

Adversity, Trauma and Resilience monthly stakeholder bulletin



Issue 15 – October 2023

Welcome

Welcome to the West Yorkshire Adversity, Trauma and Resilience monthly bulletin which provides updates on the programme and information from 'place'.

Adversity, Trauma & Resilience Programme – Our Ambition

Working together with people with lived experience and colleagues across all sectors, organisations to ensure that West Yorkshire is a trauma informed and responsive system by 2030.

If you would like anything adding to the ATR bulletin please send it to caroline.andrews16@nhs.net

Workstream Updates:

Please note that all meetings will be recorded and only an action log will be produced. The recordings are only available for the members of the meeting and if you would like a copy, please let Caroline Andrews know.

NEW ATR WORKSTREAM

West Yorkshire ATR Staff Experience and Workforce Practices Workstream

As part of the West Yorkshire Adversity, Trauma and Resilience programme of work we are establishing a WY Trauma Staff Experience and Workforce Practices Workstream and are writing to you to invite expressions of interest for membership of this group.

Please see the below the expression of interest which sets out the role of the workstream.

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The first meeting of the workstream will take place on Monday 4 December, 13:30 – 15:30.

Colleagues who would like to submit an expression of interest in being a member of the WY Trauma Staff Experience and Workforce Practices Workstream should email their name and contact details to caroline.andrews16@nhs.net by the Monday 27 November 2023. Please feel free to pass this on to colleagues who may also be interested in being a member.

As part of the West Yorkshire Adversity, Trauma and Resilience programme of work we are establishing a West Yorkshire Trauma Informed Staff Experience and Workforce Practices Workstream and we are writing to you to invite expressions of interest for its membership. Our vision for our West Yorkshire Adversity, Trauma and Resilience programme is to: ‘Work together with people with lived experience and colleagues across all sectors and organisations to ensure West Yorkshire is a trauma informed and responsive system by 2030’ Our shared vision between the WY Staff Wellbeing Hub and Spectrum Community Health CIC on behalf of West Yorkshire is: Supporting and enabling our workforce to thrive in recognition of: • their lived experience • the trauma experienced at work; Whilst ensuring our workforce policies and practices are also trauma informed. The Trauma Informed Staff Experience and Workforce Practices Workstream will support the delivery of both visions by; • developing a shared understanding of what Trauma Informed approach to workforce mean. This includes recognition of the emotional impact of working within a trauma informed system, the support structures that are needed to allow a workforce to thrive when working in this way and ensuring that workforce policies and practices are also trauma informed. • developing a model of working that understands that working with trauma and working within a trauma informed framework takes emotional labour, has an emotional cost and if left unsupported creates burnout and poor retention. TIC asks that staff engage and connect with the trauma experienced by our service users. It also recognises that elements of working within health and social care can cause harm both to service users but also to staff. Without support and spaces to process and understand the impact of working in this way there is a risk of creating harm in staff. It can cause burnout and poor retention. It can also trigger past traumas and create new ones. If staff

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do not feel emotionally supported we know it can also have a negative impact on the care provided. This workstream aims to focus on the needs of staff within a TIC system. Allowing them to thrive and deliver the best care. and can potentially therefore add to harm rather than mitigate it, especially when employees have lived experience gained through adverse childhood experiences. • develop an evidence based framework on making workforce related processes, practices and policies trauma informed • establish a database of evidence and research into workforce experience through the TI lens • development of peer support networks, • developing a repository of resources and evidence for 'what works' and best practice and, furthermore, • gathering complex case studies that are curated in ways that can provide guidance to organisations and NHS Trusts looking to become Trauma Informed The Trauma Informed Staff Experience and Workforce Practices Workstream will offer West Yorkshire a unique and innovative opportunity to harness lived and learnt experience from colleagues working across the system. The ambition is to develop an understanding of this new element of the ATR TI system approach, develop practical supportive solutions to ensuring workforce policies are TI, co-produce and co-design the future of workforce related frameworks. The aim also is to provide peer support and understand why working in this way can support better staff experience, lower sickness and burnout rates, improved retention and better outcomes for all patients and service users. The Trauma Informed Staff Experience and Workforce Practices Workstream will be supported by staff and chaired by Kerry Hinsby, the Clinical Lead WY Staff MH and Wellbeing Hub and Agnes Wozna, ATR Fellow and Experience Lead at Spectrum Community Health CIC. The first meeting of the West Yorkshire Trauma Informed Staff Experience and Workforce Practices Workstream will take place on Monday 4th December, 13:30-15:30. Colleagues who would like to submit an expression of interest in being a member of this workstream should email Caroline Andrews, caroline.andrews16@nhs.net If you have any questions then we would be very happy to discuss further. You can also contact Agnes on Agnieszka.wozna@spectrum-cic.nhs.uk

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Education Workstream

Please note that the Education Awareness Week will now take place in February 2024.

