

# Community Mental Health Transformation & Trauma Informed Care

02.03.2022

[Redacted] (Clinical Psychologist/Complex Trauma Lead)

[Redacted] (Expert by Experience/Trainer/Researcher) [Redacted]

*We care*

*We respect*

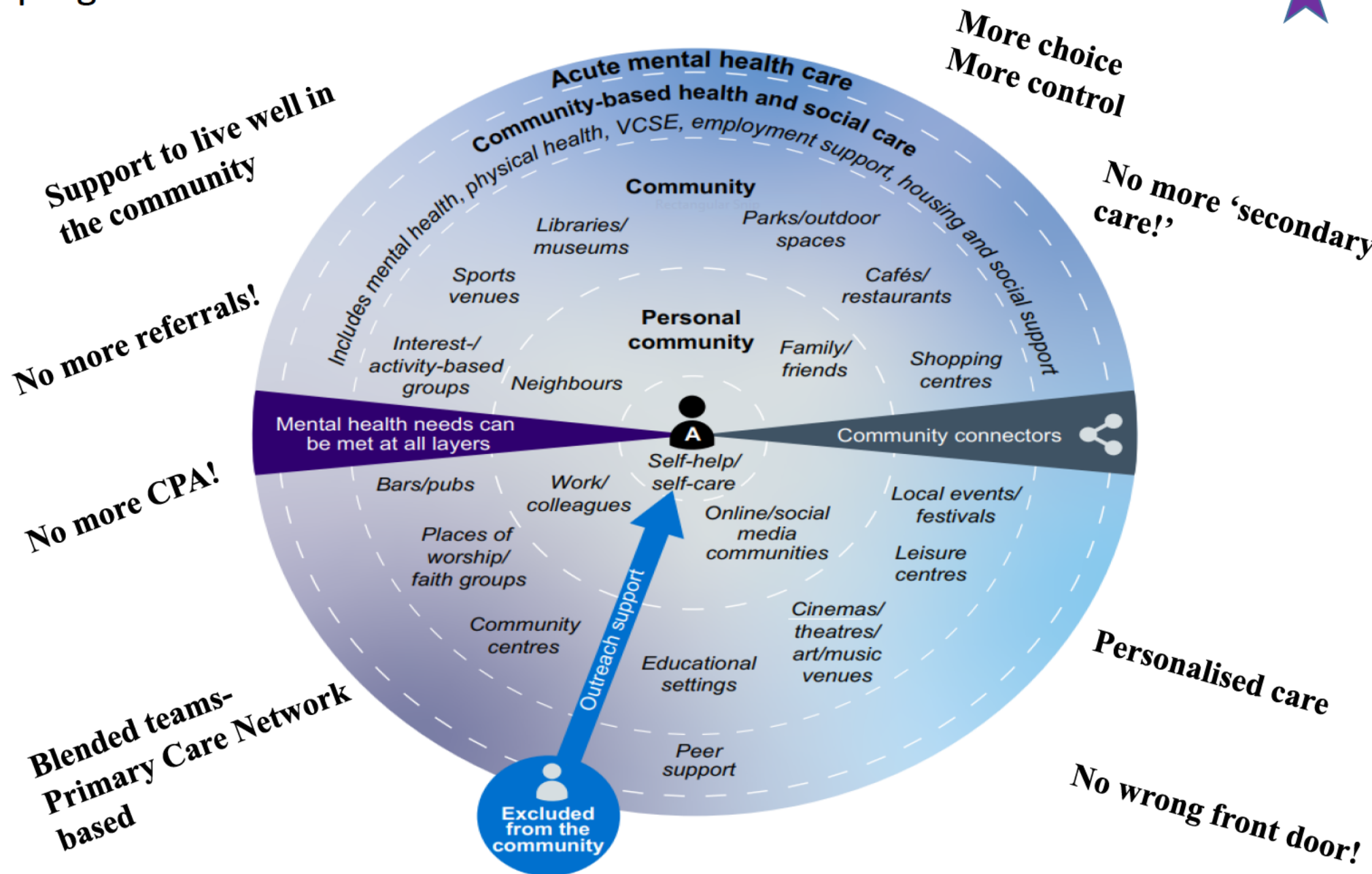
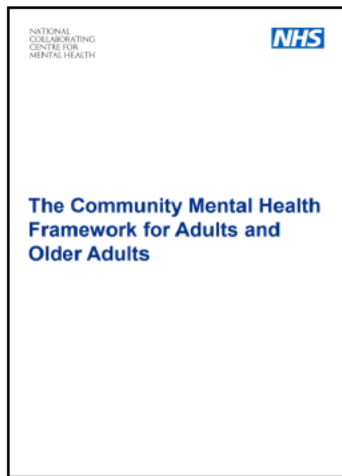
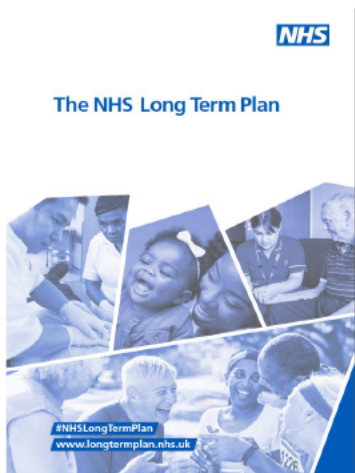
*We are inclusive*

