

Title of Report: Trauma Informed care update

Purpose of report

1. This report provides an overview of the development and progress of 'Trusting Hands Gateshead', the integrated Trauma Informed Care service.

Background

2. Trusting Hands Gateshead ("THG") was established in May 2023 as a 2-year pilot service commissioned by the Integrated Care Board (ICB). THG is a multidisciplinary team of mental health practitioners employed through Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW), embedded in and working collaboratively across Gateshead Children's Social Care services to support the coordination, integration and delivery of trauma-informed care.
3. The service follows the six principles of NHS England's Framework for Integrated Care (Community):
 1. Every Interaction Matters: There is a focus first on building and supporting positive collaborative relationships.
 2. CYP 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 CYP's behaviours and needs based on their story
 6. There is a commitment by all to build and sustain trauma informed organisations.

Delivery model

4. The service aims to meet the needs of our 'high risk, high harm, high vulnerability' cohort through trauma informed approaches with care teams and systems.

5 'High risk, high harm, high vulnerability' young people are those with multiple, pervasive, and complex needs, which are not easily or coherently met by traditional services. This includes young people who are:

- Children in our care (residential, foster or kinship/connected care) or care leavers.
- Known to the Youth Justice Service (voluntarily or by virtue of a court disposal).
- Open to the contextual safeguarding / edge of care social work team.

6 The team can offer a range of support around the child including:

- consultation, advice, and signposting
- 'Understanding the story' formulations
- Speech, Language and Communication Need clinics
- input to care team meetings
- multi-agency liaison
- scaffolding, collaborative working, and enabling interventions

7 And at an organisational level:

- training (both workforce development and therapeutic parenting programmes)
- debrief and reflective practice
- Strategic influence and oversight

8 In practice, this currently consists of:

- ✓ *Referral*: Either via email or in person via a connected conversation.
- ✓ *Connected conversations*: A connected conversation will be the first service contact to consider the young person's needs, and whether further involvement is appropriate. Conversations take place with the service point of connection (available at Gateshead Civic Centre daily), or team member embedded within connected teams.
- ✓ *Consultation*: Consultations are provided to the care team via MS Teams, to develop an initial understanding of the young person's story and subsequent needs.
- ✓ *Understanding the Story*: Multiagency formulation sessions to develop a collaborative understanding of the young person's risks, needs and vulnerabilities.

- ✓ *Speech Language and Communication Needs (SLCN) clinic:* Consultations are provided to the care team by Advanced Speech and Language Therapists, to understand identified SLCN, and consider communication strategies.
- ✓ *Foundations for Attachment (“FFA”) therapeutic parenting programme:* A six-session programme for those parenting children who have relationship difficulties, especially children who have experienced attachment problems, trauma, loss and/or separation early in their life. It is a Dyadic Developmental Psychotherapy (DDP) - informed programme which aims to help parents/carers to:
 - Gain an understanding of the challenges of parenting a child whose capacity to emotionally connect has been compromised and explore ways of building emotional connections.
 - To increase trust within the child-parent relationship, leading to increased attachment security and reduced levels of shame.
 - Understand how to provide support for behaviour alongside building emotional connections (“connection with correction”).
 - Explore the dangers of blocked care when caring for children with blocked trust and understand the importance of looking after themselves.
 - Understand the significance of exploring one’s own attachment history when caring for children with attachment difficulties.

Staffing

- 9 The team consists of highly skilled clinical psychologists, nurses, psychological therapists, social workers, and speech and language therapists with experience of working across a range of specialist community and inpatient children’s mental health services, including, secure children’s homes, forensic services, and local authority settings. THG practice is informed by evidence-based psychological models including Dyadic Developmental Psychotherapy (DDP), Systemic Practice, and Adaptive Mentalisation-Based Integrative Therapy (AMBIT).
- 10 The existing configuration of the service consists of:
 - 1 x Consultant Applied Psychologist
 - 1 x Principal Applied Psychologist
 - 2 x Senior Psychological Therapists
 - 2 x Advanced Mental Health Practitioners
 - 1.6 x Advanced Speech and Language Therapists
 - 0.6 x Speech and Language Therapist (Vacancy)
 - 1 x Peer Support Worker (Vacancy)

- 1 x Assistant Psychologist

11 Recruitment for both the Peer Support Worker and Speech and Language Therapist posts are in process.

Progress to date

- Young people within our residential services were supported by THG clinicians and a Gateshead Young Ambassador to co-produce the service name and motto: *“Trusting Hands Gateshead: Strengthening Connections through Stories, Safety, Compassion and Care”*.
- A successful launch day was held on 16th May 2023 at the Federation Brewery, with a range of partner agencies in attendance.
- Points of connection have been established between THG clinicians and teams across Children’s Services to promote a relational approach.
- The THG graduated approach is becoming familiar to practitioners, and has been positively received.
- The first cohort of foster carers have been invited to attend the FFA programme, commencing 12th September 2023. Further courses are scheduled on a rolling basis for residential, foster, and kinship/connected carers.
- Steering group with key stakeholders from across the partnership meets regularly and supports the ongoing development of the service.
- Referral pathways have been established into the service, and electronic recording systems are in place.
- Initial discussions have taken place with colleagues within performance to consider outcome reporting and ongoing service evaluation.
- Initial discussions have taken place with colleagues within workforce development to consider a workforce training strategy to promote trauma informed practice.
- Initial discussions have taken place across connected teams to establish reflective practice space for practitioners.
- A monthly CYPS interface meeting has been established to collaboratively consider young people’s needs, and to promote timely access to specialist support where indicated.

Next Steps

- Progress with recruitment to appoint a Peer Support Worker, and develop our co-production model to include young people with lived experience of local authority care in the ongoing development of the service.

- Develop co-produced branding and accessible service information leaflets.
- Progress with recruitment to appoint a Speech and Language Therapist to be embedded within the Youth Justice Service to address unmet speech, language and communication needs within this population.
- THG will host a second launch/service celebration day as part of Practice Week (Wednesday 18th October, Federation Brewery) to provide an update to stakeholders and partner agencies on the development and delivery of the service.
- Develop and progress with a communication strategy to ensure connected services are aware of the service remit and how to access support.
- Develop and evaluate a targeted workforce training strategy for connected services to ensure that all practitioners are trauma aware.
- Develop and evaluate reflective practice offer across connected services.
- Evaluate the impact of the FFA therapeutic parenting programme.
- Support the development of a broader workforce training strategy for practitioners across Children's Services.
- Develop local key performance indicators, and a portfolio of case studies of service involvement to help measure outcomes and success of the pilot.
- Gather and support a network of trauma informed champions from across Children's Services.
- Contribute to the development of a Children's Services trauma informed care strategy.

Recommendations

12 OSC Families are recommended to:

- (a) note and comment on the information provided in the report.

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