

Go to www.menti.com and use the code 47 21 63

 Mentimeter

What are you hoping to get out of today's event?

To gain understanding into the practical applications of a trauma informed approach

How my practice can be enhanced to support woman and children affected by VAW. Exciting to listen and learn

Learn about what a trauma informed support/service should look like

To enhance my practice to support children affected by trauma

Hearing about different approaches on how best to support women with experiences of GBV

How to support staff with this and to learn more about how to put it in practice.

To learn from other areas on how they have embedded trauma

more understanding and knowledge

Press ENTER to pause scroll





#traumadeepdive

How can adopting a trauma-informed approach to working with women and children affected by violence against women help drive forward improved outcomes as part of Scotland's roadmap for COVID-19 recovery, renewal and transformation?



Sarah Taylor
Chief Inspector, Police Scotland and
Chair of Equally Safe Edinburgh

John Swinney
Deputy First Minister and
Cabinet Secretary for Education and Skills



Scottish Government
Riaghaltas na h-Alba
gov.scot

Councillor Alison Evison President of COSLA

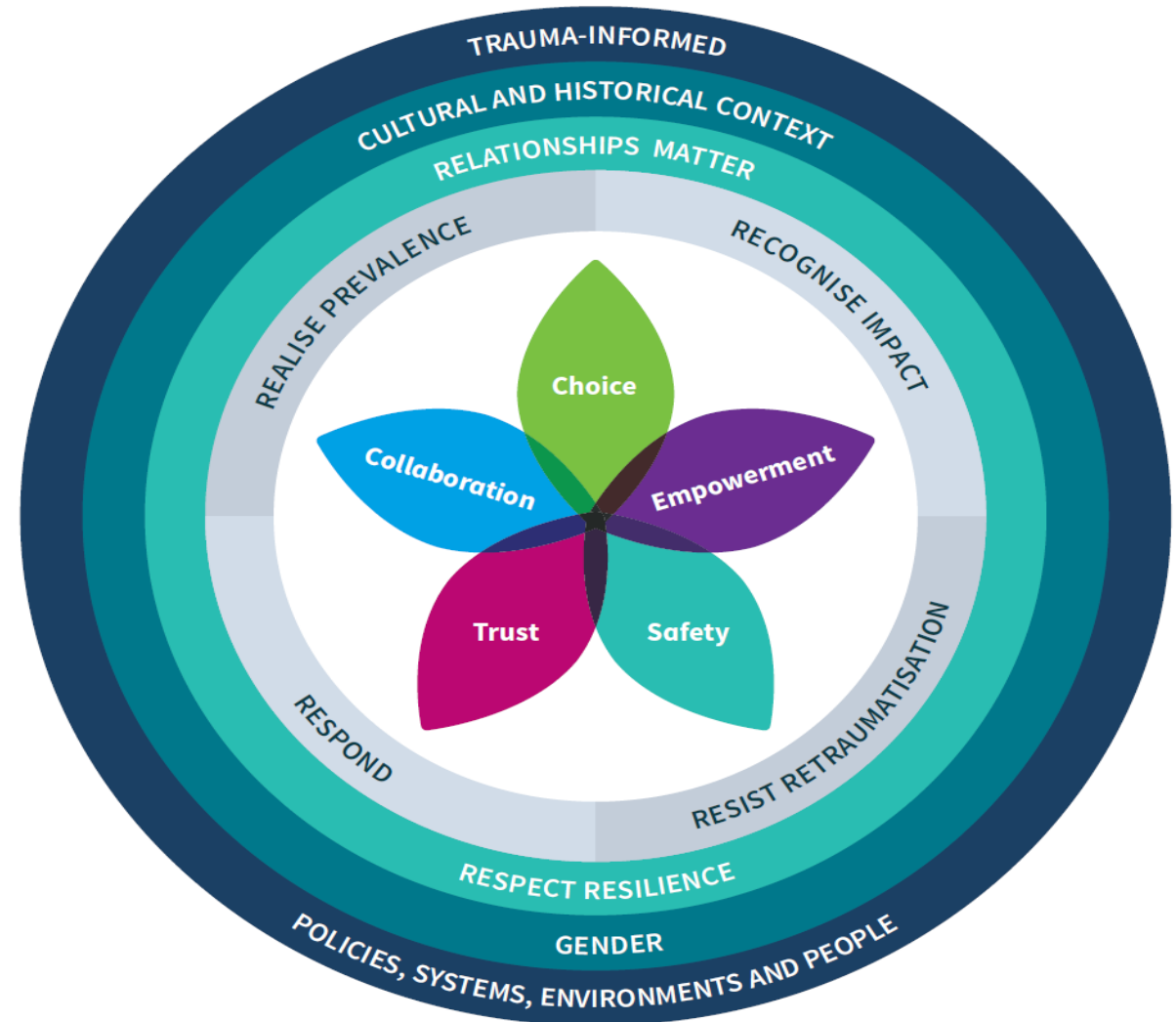


Dr Caroline Bruce

Head of Programme, Trauma
NHS Education for Scotland

Please visit

www.transformingpsychologicaltrauma.scot/

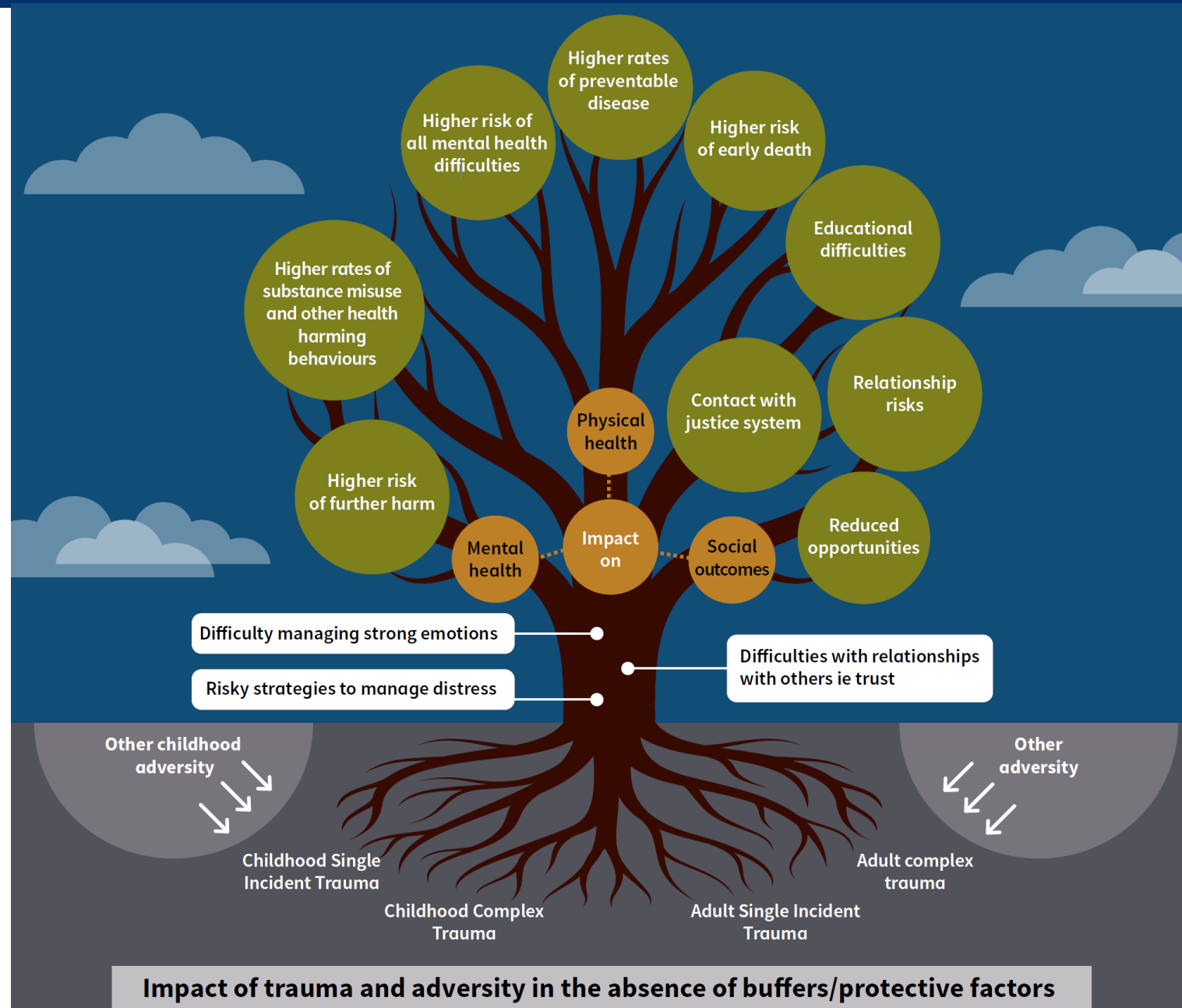
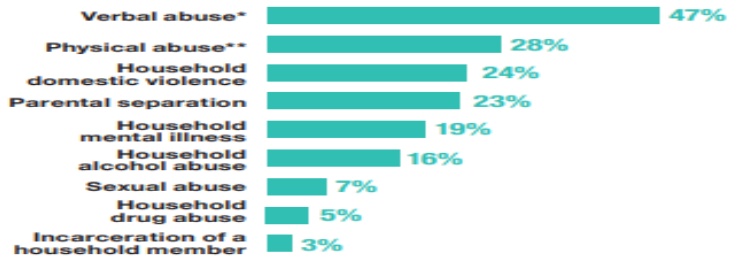


WHY have a National Trauma Training Programme?