# Public health and prevention

“At least 75% of mental health difficulties begin in childhood” (Ian Lewis, NHS-E advisor, 2021)

There is now overwhelming evidence demonstrating the impact of adverse childhood experiences (ACEs) such as sexual, physical and emotional abuse, bullying, neglect, loss etc on later life physical and MH difficulties (e.g. Felitti et al, 1998, Anda et al, 2008)

# The Transformation programme and the future of healthcare



# Trauma Informed Care is central

## Severe mental health problems

3.94. **New and integrated models of primary and community mental health care will support adults and older adults with severe mental illnesses.** A new community-based offer will include access to psychological therapies, improved physical health care, employment support, personalised and trauma-informed care, medicines management and support for self-harm and coexisting substance use. This includes maintaining and developing new services for people who have the most complex needs and proactive work to address racial disparities. Local areas will be supported to redesign and reorganise core community mental health teams to move towards a new place-based, multidisciplinary service across health and social care aligned with primary care networks. By 2023/24, new models of care, underpinned by improved information sharing, will give 370,000 adults and older adults greater choice and control over their care, and support them to live well in their communities.



# Trauma Informed Care

Shifts the focus:

From:

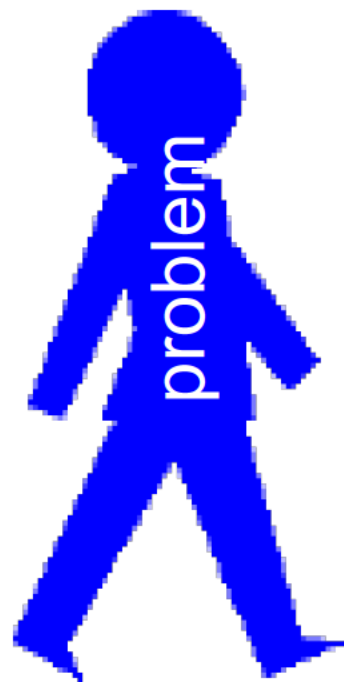
What is  
wrong with  
you?

To:

What  
happened  
(to you)?



From:



