Trauma-Informed Care

Introduction

and

Embedding into practice through Roots tool

Realise

Recognise

Respond

Resist
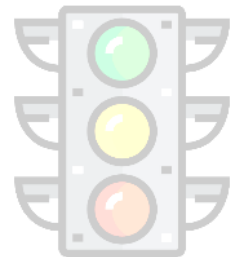
Aim
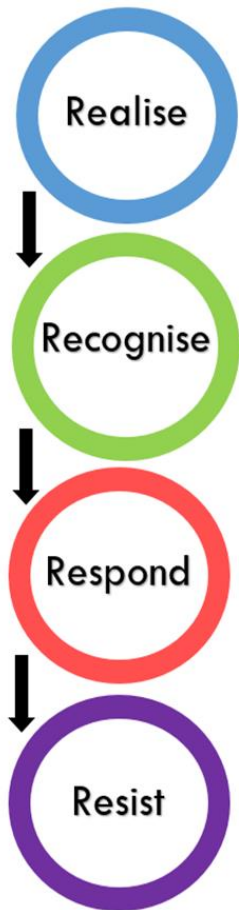
For ELFT (Bedfordshire&Luton) to become a Trauma-Informed Organisation which means adopting and embedding the values and practices consistent with Trauma-Informed Care in

the care we provide,

our approach to staff

our leadership and

our policies and procedures

Introduction to Trauma-Informed Care (TIC)

Realise

Recognise

Respond

Resist
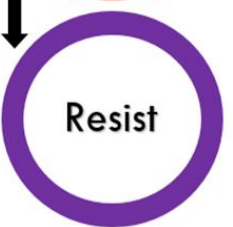
"Trauma Informed Care is a strengths based service delivery model that is grounded in an understanding and responsiveness to trauma; and emphasises physical, psychological and emotional safety for both providers and survivors" (SAMHSA, 2014)

It does this by promoting environments of healing and recovery rather than practices and services that may inadvertently re-traumatize.

Looking after yourself

The topic of this presentation is Trauma, which is a difficult topic and can affect the way people feel, in particular if it triggers something they or their loved ones have gone through. We want to make sure you keep yourself safe and suggest you use your own coping strategies and ask for support when needed.

The video we're about to show is an animated video about **types of trauma** that people have experienced and how this has affected them later in life. It does not show the trauma but points to it with **sounds** and shows the **dark atmosphere** around the trauma.

Scotland Trauma Informed Care Video
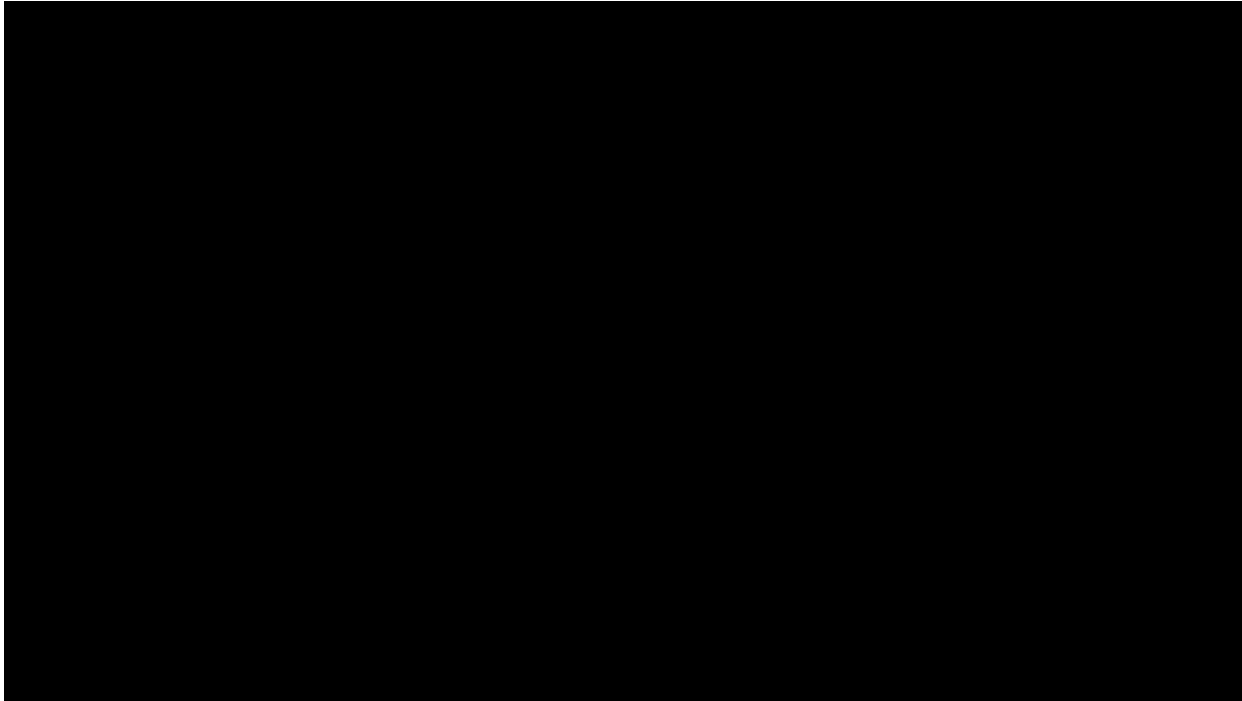
https://www.youtube.com/watch?v=zg8ahtHIRxU 10 mins video

