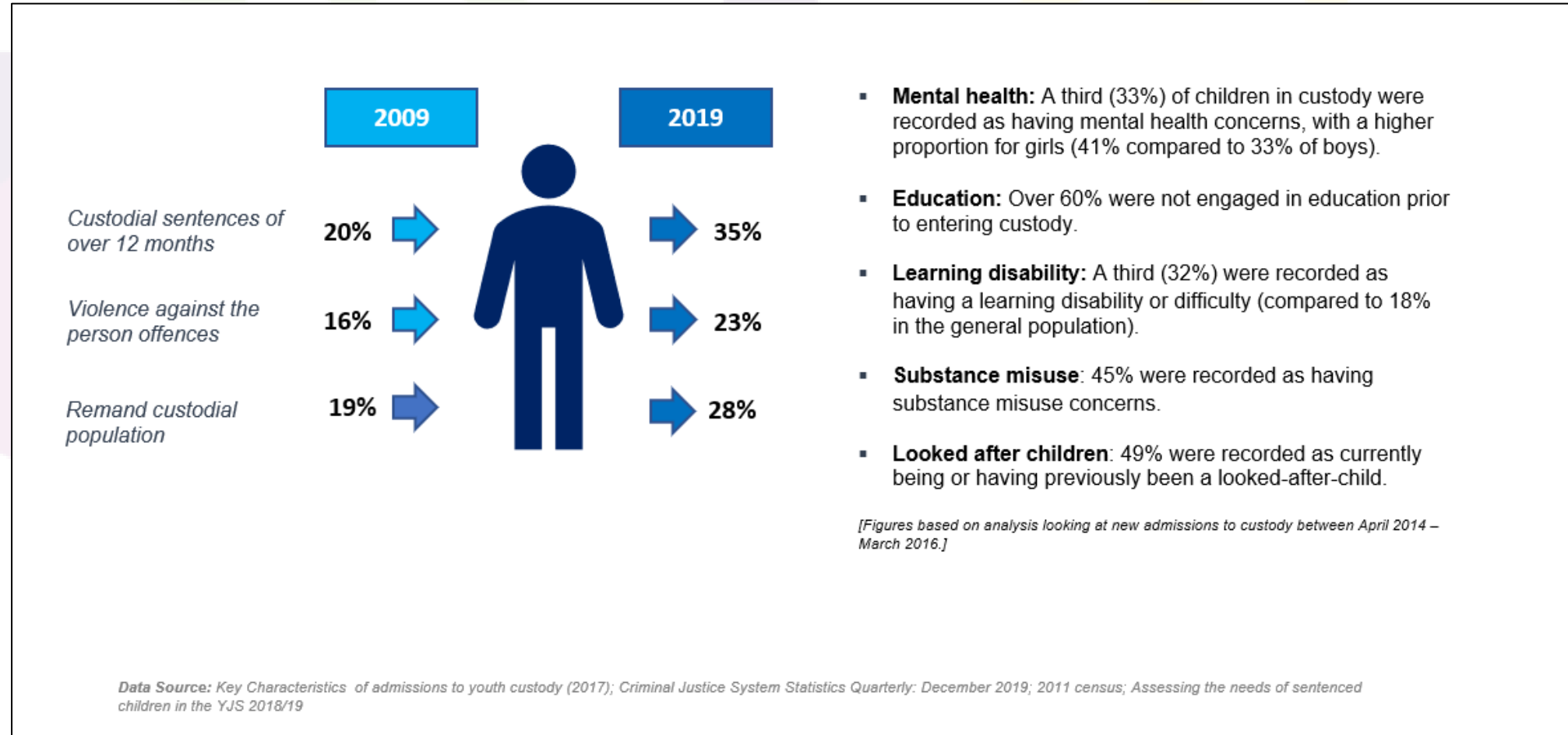




“Children and young people with enduring complex trauma make behavioural adaptations focused on keeping the self-safe in relationship to others. These adaptations may have been developmentally appropriate and necessary responses to repeated, interpersonal danger, increasing the risk of attachment insecurity, poor behavioural and/or emotional regulation, lack of self esteem, feelings of guilt and shame”

(Taggart 2018)

Children and young people with complex needs



Why do we need the service in Gateshead?

- High number of Children in our care and young people with complex issues
- Young people with multiple admissions into Tier 4 provision
- Young people experiencing multiple placements – difficulty in meeting their needs
- Young people with high risk, high harm, high vulnerability presenting behaviours

“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)

Trusting Hands trauma informed care team

- 2 years funding via ICB (until March 2025)
- Adopted into NHSE H&J Framework for Integrated Care (Community) Vanguard pilot

1. Every Interaction Matters:
There is a focus first on building and supporting positive collaborative relationships.

2. Children & young people and the relationships they experience are at the centre of all care they receive through genuine co-production.

3. Those spending most time with young people are the primary facilitators of change.

4. Positively influencing the day to day care is the basis of any intervention and the primary focus of support.

5. All behaviour is understandable in context; there is a focus on developing an understanding of each children & young people's behaviours and needs based on their story (Formulation).

