



West Yorkshire
Violence Reduction Unit
Tackling Violence Together

West Yorkshire and Harrogate
Health and Care Partnership



Adversity, Trauma and Resilience

West Yorkshire Adversity, Trauma and Resilience (ATR) Programme: Year 1 Summary June 20 – May 21

WY Ambition

Working together with people with lived experience and colleagues across all sectors and organisations to ensure WY is a trauma informed and responsive system by 2030 and develop a whole system approach to tackling multiple disadvantage.

Underpinning the vision WY want to:

- Prevent adversity and trauma across the life course.
- Engage in efforts build on assets and strengthen protective factors for our population
- Reduce harm for our population who experience adversity and trauma
- Reduce inequalities that contribute to adversity and trauma and inequalities caused by adversity and trauma.
- Ensure an understanding of adversity and traumatic events and the impact they have on an individual, their life chances and opportunities.

WY approach; Reaching the Ambition

To reduce trauma, adversity and build resilience for the population across West Yorkshire & Harrogate in particular people who are vulnerable, facing multiple difficulties, complex needs, adversity and childhood trauma.

The WY population should be able to access and receive integrated support from a range of professionals across health, education, social care, youth justice, the police and the voluntary sector to ensure that their needs are met in a co-ordinated way.

A Life Course Approach & Intergenerational

As a WH system we are taking a life course approach to adversity, trauma and building resilience in working towards reaching our ambition.

It is important to address adversity, trauma and build resilience from preconception as the determinants of health impact on a person's health and well-being, both physical and mental health, from birth, throughout the life course.

Addressing the wider determinants of health will help improve overall health by helping to improve the conditions into which people are born, live and work.

Public Health England - Health Matters describes a life course approach which considers the critical stages, transitions, and settings where large differences can be made in promoting or restoring health and wellbeing.

A life course approach values the health and wellbeing of both current and future generations. It recognises that there are a wide range of protective and risk factors that interplay in health and wellbeing over the life span;

Risk factors for adversity and trauma include: Poverty, absence from school, domestic violence, criminal activity and serious violence, exploitation, poor mental health and wellbeing, isolation.

Protective factors to build resilience include: trusted relationships, safe and secure environments, access to educations, living in good quality housing, stable employment, friendships, networks and support.

A long term investment in a lifecourse and a system approach will reduce inequalities; improve health outcomes and the accumulation of risk throughout life.

Our ambition is a long term strategy to break the intergenerational cycle of trauma and disadvantage that drives health inequalities, building healthy and resilient communities

Prevention and Early Intervention

There has never been a better time to prioritise the prevention of risk factors on health and increase protective factors as there is now with the ongoing pandemic.

People are making the connections between the deterrents of health and poor outcomes, including the impact on adversity and trauma, not just for young people, but for our babies who have been born during the pandemic and in lockdown, through to adults and older people that have been experiencing substantial isolation.

Advancing our health: prevention in the 2020s, states that 'everybody in this country should have a solid foundation on which to build their health'. This is particularly important in the early years of life. Most children are born into safe and loving homes that help them develop and thrive. But this is not always the case.

The good news is that much adversity and trauma can be prevented by ensuring all families have:

- safe, stable, environments,
- healthy housing,
- financial security,
- trusting relationships, access to support and reducing stigma for adults facing multiple disadvantages such as substance misuse, depression and roughsleeping

In order for prevention to be effective and really make a difference we need to shift our focus from blaming individuals to community solutions.

Better prevention of adversity and trauma through the combined actions of all sectors across west Yorkshire and Harrogate may reduce levels of common childhood conditions, reduce serious violence and exploitation, reduce the number of adults with multiple disadvantages and help alleviate pressures on public services.

Whilst the eradication of adversity and trauma remains unlikely, actions to strengthen our communities, reducing risk, building protective factors, resilience and assets may reduce immediate and long term harm.

Learning from each other and being better together

To make a step-change across West Yorkshire and Harrogate to become trauma informed and responsive we must embed the visions and approach at all levels of the system building on the amazing work that is already happening across all of the places, some of this can be found in the WY ATR Knowledge Hub [here](#).