TIC is NOT:

- The same as trauma-focused therapy

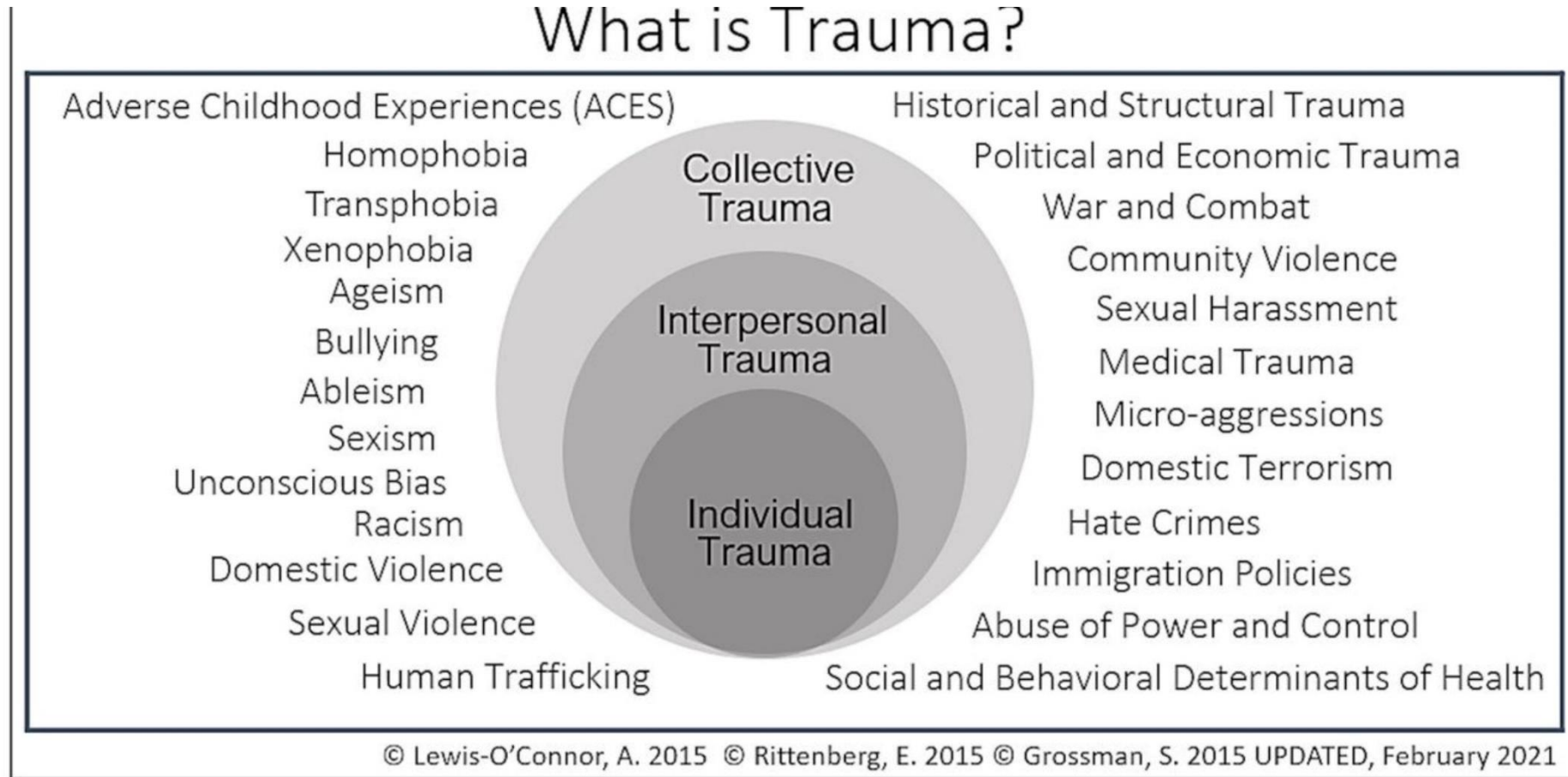- A specialist treatment someone else will offer