In 2019, just over one in seven adults reported four or more ACEs.



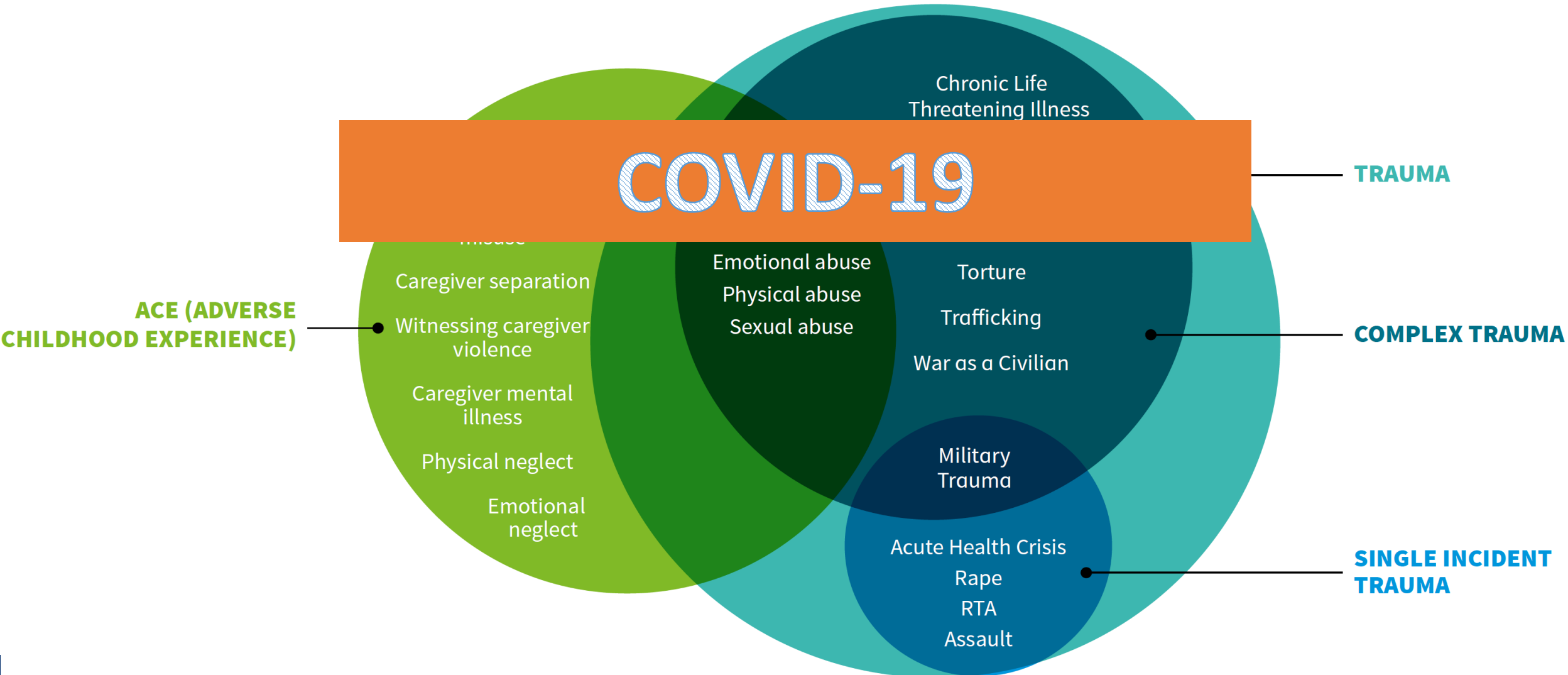
Verbal abuse was the most common ACE reported, experienced by just under half of all adults.



Difficulty managing strong emotions

Risky strategies to manage distress

Difficulties with relationships with others ie trust



WHAT is a “trauma informed nation”?

Realises the prevalence of trauma.

Recognises the impact of trauma esp. wrt to barriers it can create to accessing life chances

Responds with that recognition in mind
do no harm, support recovery, create systems, that remove potential trauma related barriers

Resilience recognised and supported

Relationships matter



The big vision of the National Trauma Training Programme:

“A trauma informed and responsive nation and workforce, that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and can address inequalities and improve life chances.”

