Forward Leeds is becoming a Trauma Informed Service

City wide drugs and alcohol treatment and recovery service working towards trauma informed approach

Forward Leeds is the alcohol and drug service in Leeds for adults, young people and families. It is one of the largest services of its type in England. We are aware that most of the people who benefit from the services we offer will have experienced adversity and trauma and started using alcohol or drugs as a way of managing their thoughts and feelings.

To ensure we offer them the most effective and helpful service, it is essential that we acknowledge this and develop our approaches with this in mind. We also acknowledge that many staff who enter this field of work have also experienced some form of trauma and adversity. We mean to ensure that they too feel safe and supported to carry out their roles.

Former Forward Leeds client Shaaron Jackson

"I understood that this was the service that would address, not just my alcohol dependence, but the childhood trauma that I had experienced, and my poor mental health for the first time." Shaaron Jackson

What we are doing

Forward Leeds is a large and complex service with many teams and specialists providing a broad range of interventions and support for our service users. To become trauma informed involves careful planning and a commitment from the whole service. Following the principles of trauma informed practice, we are:

- **Providing awareness training for all staff to ensure we all understand trauma, adversity and the impact it has.**
- **Reviewing the assessment process and documents to introduce more collaboration and eliminate re-traumatisation.**
- **Focusing on the physical spaces to ensure they are welcoming and feel**

The new transformed, trauma-informed Waiting Area at the Forward Leeds hub in the city centre

"The reception, which could be chaotic, has turned into a peaceful calm area for clients. They love the area and all comment on how relaxed they feel."

Angela Clough, Administrator, Forward Leeds

COVID-19
MENTAL HEALTH AWARENESS
Here are some ideas on how you can reduce stress:
6. Learn to Say No
4. Spend Time with Friends and Family
12. Listen to Soothing Music
13. Deep Breathi
Family Plus
What's On?