6. There is a commitment by all to build and sustain trauma informed organisations.

Trusting Hands trauma informed care team

- Multi-disciplinary Team

- Clinical Psychologists
- Assistant Psychologist
- Advanced and Specialist Mental Health Practitioners (Nursing, Occupational Therapy, Social Work)
- Advanced Speech and Language Therapists
- Peer Support Workers (lived experience)

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Delivery Model

- Graduated response to meet the needs of the high risk, high harm, high vulnerability population
- Therapeutic parenting training for carers



System scaffolding /
Support

Understanding the Story

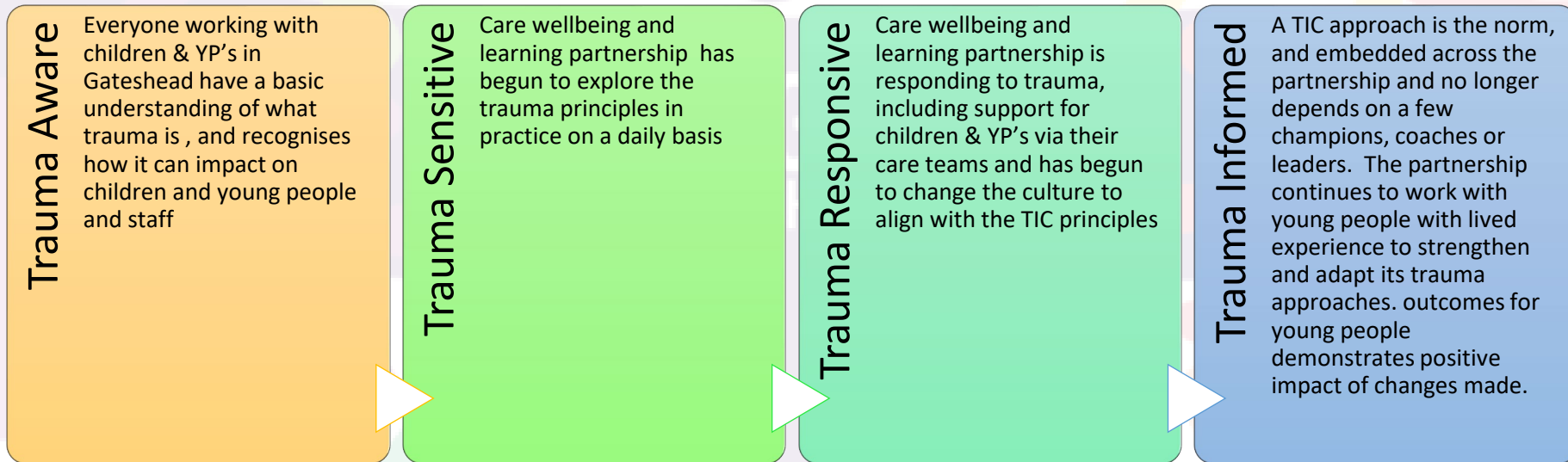
Consultation

Connected conversations

Delivery Model – organisational level

- Workforce training plan
- Identified leads for individual services
- TIC champions network
- Reflective practice
- Support to review assessment and intervention paperwork
- Support to develop debrief processes
- Trauma-informed influence through attendance at strategic partnership meetings

The Vision for a trauma-informed Gateshead



The journey so far...

- A warm and enthusiastic welcome from Children's Services
- Co-production of team name and strap line with young people in our residential homes
- Majority of clinicians now in post
- Lead roles allocated within the service based on clinician's matched experience and interests
- Consultations offered as an interim transition period from CYPS
- Successful launch event held on 16th May attended by multiagency partners
- Workflow in place to support referrals and data collection

Next Steps

- Implementation of the service
 - Communication of the service aims and remit across the organisation
 - Embed within the identified target services
- Development of a strategy to promote co-production, and further co-production to develop branding
- Recruitment into peer support worker vacancy
- Development of graduated training approach
- Development of resource packs and direct work toolkits
- Application for funding for service evaluation support from Newcastle University

References and further resources

Bronfenbrenner, U. (1974). Developmental research, public policy, and the ecology of childhood. *Child development*, 45(1), 1-5.

Hanson E and Holmes D (2014) That Difficult Age: Developing a more effective response to risks in adolescence. Dartington: Research in Practice. Available online: www.rip.org.uk/resources/publications/evidence-scopes/that-difficult-agedeveloping-a-more-effective-response-torisks-in-adolescence-evidence-scope-2015

Taggart D (2018) *Trauma-informed approaches with young people: Frontline Briefing*. Dartington: Research in Practice.

The YoungMinds Trust (2018). *Addressing Adversity: Promoting adversity and trauma informed care for children and young people in England*. Accessed from <https://youngminds.org.uk/media/2715/ym-addressing-adversity-book-web-2.pdf>

[Childhood Trauma and the Brain - UKTC \(uktraumacouncil.org\)](http://uktraumacouncil.org)

Adverse Childhood Experiences: <https://www.youtube.com/watch?v=0tyZnASq8aQ>

Alberta Family Wellness Brain Builder Series:

<https://www.youtube.com/watch?v=vMseNYpOQvE>

<https://www.youtube.com/watch?v=LIT73VpSEUA>

Developmental trauma close up:

<https://beaconhouse.org.uk/wp-content/uploads/2020/02/Developmental-Trauma-Close-Up-Revised-Jan-2020.pdf>

NHS Education for Scotland's Trauma Informed Toolkit:

<https://www.gov.scot/publications/trauma-informed-practice-toolkit-scotland/>

The background features a central horizontal banner with a light purple gradient. On the banner, the text "TRUSTING HANDS" is written in large, white, bold, sans-serif capital letters, with "GATESHEAD" in smaller, white, sans-serif capital letters below it. Surrounding the banner are several handprints in various colors: green, pink, yellow, purple, and orange. The handprints are stylized and appear to be overlapping each other and the banner.

Any Questions?

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