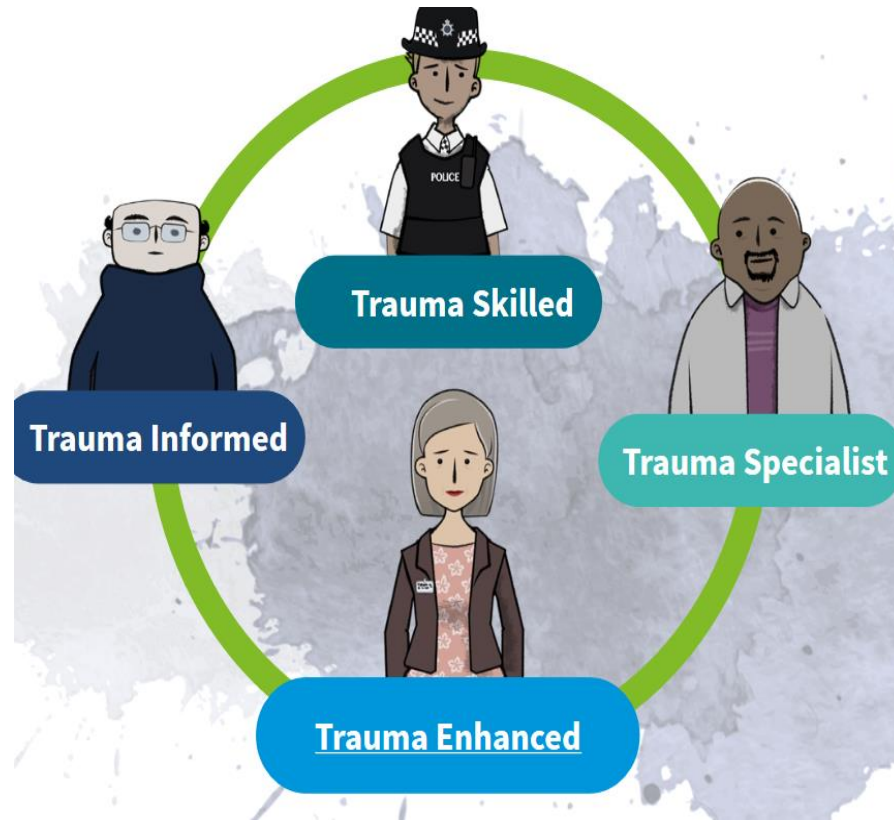
WHAT is The National Trauma Training Programme?

NHS
Education for Scotland

TRANSFORMING PSYCHOLOGICAL TRAUMA:
A Knowledge and Skills Framework for the Scottish Workforce

In partnership with:
 Scottish Government gov.scot

The cover features a network diagram of diverse human icons connected by lines, set against a teal background.



NHS
Education for Scotland

THE SCOTTISH PSYCHOLOGICAL TRAUMA TRAINING PLAN
NHS Education for Scotland (2018)

In partnership with:
 Scottish Government gov.scot

The cover features several circular icons: a woman at a computer, a police officer, a group of people, and a man at a chalkboard with mathematical equations. A large 'DRAFT' watermark is visible across the center.

National Trauma Training Programme

Who?

People who have an explicit role in supporting children or adults affected by trauma to recover

Trauma
Specialist

Trauma
Enhanced

What can you do?

Offer evidence based approaches to recognise resilience and support recovery.

People who do not have an explicit role in the recovery of people affected by trauma.

Trauma Skilled

1. Understand how the impact of trauma might affect people's responses to you & your organisation

Trauma Informed

2. Adapt how you work so:
a. you do no further harm
b. the impact of trauma does not create a barrier

HOW do we implement it?

National Trauma Training Resources:

Animations and filmed workshops:



E-modules



Films:



<https://transformingpsychologicaltrauma.scot/media/w3hpiif4/national-trauma-training-programme-training-resources.pdf>



The diagram consists of five overlapping circles arranged in a wave-like pattern from left to right. Each circle contains text representing a key driver. The circles are colored in a gradient from light teal to dark teal. The text is underlined and centered within each circle.

