



Adversity, Trauma and Resilience

This is my pledge – embed trauma informed approaches and I will endeavour to work towards breaking the intergenerational cycle of adversity and trauma

Through my current role as Programme Delivery Manager within the Violence Reduction Unit and my previous role as a Midwife, I am passionate about trying to reduce adversity and trauma. Particularly through early intervention, supporting families to break the intergenerational cycle of trauma and adversity. I pledge to continue to support the work of the West Yorkshire Adversity Trauma and Resilience Programme. I will ensure that throughout my role I embed trauma informed approaches and I will endeavour to work towards breaking the intergenerational cycle of adversity and trauma. I will work with colleagues to create system wide change through the work of the West Yorkshire Violence Reduction Unit and West Yorkshire Adversity, Trauma and Resilience Programme to ensure West Yorkshire is a trauma informed and responsive system by 2030 and develop a whole system approach to tackling multiple disadvantages.



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