- There is no manual

TIC is:

- A philosophy of practice

- Your existing practice… but different

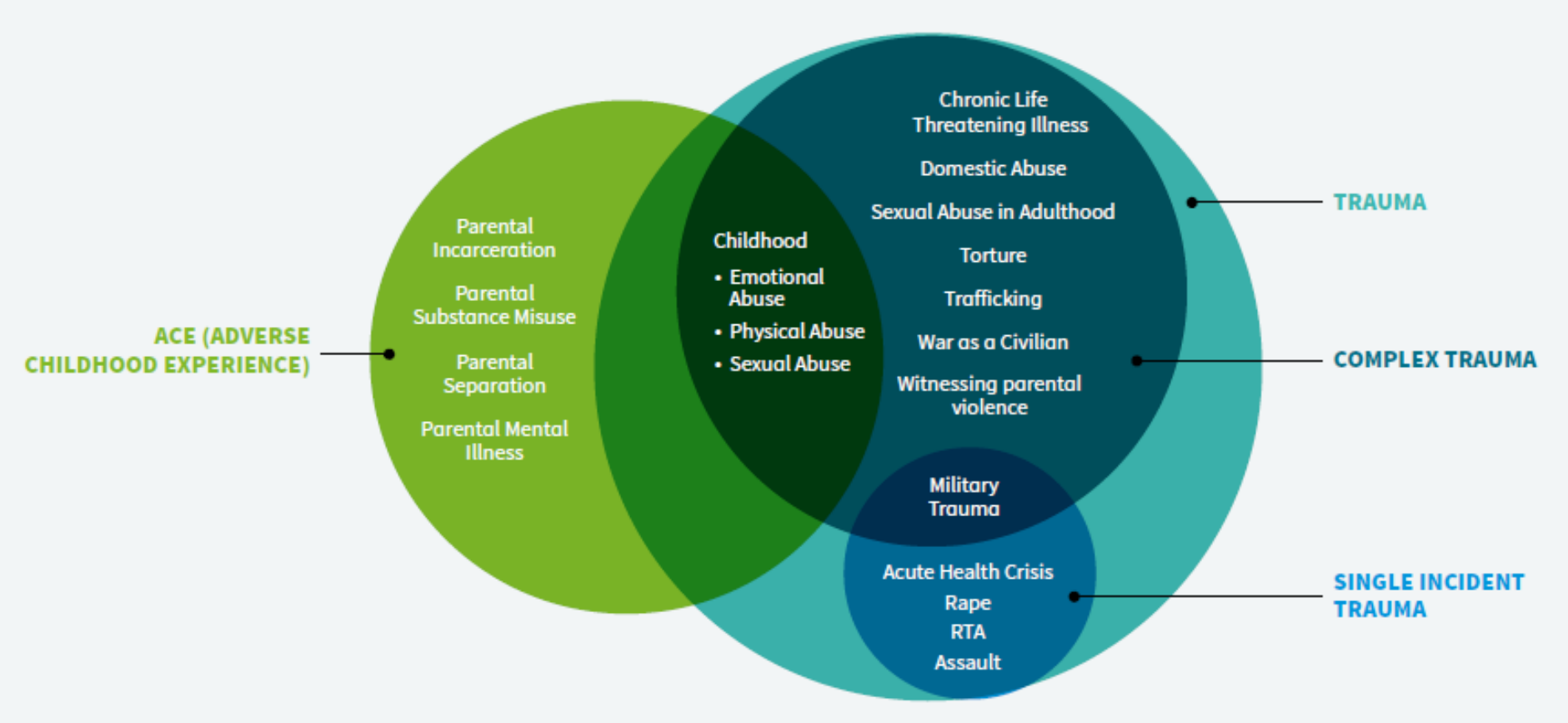- A journey, not a destination

Trauma Informed Care Cultures

Realise

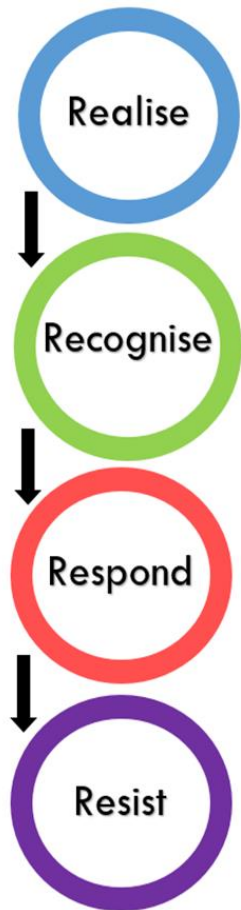Realise the widespread impact of trauma and understand the potential paths to recovery

Recognise

Recognise the signs and symptoms of trauma in service users, families, staff, teams and others involved in the system

Respond

Respond by fully integrating knowledge about trauma into policies, procedures and strategies

Resist

Resist re-traumatisation of our service users, their families, and the staff who care for them

What is wrong with ✖ you?

What ✓ happened to you?

6 Core Principles of Trauma Informed Care

- Safety
- Trustworthiness and Transparency
- Peer support and mutual self help
- Collaboration and mutuality
- Empowerment, voice, and choice
- Cultural, historical, and gender issues

What is trauma?

What is Trauma?

Adverse Childhood Experiences (ACES)
Homophobia
Transphobia
Xenophobia
Ageism
Bullying
Ableism
Sexism
Unconscious Bias
Racism
Domestic Violence
Sexual Violence
Human Trafficking

Collective Trauma

Interpersonal Trauma

Individual Trauma

Historical and Structural Trauma
Political and Economic Trauma
War and Combat
Community Violence
Sexual Harassment
Medical Trauma
Micro-aggressions
Domestic Terrorism
Hate Crimes
Immigration Policies
Abuse of Power and Control
Social and Behavioral Determinants of Health

© Lewis-O'Connor, A. 2015 © Rittenberg, E. 2015 © Grossman, S. 2015 UPDATED, February 2021