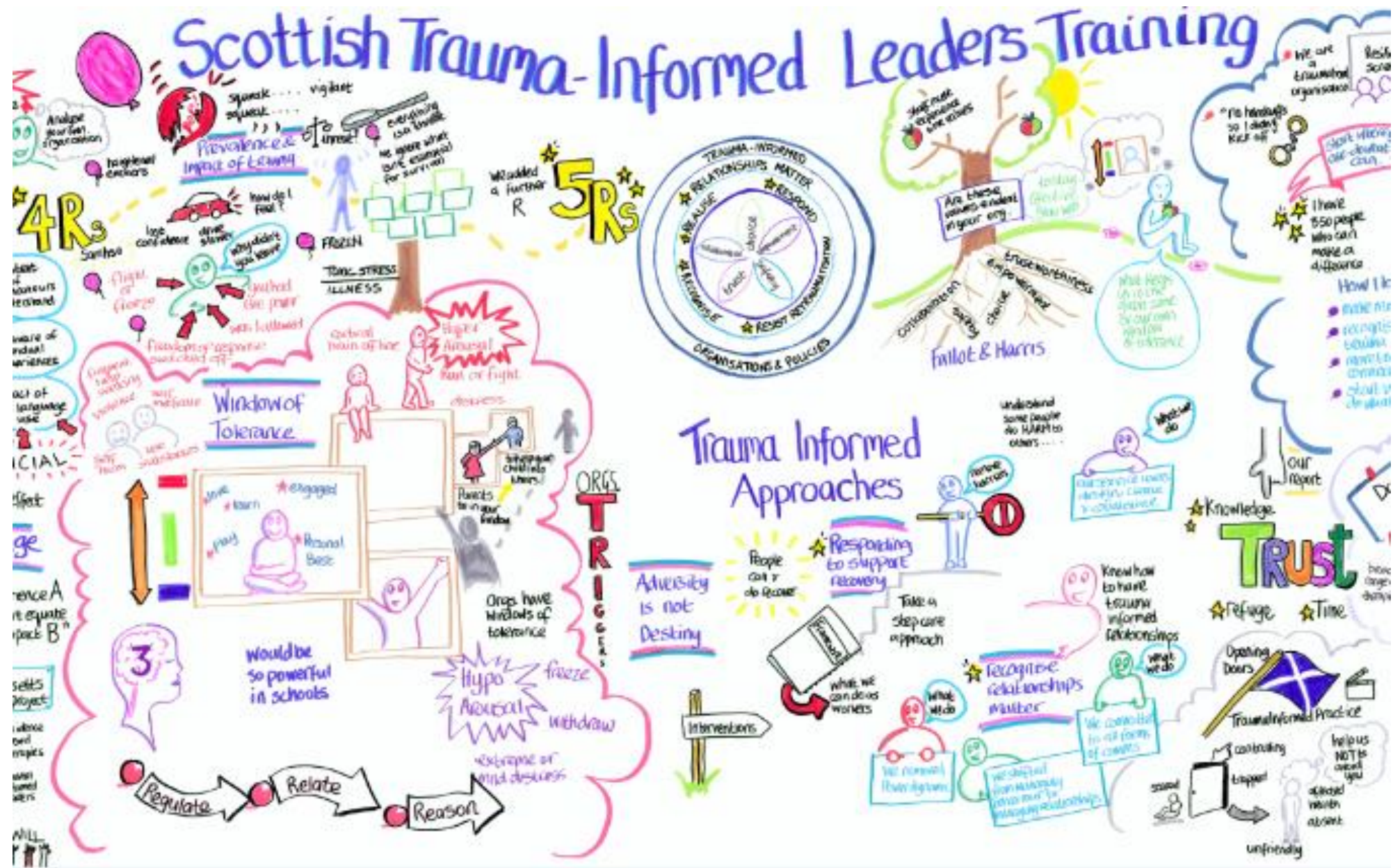
Leadership & Organisational Support

Workforce Wellbeing

Workforce Knowledge and Skills

Information and Data about