If you would like any further information on the workstreams please refer to the West Yorkshire ATR Academy Hub <https://westyorkshiretraumainformed.co.uk/> or contact caroline.andrews16@nhs.net

What's New on the Digital Hub

The webinar with Ian Lambie, Chief Science Advisor, New Zealand Government is now available to view on the digital hub [West Yorkshire Health and Care Partnership and West Yorkshire Violence Reduction Unit \(westyorkshiretraumainformed.co.uk\)](https://westyorkshiretraumainformed.co.uk/)

Other News

Leeds Trinity University

As part of the professional aspect of our undergraduate degree programmes, our 2nd year students undertake a **Professional Placement** within a relevant environment or role. This opportunity enables them to develop their skills, demonstrate their attributes, and gain an insight into sectors and roles they may wish to pursue a career in. Our students study on a variety of subject areas, including: Children, Young People & Families, Psychology, Criminology, Business; Law; Computer Science; English; Journalism; Media, Sport and Wellbeing; Philosophy, Ethics and Religion. Typical placements or projects our students could support with, include:

- Mental Health Campaigns
- Research Projects
- Community Fundraising Events
- Marketing/Business Projects, including; Promotional Videos, Website Case Studies, Social Media Awareness Campaigns
- Health and Wellbeing Activities and Events

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- Data Collection and Analysis
- Community / Support Work

In addition to our 2nd Year Professional Placement Programme, our final year students are required to negotiate a **Collaborative Work Based Learning Project** with an organisation between November and March. Further details are below for both opportunities.

2ne Year Placements/Projects:

Students can carry out their placements, as follows:

- **During the Block Placement Dates:** 15th April 2024 for 5-6 weeks.
- **Flexibly (Part-Time basis):** Some of our 2nd year students prefer to undertake their placements more flexibly, over an extended period, alongside their studies. For the Flexible Placements, there are three placement start windows. These are:
 - **Window 1 Start Date:** Monday, 20th November 2023 onwards
 - **Window 2 Start Date:** Monday, 15th January 2024 onwards
 - **Window 3 Start Date:** Monday 12th February 2024 – Friday 16th February 2024

Final Year Projects:

Between November 2023 and March 2024, our Final Year students are required to undertake a Professional Learning Through Work module. This will require our students to negotiate a collaborative work-based learning project with an organisation. Depending on the student's subject area, they are required to complete 40/60/80 collaborative project hours.

If you can offer a placement or a project, there are just a couple of things we need from you to move forward:

- A completed Placement and Project Brief
- A completed H&S (Health & Safety) and Risk Assessment questionnaire (which will be sent to you upon receipt of the completed brief).

If you are interested in offering a placement / project to one of our undergraduates and would like some further information, please contact placements@leedstrinity.ac.uk

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Global Resiliency Accelerator Webinar – Trauma Informed Approaches to Health Care

On behalf of Dr Warren Larkin, Director, Warren Larkin Associates

I hope you can join us on Monday, November 13th from 12-2 p.m. EST – which is **5pm 7pm GMT** for the next Global Resiliency Accelerator. Presenters will be sharing about emerging trauma informed practices in the UK and US. Registration is required and seating is limited.

Presenters Include: Alistair Christie and Kelly Laycock from the UK, who will talk about their A&E (ER) Navigator Service and Sarah Seldon from the US, who will discuss the journey her organisation has taken to becoming trauma informed

For more information: [The Global Resiliency Accelerator Tickets, Mon, Nov 13, 2023 at 12:00 PM | Eventbrite](#)

Please share with your network.

Centre for Mental Health

This is the link for the October newsletter from the Centre for Mental Health [It's a constant battle that knocks you \(mailchi.mp\)](#)

Suicide Prevention Champions

Suicide is more common in West Yorkshire than in England as a whole – for men and women. Nationally, it is our biggest killer of men and women aged 20-34. But, by working together, we can change this. We believe that every suicide is preventable and have a zero-suicide vision for West Yorkshire.