There is  
something  
'wrong' with  
me

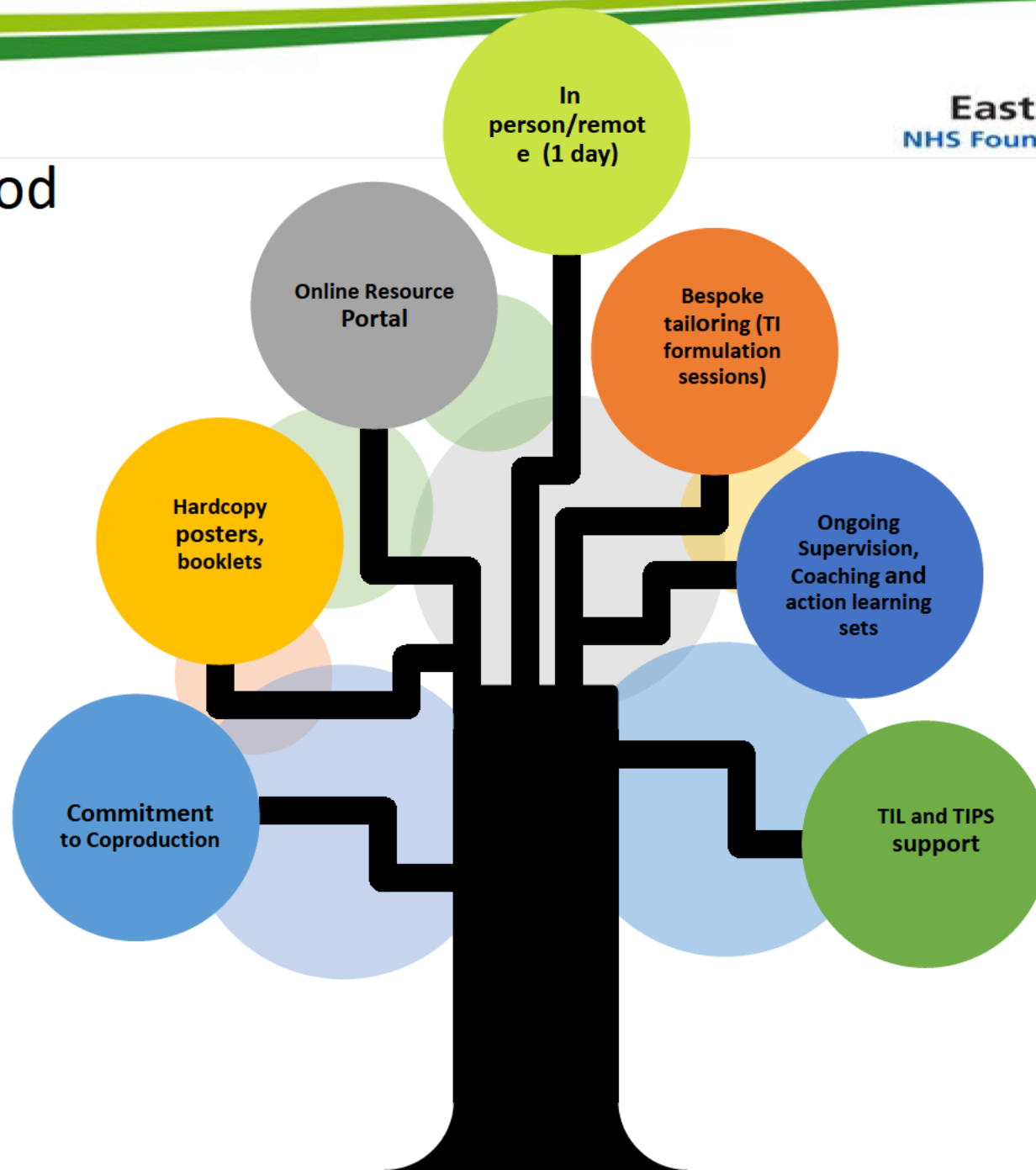




To:



## TIC & neighborhood transformation





# Co-production



Increase in  
confidence

Professional  
development

Therapeutic  
journey

Empowering

Leadership

People skills

Building  
resilience

Presentation  
and storytelling  
skills

Validating lived  
experience

# Staff Feedback



**“really useful”**

**“It was the best training I have had in ELFT”**

**“such valuable training”**

**“Thank you for such an informative training”**

**“Really relevant material, clinically, professionally and personally”**

**“Thank you to the delivery training team. This was exceptionally sensitive and insightful, compassionate trauma-informed training.”**

**“I found the conversations (in the training) very honest and open, it was a lot of information and lots to process going forward”**

# Sharing learning

Would like my whole service to get the same training



For management to understand that this approach is more time consuming.

We need to share learning with management and how mechanisms in our roles can support trauma informed practices.

Putting things in practice, considerations for policy, examples from your own work in terms of navigating challenges

## How can a TI approach support our workforce?

- Staff can vicariously experience service user distress
- Staff and service users can be traumatised by practices such as restraint and seclusion (Sweeney et al, 2018)
- Original ACE studies found that asking about trauma/adversity reduced future appointment use (Felitti et al, 1985)
- Independent academic evaluations of the REACH Programme (Public Health Wales, ACE Enquiry, 2019, 2020) replicated findings around reduced medication use and less GP appointments.