Impact and Feedback Loops

Collaboration and shared power



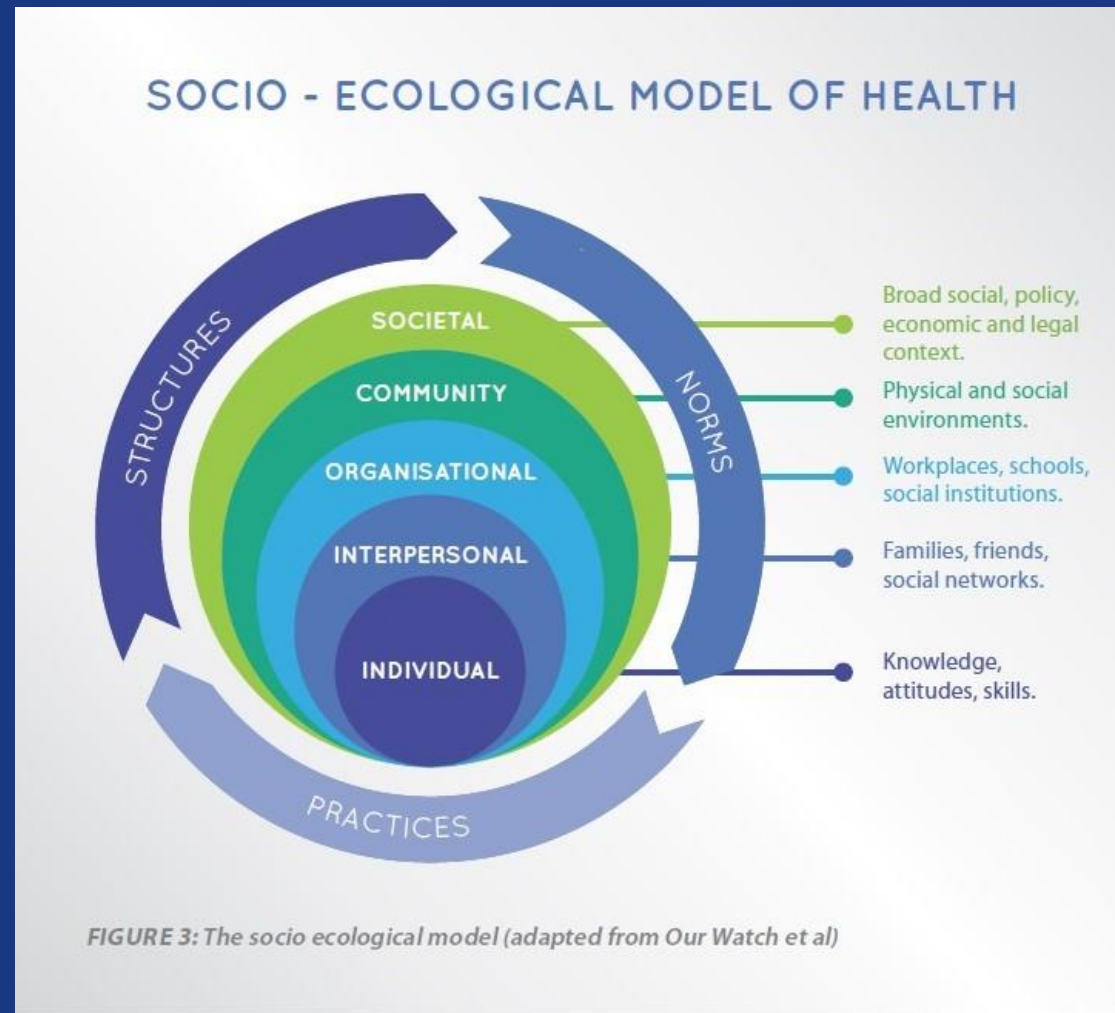
***Domestic abuse, trauma
– and a global pandemic...***