To ensure that the we are operating at the right layer within the system with a focus on primacy of place, we apply three questions;

1. **What can we do once** together across the system to increase capacity, capability and resource,
2. **Tackling wicked issues**
3. **Sharing Best Practice** and delivery at place

Harnessing good practice to feed into local strategies

To inform the program across West Yorkshire and Harrogate we are collating evidence and working with a number of national and international networks to share practice and learning including;

- Public Health England Reducing Violent Crime Network
- International Trauma Informed Care Network
- NHSE/I Trauma Informed Community of Practice

Our approach is also being informed by the work ongoing in NHS Scotland and the Wales Violence Prevention Unit.

The WY ATR Programme aspires to:

- Embed multi-system trauma-informed approach with a coordinated, cross-system strategy that has aligned policies, practices, and services for supporting and building resilience.
- Embed the evidence and knowledge of trauma and adversity across all sectors
- Recognise and respond to the needs of the workforce (particularly those repeatedly responding to trauma).
- Collaborate across all sectors to provide accessible and appropriate services,
- Empower and promote awareness with and for communities

System Leadership:

The ATR Programme leads have presented at a number of system leadership boards and groups across WY and Place. The asks of these groups were to:

- Support in championing the system wide work and the agreed ambition.
- Agreement to support the work being presented at Health and Wellbeing Boards.
- Agreement to include an area in each JSNA around traumatic and adverse events and serious violence.
- Agreement for a facilitated trauma informed WY&H senior leader's workshop.

Presentations to date:

- WY&H HCP Clinical Forum
- WY&H HCP Programme and Planners
- WY&H HCP System Leadership Executive
- WY&H HCP Improving Population Health Programme Board
- WY&H HCP Children Young People and Families Programme Board
- WY&H HCP Mental Health Learning Disability and Autism Programme Board
- WY Multiple Needs Consortium
- WY Leaders and Health and Wellbeing Board Chairs
- WY Violence Reduction Unit Strategic Executive
- WY Royal College of GPs Faculty Board
- Leeds Local Medical Council
- National Four Nations Public Health and Policing Conference February 21
- National Public Health England Reducing Violence Network

Progress to Date

The original ask for this programme of work came from increasing levels of serious violence and exploitation experienced by young people across WY and responding to the direct and indirect impacts of the C-19 pandemic on our population.

Initial funding was provided from the Improving Population Health Programme and the West Yorkshire Violence Reduction Unit to support the work and to later to run the [3 day Knowledge Exchange](#).

Key to the system approach is the engagement of stakeholders, partnership working and building networks - In July 2020 we established a steering group which brought together partners to join up action(s) between organisations. The Steering Group had wide representation (50+ members) and has continued to grow across a range of sectors including members with lived experience, really demonstrating the importance of this work and our ambition as a system.

Partnerships have been established with experts and system leaders in trauma and adversity, to deliver masterclasses and opportunities to share learning across our places and support the work programme to date.

The Licence was obtained for a one time showing of the resilience film to all members of the steering group, to support the case for change and provide context of the enormity and potential impact of the programme

The opportunity then arose to work in partnership with the West Yorkshire Multiple Needs Consortium, to submit an expression of interest with partners from across place to the Ministry of Housing, Communities and Local (MHCLG) Government 'Changing Futures' funding. This funding was to enable system change to support adults facing multiple disadvantages.

Unfortunately WY was not selected to receive funding from MHCLG. However, due to the commitment from colleagues across the system, funding was identified, from WY HCP and WY Finding Independence to take this work forward and expand the scope to cover the whole life course to commission a WY&H System Change Project.

Humankind, a national charity, which delivers services in West Yorkshire, has been commissioned to undertake The Changing Systems and Integrating Care Project between May and July 2021.