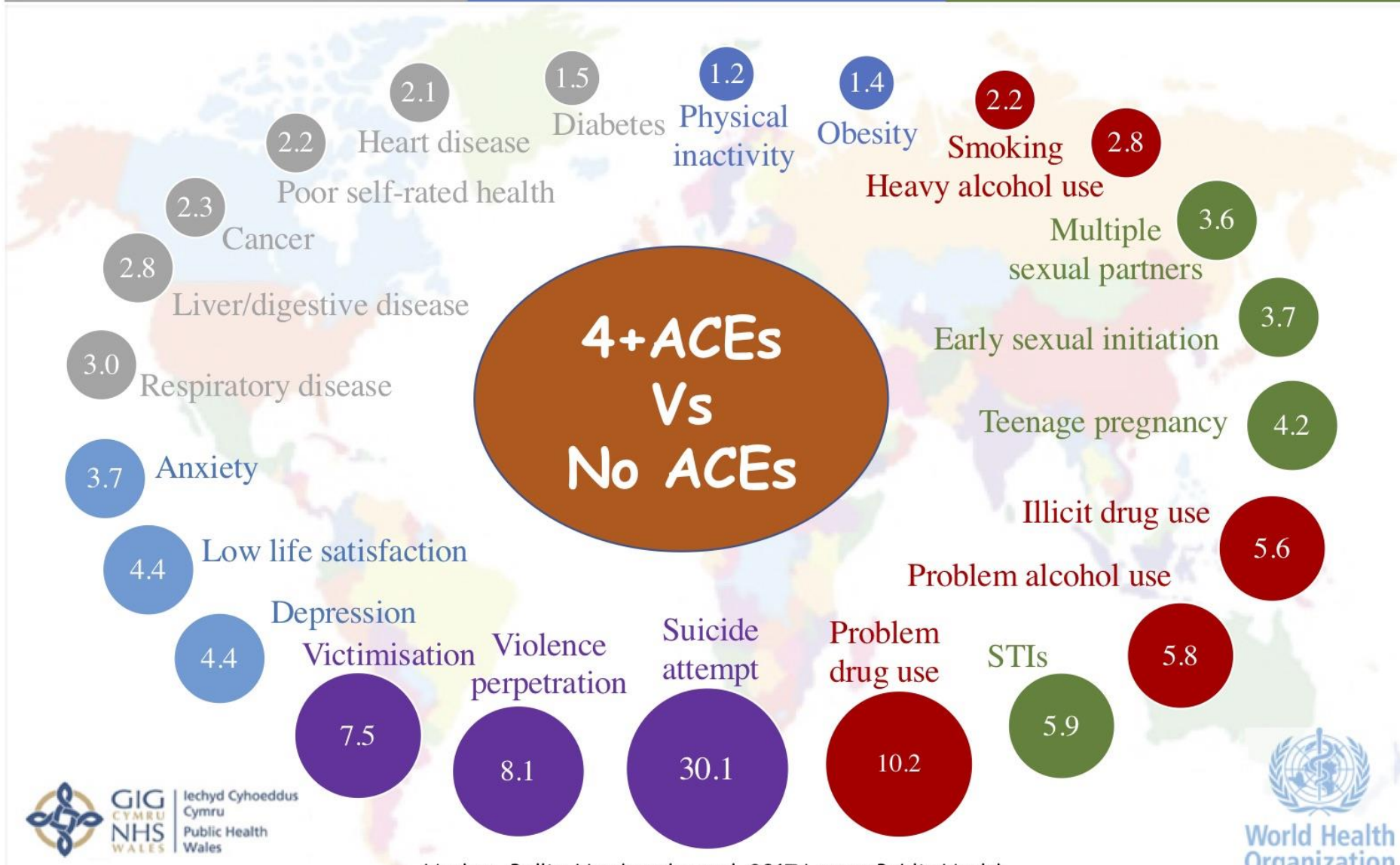# Types of Trauma

The Effects of Trauma

- Trauma impairs memory, concentration, new learning, focus
- Trauma has been correlated to heart disease, obesity, addiction, pulmonary disease, diabetes, autoimmune disorder
- Trauma impacts ability to trust, cope, form healthy relationships

- Trauma disrupts emotion identification, ability to regulate emotions, tolerate distress, ability to distinguish what is safe or unsafe
- Trauma shapes our belief about ourselves and others, ability to hope, one's outlook on life

Collaborative Global ACE Analysis with WHO

PHYSICAL HEALTH — WEIGHT & EXERCISE — SEXUAL HEALTH

2.1 Heart disease
1.5 Diabetes
1.2 Physical inactivity
1.4 Obesity
2.2 Smoking Heavy alcohol use
2.8
2.2 Poor self-rated health
2.3 Cancer
2.8 Liver/digestive disease
3.0 Respiratory disease
3.6 Multiple sexual partners
3.7 Early sexual initiation
4.2 Teenage pregnancy
3.7 Anxiety
4.4 Low life satisfaction
Illicit drug use
5.6
Problem alcohol use
5.8
4+ACEs Vs No ACEs

