



Adversity, Trauma and Resilience

Making a 'trauma informed approach' a foundational cornerstone



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My pledge is to make a 'trauma informed approach' a foundational cornerstone of any work I am involved in.

In everything I do, I will ask the test question *'what does a trauma informed approach look like?'*

In practice, this means exploring across West Yorkshire & Harrogate what this looks like for:

- **Establishing a Healthy Weight, Obesity & Nutrition workstream**
- **Existing work from our Children, Young People & Families Long Term Conditions workstream**
- **Every discussion at Children, Young People & Families Programme Board and Lead Commissioners Group**