3 Day Knowledge Exchange: Over 1,500 people from across the area, country and even India attended the launch of the Adversity, Trauma and Resilience Knowledge Exchange which took place between 22 and 24 March 2021. The event covered: the growing evidence of the impacts of adverse and traumatic experiences and toxic stress throughout life. Traumatic and adverse experiences increase the risk of poor mental health, adverse behavioural responses, and increased risk of physical illnesses. The event highlighted: how joined up working and the development of trusted compassionate services from preconception through to adult life can support the development of protective factors and improve resilience. The event emphasised: the importance of organisations working better together to prevent negative life experiences whilst creating a society that is more connected and healthy.

Attendees were tasked over the three days to: listen, respond and share evidence, knowledge and practice. There was an emphasis on how grassroots expertise can underpin the shifts in culture and practice needed to achieve our vision of an area which is trauma informed and responsive to people's needs. The event workshops, led by specialists in the field including those with experience of trauma, highlighted how when organisations come together to support people at the right time in their life they can support them better to lead a long, healthy life where possible free from the impact of trauma. For more information and resources see the Adversity, Trauma and Resilience Knowledge Exchange website pages and the Post-event booklet.

As part of our three day Knowledge Exchange we held a resilience workshop with young people across WY&H. Mental health, emotional wellbeing and resilience is one of the key priorities identified by our WY&H Youth Collective to work in partnership with us on and the resilience workshop will start this joint approach.

Adversity, Trauma and Resilience (ATR) Programme Structure: due to the increasing number of requests to join the ATR Steering group and agreement to transition the West Yorkshire Multiple Needs Consortium to WY&H HCP under the ATR Programme, members agreed a restructure of the programme.

The WY Adversity, Trauma and Resilience (ATR) Programme Structure moving forward will include:

- WY ATR Strategy group (formal decision making group with TORs and Governance Process)
- WY ATR Network with a focus on 0-25 (monthly /bi monthly – to be agreed)
- WY Multiple Needs Consortium 18+ (monthly /bi monthly – to be agreed)
- Quarterly joint meetings of the Network and Consortium to focus on transition (16 – 25yrs)

What will success look like by 2022?

Changing Systems Project

The Changing Systems and Integrating Care across West Yorkshire project will scope how WY can embed future transformation and sustainable change at system and operational levels to:

- To reduce trauma, adversity and build resilience for the population across West Yorkshire & Harrogate, in particular people who are vulnerable, facing multiple difficulties, complex needs, adversity and childhood trauma.
- Reduce multiple disadvantages, repeat demand on services and provide accessible services to better support and improve outcomes for people experiencing Multiple and Complex Needs.
- Support local and regional approaches to future commissioning of appropriate, effective and integrated multiple needs services.
- Provide access to integrated support from a range of professionals across health, education, social care, youth justice, the police and the voluntary sector to ensure that their needs of the West Yorkshire population are met in a co-ordinated way.
- Respond to the increasing need of our population in relation to adversity, trauma and multiple disadvantages
- Influence a change in commissioning across the system (more integrated commissioning across health and social care)
- Support delivers plans at place, share learning and accelerate a replicate good practice across the system.
- Coordinated system approach to coproduction and engagement with people with lived experience.
- Enable system transformation and sustainability and increasing the capacity across West Yorkshire

Two roundtable meetings have been held to agree and roll out the Place Based System Mapping with key people from across Local Authority and System; service providers, commissioners and the voluntary sector for children, young people and adults who experience/have experienced emotional trauma, adversity and multiple disadvantages.

- In addition to systems mapping the project will produce;
 - An Equality and Inequality assessment in relation to trauma, adversity and multiple disadvantage
 - Cost analysis in relation to demand on the system and potential savings.
 - A response strategy with recommendations and options to build lasting system change, considering primary of place, system level actions and implementation and strengthening links with place

NE/YH Health & Justice Expression of Interest – Implementing Framework for Integrated Community Care

NHS England and NHS Improvement, North East and Yorkshire are calling for applicants to submit Expressions of Interest to deliver the Framework for Integrated Care. The Framework for Integrated Care is the NHS's response to the Long-Term Plan commitment of investing in additional service for children and young people with complex needs. It provides a set of guiding principles and practices that act as a template for genuine co-production and development of integrated services for children and young people with complex needs in the community.