4.4 Depression
7.5 Victimisation
8.1 Violence perpetration
30.1 Suicide attempt
10.2 Problem drug use
5.9 STIs

GIG CYMRU NHS WALES — Iechyd Cyhoeddus Cymru Public Health Wales

World Health Organization

Hughes, Bellis, Hardcastle et al, 2017 Lancet Public Health

MENTAL HEALTH — VIOLENCE — SUBSTANCE USE

Recognising trauma reactions
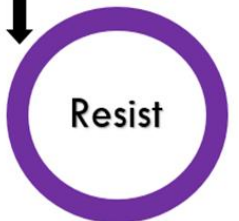# Video

Realise

Recognise
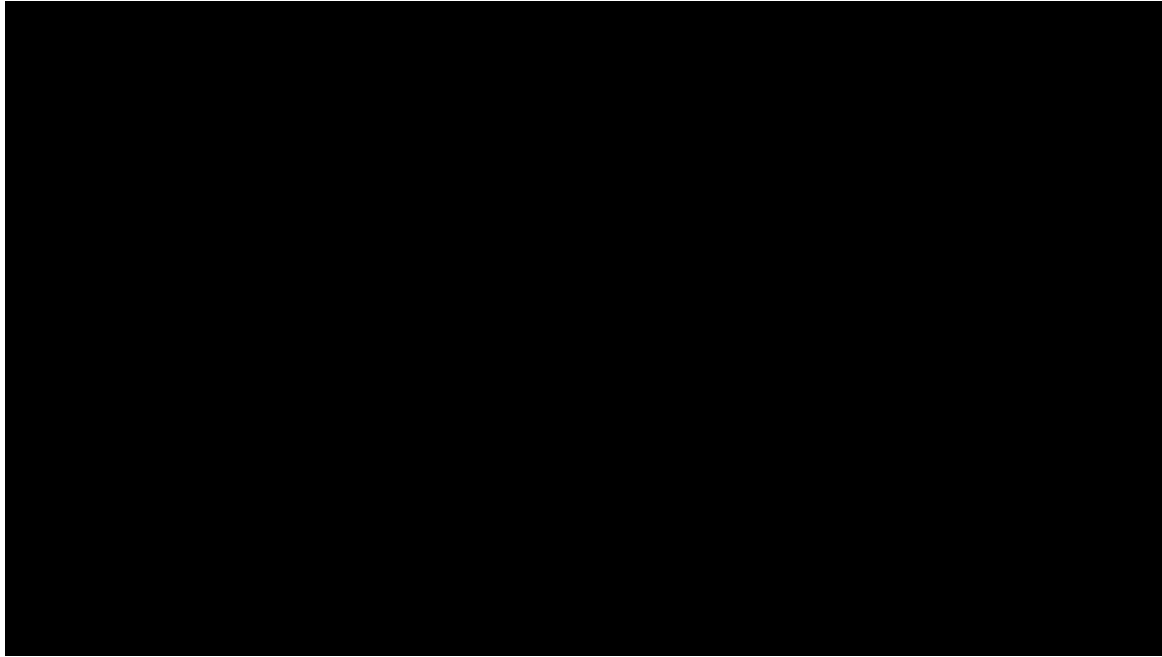
Respond

Resist
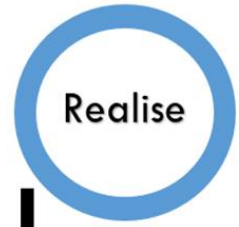
- Recognising trauma reactions
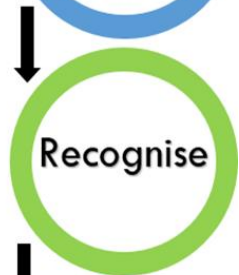
- Understanding reactions as a survival mechanism

- The Five F's that are survival mechanisms – fight, flight, freeze, flop and friend
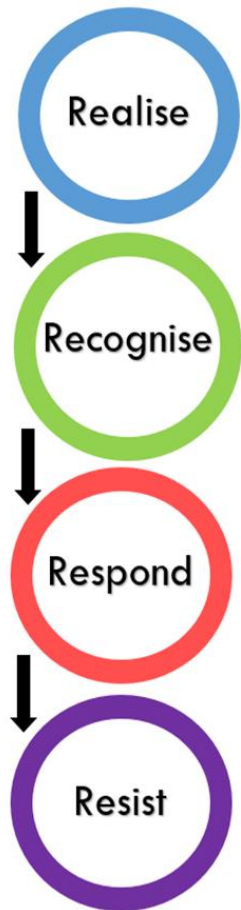
Recognising trauma reactions - video

https://youtu.be/OdCwmpaEqJ8 - 9 mins

What makes a Trauma-Informed System?

Realise

Recognise

Respond

Resist

It **RESPONDS** with:

- A commitment to changing practices, policies and culture of entire organisation; and

- A commitment to supporting staff at all levels in all roles to have understanding of the impact of trauma in theory and in their practice

- Engaging service users in organisational planning

What makes a Trauma-Informed System?

