



# Adversity, Trauma and Resilience

## This is my pledge: Trauma Informed Commissioning

To continue to explore, with my colleagues, how we may become a more trauma informed system and how this may influence our approach to commissioning. I commit to listening and learning to those with lived experience to understand how we design services to empower them to achieve the best outcomes and how we need to adapt to be more trauma informed commissioners.

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Adult Commissioning Team

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