

Trauma Informed Care

Introduction and service user involvement

January 2023

ELFT Aim

For B&L ELFT to become a Trauma Informed Organisation
which means adopting and embedding the values and practices
consistent with Trauma-Informed Care in

- the care we provide,
- our approach to staff,
- our leadership and
- our policies and procedures

Why Trauma Informed Care?

- Trauma-Informed Care (TIC) is front and centre in the NHS Long Term Plan for redesign of mental health services
- Traumatic experiences are strongly linked to presentations that we see in mental health services
- TIC recognizes the presence of trauma and how it presents, and acknowledges the role trauma may play in an individual's life and behaviour

Trauma Informed Care

...trauma-informed approaches are ways of supporting people that recognise specific needs they may have as a result of past or ongoing trauma...

www.thinknpc.org

Key principles



Trauma Informed Model

An organisation / system that:

- ✓ **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- ✓ **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- ✓ **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- ✓ Seeks to actively **resist re-traumatization**.



1. Realises

Realises the widespread impact of trauma and disadvantage

Not just thinking about PTSD - Trauma is a significant contributor to the majority if not all mental health difficulties

What kinds of things can be traumatising? Bullying, racism, abuse, discrimination, poverty, sexism, homophobia, accidents, natural disasters, passed on through families – people who are constantly afraid tend to pass that fear onto their children



2. Recognises

Recognises the signs and symptoms of trauma in patients, carers, staff and all of those involved

Difficulty trusting others, constantly on alert, trapped in 'fight or flight' mode, thinking the worse, feeling stuck and not believing things can change

Aggressive behaviour – how is someone feeling? Scared is it a threat response?

Vicarious trauma

We might feel on-guard all the time and unable to relax, can't stop thinking about work, feeling guilty or not being able to empathise with patients

Burn out?



3. Responds

Responds by meaningfully integrating trauma based knowledge into policies, procedures, culture and settings

Consider your role within teams

How you can contribute to long lasting change in services

What are your own values and can you shape your careers in line with these principles?



4. Resists

Resists re-traumatising

Make practical changes to ensure that our services are experienced as safe spaces for staff and patients

What are our current ways of working that contribute to patients and staff distress?

Asks how can we challenge and then adapt our practices to create safe spaces less likely to trigger or exacerbate trauma?

Key principles – *Scotland NHS*



Are you interested in becoming involved?

- ✓ Introduction to Trauma Informed Care training – become a co-facilitator
- ✓ Strategy meeting for TIC – be the service user voice
- ✓ Policies / documents – be a reviewer from a trauma informed perspective

If interested, think about...

... am I ready to get involved in reading / hearing / talking about trauma?

... what kind of support would I need if interested and involved?

... what level of involvement would fit with me?

... what questions do I have and who can I talk to about these? (e.g. PPL, friends, MH worker, TIC facilitator...)



Questions

Thank you!



Thoughts