# How can a TI approach support our workforce?

- **Reduced mental healthcare burden and suffering:**
- “...in the absence of childhood adversity there would be a 22.9% reduction in mood difficulties, 31% reduction of anxiety, 41.6% reduction of behavioural difficulties, 27.5% reduction of substance related difficulties (Kessler et al., 2010) and a 33% reduction in psychosis (Varese et al., 2012).” (Larkin et al, 2019)
- Improved engagement/relationship to help seeking
- Improved outcomes (Pearse et al, 2019)
- **Organisational gains:**
- Improved wellbeing/morale/cohesion/decision making
- Reduced conflict
- Staff retention and satisfaction, reduced sickness absence
- Less complaints (Triesman, 2021)

## Increasing system capacity for TI innovation

- Can we be allowed to pause before responding?
- How can we facilitate talking honestly in a team without fear?
- How can we recognise fear/anger/shame in our colleagues and service users and support each other through that?
- How can we integrate knowledge of trauma into: Policies, Procedures, Culture and Environment and therefore into every intervention and interaction.



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# Questions?





# Further reading and resources 1

- Scotland NES videos:
  - <https://player.vimeo.com/video/274703693>
  - Trauma and the brain: <https://www.youtube.com/watch?v=4-tcKYx24aA&t=100s>
  - Window of Tolerance: <https://vimeo.com/380206862>
- NES Trauma Framework summary: <https://www.nes.scot.nhs.uk/media/rgxngvpv/nationaltraumatrainingframework-execsummary-web.pdf>
- (Mis)understanding trauma-informed approaches in mental health – Angela Sweeney & Danny Taggart (August 2018): <https://www.tandfonline.com/doi/full/10.1080/09638237.2018.1520973>
- Trauma Informed mental healthcare in the UK (Sweeney et al 2016): <https://www.semanticscholar.org/paper/Trauma-informed-mental-healthcare-in-the-UK%3A-what-Sweeney-Clement/885873b88c37011d23ac6276cae27e18a87d1fa>
- Trauma-centred-care: <http://www.commonwealthfund.org/publications/newsletters/transforming-care/2016/june/in-focus>
- ACES
  - <https://vimeo.com/139998006>
  - evidence base: <https://www.cdc.gov/violenceprevention/aces/index.html>
  - ACEs: [www.acestoohigh.com](http://www.acestoohigh.com)
- Transformation:
  - <https://www.longtermplan.nhs.uk/>
  - <https://www.england.nhs.uk/wp-content/uploads/2019/09/community-mental-health-framework-for-adults-and-older-adults.pdf>
- Future NHS Trauma Informed Community of Change (TICC)- join on request: <https://future.nhs.uk/TICC/grouphome>



## Further reading and resources 2

- Bessel Van Der Kolk: The Body Keeps the Score 2015
- Judith Herman: Trauma and Recovery 1992 (2015 edition)
- Daniela Sieff: Understanding and Healing Emotional Trauma 2016
- Peter Levine: Waking the tiger: Healing trauma 1997
- Angela Kennedy & Tees, Esk and Wear Valleys NHS Foundation Trust, 2014. Trauma Informed Services: Clinical Link Pathway
- Engaging women in trauma-informed peer-support: a guidebook 2012  
[https://www.nasmhpd.org/sites/default/files/PeerEngagementGuide\\_Color\\_REVISED\\_10\\_2012.pdf](https://www.nasmhpd.org/sites/default/files/PeerEngagementGuide_Color_REVISED_10_2012.pdf)
- Engaging with complexity: trauma-informed care for women. Mental Health Foundation
- Nadine Burke TED: How childhood abuse affects health across the lifetime  
<https://youtu.be/95ovIJ3dsNk>
- Dr Jonathon Tomlinson blog: <https://abetternhs.net/2017/10/15/we-need-to-talk-about-trauma/>
- Mina Hadi's blog: <https://www.inspirethemind.org/blog/heres-how-trauma-can-be-political-for-minorities#>

## Further reading and resources 3

Useful national contacts for trauma survivors:

- Mind.org.uk: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/useful-contacts/>
- ASSIST Trauma Care: [assisttraumacare.org.uk](http://assisttraumacare.org.uk)
- Freedom from Torture: [freedomfromtorture.org](http://freedomfromtorture.org)
- Help for Adult Victims of Child Abuse (HAVOCA): [havoca.org](http://havoca.org)
- Lifecentre: [lifecentre.uk.com](http://lifecentre.uk.com)
- The National Association for People Abused in Childhood (NAPAC): [napac.org.uk](http://napac.org.uk)
- Moodjuice self-help: [moodjuice.scot.nhs.uk](http://moodjuice.scot.nhs.uk)
- Victim Support: [victimsupport.org.uk](http://victimsupport.org.uk)