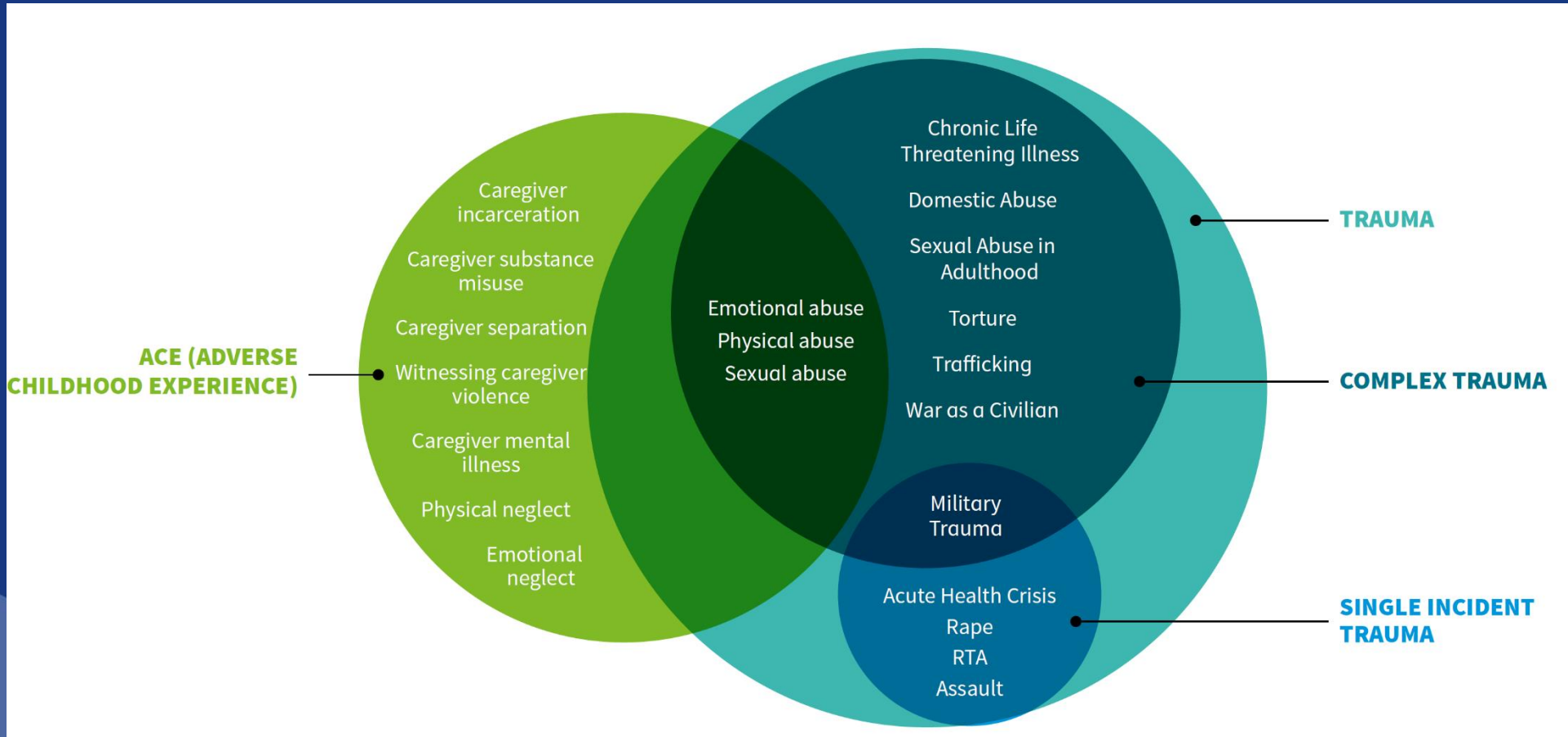
December 2020

Ann Hayne

Gender-Based Violence Manager

“No Man is an Island”





Challenges, challenges
everywhere...

9 months on... what do we see?

- Reported community impacts – Unemployment, self-isolating, caring roles, restrictions
- Mental health presentations
- Local service updates – Police, WA, RC, ASSIST, MARAC, ASP, CP, court
- Staff wellbeing



Hope is a waking dream. ...
om



50 Inspirational Quotes About Hope To ...
yourtango.com



Quotes About Hope (40 wallpapers ...
quotefancy.com



30 Hope Quotes that Will Get You ...
goalcast.com



75 Powerful Quotes Abou...
therandomvibez.com



Best Easter Quotes ...
dhousekeeping.com



80 Powerful Hope Quotes | Planet of Success
planetofsuccess.com



25 Quotes on Hope And Why It's Important
livepurposefullynow.com



Hope and Faith ...
spiritbutton.com



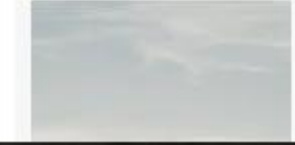
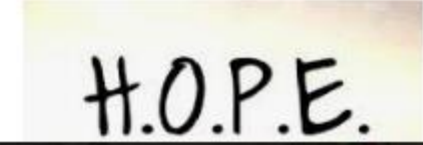
Never Give Up Hope
oprahmag.com