We are urging any residents (aged 18+), or anyone working in West Yorkshire, to join our movement to make suicide prevention everyone's business and sign up to become a West Yorkshire Suicide Prevention Champion. Becoming a Champion involves watching a 20-minute suicide awareness

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video (Zero Suicide Alliance's 20 Minutes To Save A Life) – which can be watched on Smartphones – and making a pledge, big or small, about how you plan to promote suicide prevention.

Signing up is quick and easy via [our website](#), where there is a form to fill in to register.

Champions then receive a downloadable information pack, providing details about all the news, resources, support services, messages and information available to them to help them spread the word across West Yorkshire and beyond.

For more information around the campaign, please take a look at the [campaign page](#) on our website.



Basis Training

Upcoming Open Training Supporting Young People

Do you support young people experiencing Sexual Exploitation? Our trainings provide further in-depth understanding and insights into recognizing and working with young people experiencing exploitation. We pride ourselves in ensuring courses are delivered by specialist frontline workers who are also experienced trainers with longstanding experience. These courses are aimed at all professionals that work with young people and those who want to enhance their understanding around these issues. Young People's voices are featured throughout in a variety of ways. We also

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now offer a course on Adult Sexual Exploitation – a highly specialist course based on our ground-breaking work on this complex topic.

Unable to attend one of our upcoming open courses? Our highly experienced trainers are able to travel to your organisation and offer bespoke training in your venue or a location of your choosing, as well as online - offering training on a broad range of social topics.

<https://www.eventbrite.com/cc/child-sexual-exploitation-training-1575659>

WHM DV

Domestic Violence and Abuse: Learning from Lived Experience and Practitioners (In-person)

This course has been co-produced and is co-delivered with victims/survivors of Domestic Violence and Abuse (DVA) by **Women's Health Matters Leeds**. Offering insights into legislation, policy and practice for anyone working with and supporting women experiencing domestic violence and abuse including women from specifically vulnerable groups including women experiencing racism, sex workers and others – delivered with plenty of examples and developed alongside women with lived experience this course will give you some genuinely practical insights to improve your knowledge and practice.

<https://www.eventbrite.com/cc/womens-health-matters-domestic-violence-training-1704169>

If you would like any further information, please contact lucie.ozanne@basisyorkshire.org.uk

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New Trauma Informed Care E-Learning Programme Now Available

NHSE are pleased to launch new elearning on trauma informed care. Please could you share with your networks.



NHS England's elearning for healthcare and Mental Health team have worked together to develop a new elearning programme about trauma informed care.

The COVID-19 pandemic has highlighted a growing need for health and care professionals to understand the dynamics and impact of trauma on the lives of individuals, families and communities.

Whilst embedding trauma informed care requires a systematic multi-faceted approach, the aim of this programme is to support the learner in deepening their understanding on the importance of becoming more trauma sensitive in the way care is delivered, both as an individual and within a team or service.

The programme, which is aimed at frontline health and care professionals, emergency services colleagues, violence reduction units and education staff, consists of 5 modules:

- Human Development and Responses to Threat
- What Do We Mean by Trauma?
- Basic Awareness, Concepts and Challenges

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- Public Health and Prevention, Personal Capacity
- Making Trauma Informed Approaches Part of Healthcare

On completion of the programme learners will have a greater understanding of trauma and its impact on the lives of everyone who encounters services, including those who work within it. It will help learners to recognise and sensitively respond to people who have experienced trauma.

For more information and to access the resource, please visit the [Trauma Informed Care programme page](#).

Soundproofbox – Free Red Flags Show

I'm pleased to announce that we are performing another public show of our red flags show about coercive control on 10th November at 11am.

This is available in 2 formats live at Chapel arts, Seacroft, Leeds.

If you'd like a free ticket for this show click on the links below.

Live show

<https://www.eventbrite.co.uk/e/red-flags-interactive-theatre-show-2-tickets-738667463267>

Online

<https://www.eventbrite.co.uk/e/online-ticket-red-flags-interactive-theatre-show-tickets-735340271547>

If you would like any further information about Soundproofbox please contact soundproofboxorg@gmail.com

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Neurodiversity Education Talk

On 9 November join Speech and Language Therapist, Jodee Simpson, in an interactive workshop discussing psychological safety for supporting neurodivergent colleagues. Jodee will address our unconscious bias around neurodiversity and how that affects how we interact with and support (or fail to support) others. Attendee will look at their own able-ism, and how that can even manifest itself in people who have disabilities themselves. The community of practice event takes place from 11 till 12. For more information and to book see the [flyer](#).