Realise → Recognise → Respond → Resist

It actively **RESISTS re-traumatisation** by:
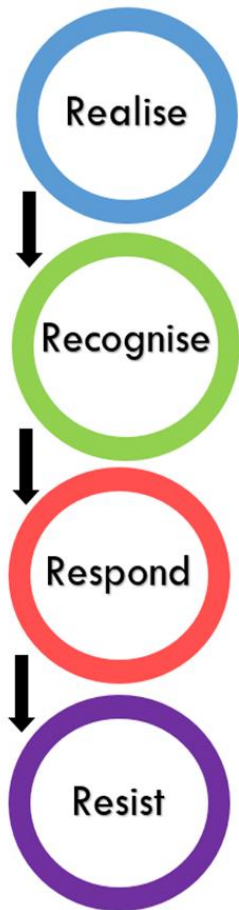
- Being open to the possibility that it may be unintentionally traumatising or re-traumatising people (service users and staff).

- Asks how we might be inadvertently causing distress and what we can do to change it.

- Asks how we can adapt our practices to make it less likely that we trigger or exacerbate trauma reactions, or manage people's fear in situations that may be frightening.

Foundations of Trauma Informed Care

Commitment to Trauma Awareness

Understanding the impact of Historical Trauma and Oppression

Developing Policies, Procedures and Practices that demonstrate TIC by

Creating a Safe Context through:
- Physical & psychological safety
- Trustworthiness and transparency
- Clear and consistent boundaries
- Predictability
- Choice

Restoring power through:
- Choice
- Empowerment
- Strengths Perspective
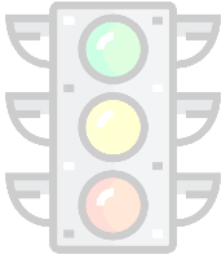- Skill development

Building Self-Worth through:
- Relationship
- Respect
- Compassion
- Acceptance and non judgement
- Collaboration and mutuality

www.acesconnection.com Trauma Informed Oregon

Roots

Introduction to a tool to help embed
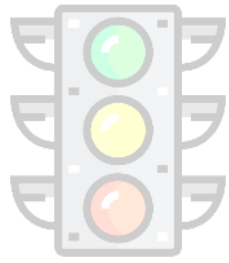
Trauma Informed Care

Roots – embedding TIC in practice

- A reflective framework for mapping the implementation journey of trauma-informed care

- Implemented through facilitated team sessions to assess their level of trauma-informed practice and create action plan – involves discussion and then group RAG rating of items in each of the 7 domains

- Framework allows for evaluation of progress and a constant cycle of improvement

- https://traumainformedcare.uk/the-roots-tool/
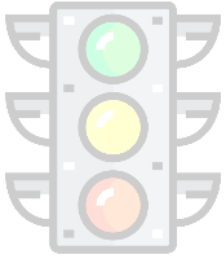
Roots – 7 domains

- Safety
- Language
- Social (relationships)
- Trauma-specific Interventions
- Empowerment
- Whole System
- Compassionate Leadership

Example – Domain One Safety

Each domain holds 7-11 questions – can be adjusted to make more applicable to service

Domain One - Safety

Trauma-Informed Care needs the explicit promotion of environments, communities and practices which are physically, psychologically and socially safe for people who use services and staff. Therefore, an emphasis on safety from both a user and staff perspective is not only a critical basis for the start of any healing, but it is also preventative of harm to both service users and staff by prevailing practices. It is certainly not envisaged that safety can ever be absolute and harm minimisation attempts to mitigate long-term risks by short-term empowerment is important. Safety, in the long run, is rarely achieved by restricting freedoms.

Item	Applicable to Service	Implementation	Example
1. Service users are safe from physical harm			
2. Staff are safe from physical harm			
3. My team/service see's everyone as of worth with valid experience and opinion			

Implementation of TIC - Roots

- **4 services selected** (PLS, CRHT, Jade Ward, Willow Ward)
- Presentation on ROOTS tool (30)
- Next stage: teams to action ROOTS implementation plan and review
- Roots Pilot (funded by bid monies)
- Roots Facilitator Training (13)
- Feedback
- Team-based Roots Implementation facilitated session (4 total)