NHSE/I are looking to fund, via the expressions of interest implementation sites to deliver the Framework. It is expected that one implementation site will be selected from the NE&YH region, covering an Integrated Care System (ICS) footprint. Delivery of the Framework on an ICS footprint is prescribed to enable closer collaboration between local partners and encourage proposals, which are tailored to their local population of children and young people with complex needs.

WY ATR Training Collaborative

Establish the West Yorkshire Adversity, Trauma and Resilience Training Collaborative. This collaborative will include current training providers and training programmes and potentially include experts in the field of Adversity, Trauma and Resilience.

The main objectives of the collaborative will be to:

- develop and deliver training where we know we have gaps,
- coordinate training across the system,
- develop a training matrix for the system,
- develop a competencies and knowledge frame work,
- development of peer support networks,
- provide appropriate training for supervision of staff repeatedly dealing with people who have suffered trauma

The initial focus (as a gap has already been identified) will be working in partnership with WY Police and WY Housing colleagues as the largest sectors that work with the public and in communities on a daily basis and are often the first point of contact, first to identify adversity and trauma and two of the sectors that are repeatedly dealing with people who have suffered trauma.

The Training collaborative is an amazing opportunity to deliver multi agency sessions and to develop a system approach, including working with the WY&H Health and Inequalities Academy to understand and reduce inequalities that contribute to, or, are a result of adversity and trauma.

An opportunity has arisen through the Home Office to apply for funding that would provide some initial resource to establish the ATR Training Collaborative. Only two successful VRUs will be awarded the funds of £700,000 for 1 year, with the potential to continue funding working (over 3 years) with the Youth Endowment Fund. that may allow the funding to be spread over 3 years. This opportunity if successful will strengthen the EOI submission to the Health and Justice Team.

WY Adversity, Trauma and Resilience Community Action Collective

WY ATR Steering Group has agreed to establish a Community Action Collective to ensure appropriate engagement and involvement of WY communities. The Collective will also deliver a number of outputs including:

- Community event
- Development of an Engagement, Involvement and Coproduction Plan to inform the WY ATR Strategy
- Ensure that our communities and people with lived experience are aware of how they can choose to be involved with the work programme and reaching the WY ambition.

Continue system leadership with

- Pledges from System Leaders
- WY&H System Leaders facilitated trauma informed workshop
- presentations at Health and Wellbeing Boards in partnership with Place

Continued support for development at Place

- Support place programmes and events
- Development case studies
- Identify gaps where additional resource is needed

WY ATR Knowledge Hub

- Develop place map and pages
- Add Pledges
- Continue to update with resources

Time Line

- **May 2021:** Submit funding application to Home Office; Trauma informed training
- **May - June 2021:** Establish and embed the new approved programme structure
- **May - July 2021:** Successful delivery of the; Changing Systems and Integrating Care Project.
- **June – July 2021:** Establish expert reference group to support development of WY Strategy and Programme
- **June – October 2021:** Establish WY ATR Community Action Collective
- **June – December 2021:** Develop first draft of the West Yorkshire Adversity, Trauma and Resilience Strategy 2022 – 2030
- **June – December 2021:** H&WBB Presentations
- **July 2021:** Submit EOI to NHSE/I Health and Justice Team NE/Y&H
- **September – October 2021:** Community Events
- **September – November 2021:** Develop Engagement, Involvement & Coproduction Strategy
- **July 2021– March 2022:** Establish WY ATR Training Collaborative
- **July 2021– March 2022:** Develop, delivery and embed ATR training for WY Police and WY Housing
- **July 2021– March 2022:** Updates and Place based pages to WY ATR Knowledge Hub
- **July 2021– March 2022:** Continued support for development at Place

Resource

Continued funding from WY Violence Reduction Unit: WY Violence Reduction Unit will continue to support the WY Adversity, Trauma and Resilience Programme, this has been included in the VRU 21/22 Development Plan and funding has been allocated.

Capacity:

Programme management provided by WY&H HCP Improving Population Health Programme and WY&H HCP Children Young People and Families Programme.

- Partners from across WY

Further resource and capacity is dependent on the outcome of the EOIs.