Keep Hope Alive in Dark Ti...
thehealthsessions.com

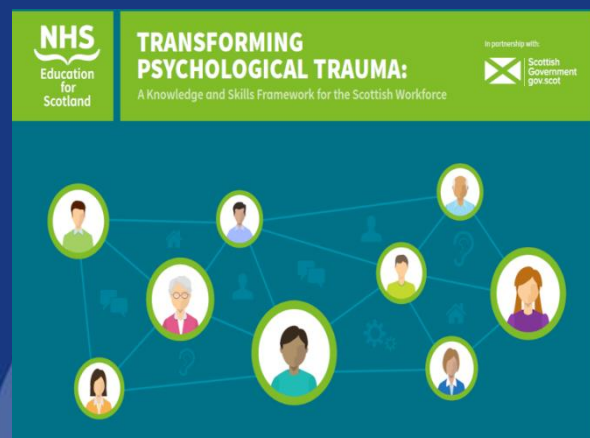


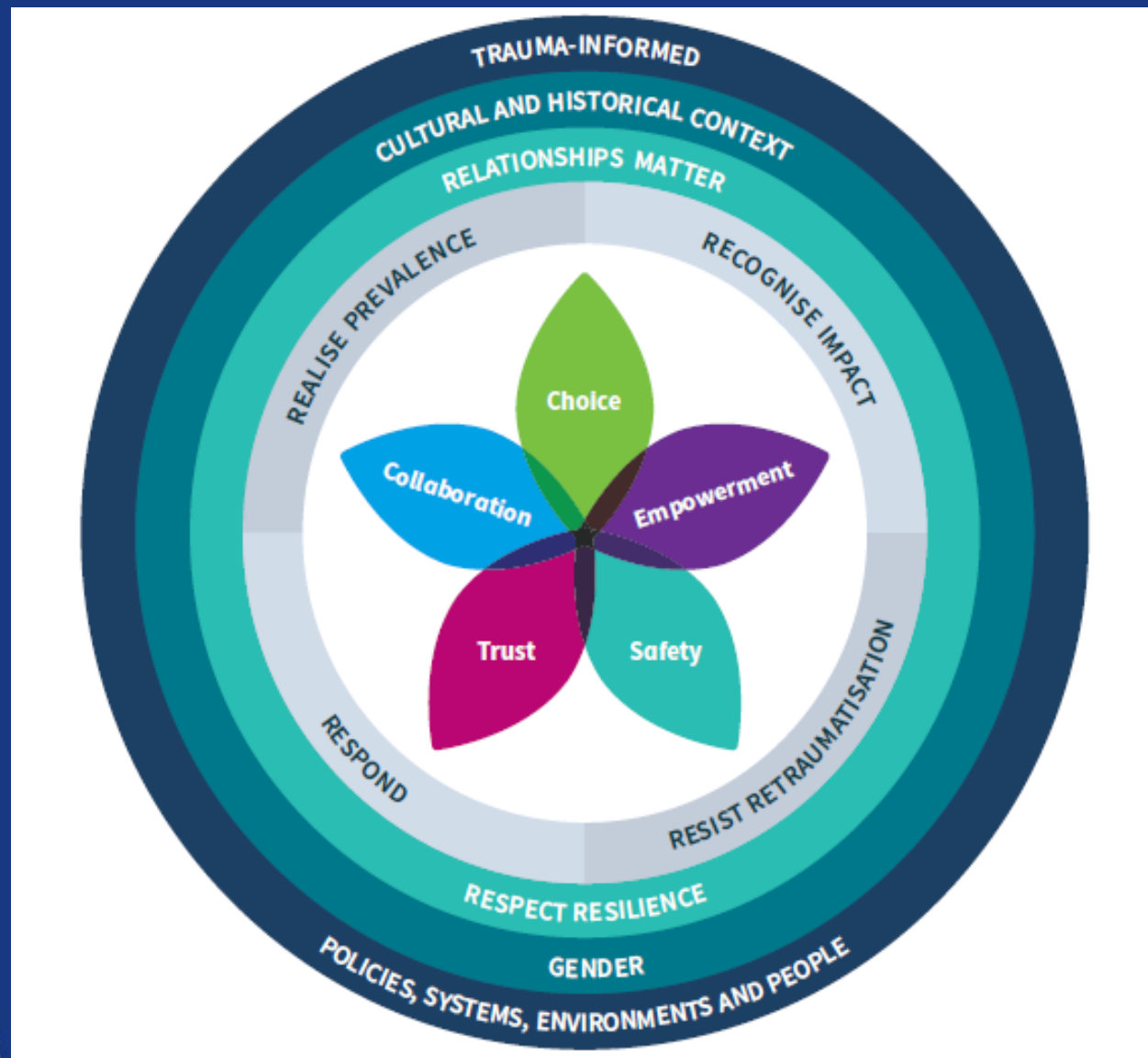
www.goalcast.com/2020/02/27/hope-quotes/



21:44

“ Our vision is to achieve a trauma-informed and responsive nation and workforce, one that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and that can address inequalities and improve life chances”





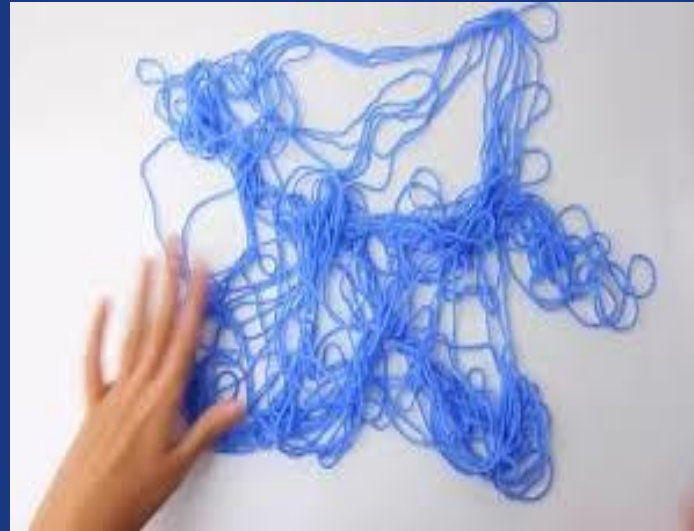
Trauma recovery



“The core experiences of psychological traumas are disempowerment and disconnection from others”

“Recovery, therefore, is based upon the empowerment of the survivor and the creation of new connections.”

J. Herman, 'Trauma and Recovery', 1992





Ann Hayne

Gender-Based Violence Manager
Operational Adviser for NHS Lanarkshire

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Developing Trauma Informed Approaches in Fife

Sheila Noble, Fife VAWP

Mairi McAllister, Fife Rape and Sexual Assault Centre



Kingdom Abuse Survivors Project	129 direct NHS referrals in last five years 87% of clients have high levels of distress
Fife Rape & Sexual Assault Centre	25% of referrals were from NHS in 2013/14. 59% experience psychological trauma
Fife Women's Aid	Increase in women with high levels of emotional distress and mental health issues
Safe Space	20 clients with diagnosed conditions
MARAC	Mental health concerns identified 67% victims / 28% perpetrators

3 Key Areas

- Lack of shared understanding and language across partners and service users when discussing mental health issues.
- Accessing services / referral routes / how the “system” works
- Supporting individuals with complex trauma



Upskilling Practitioners

- Keeping Trauma in Mind (Solihull approach)
- FVAWP training programme
- Trauma conferences
- ACEs
- NES trauma training
- Link Living Skills Academy



Services

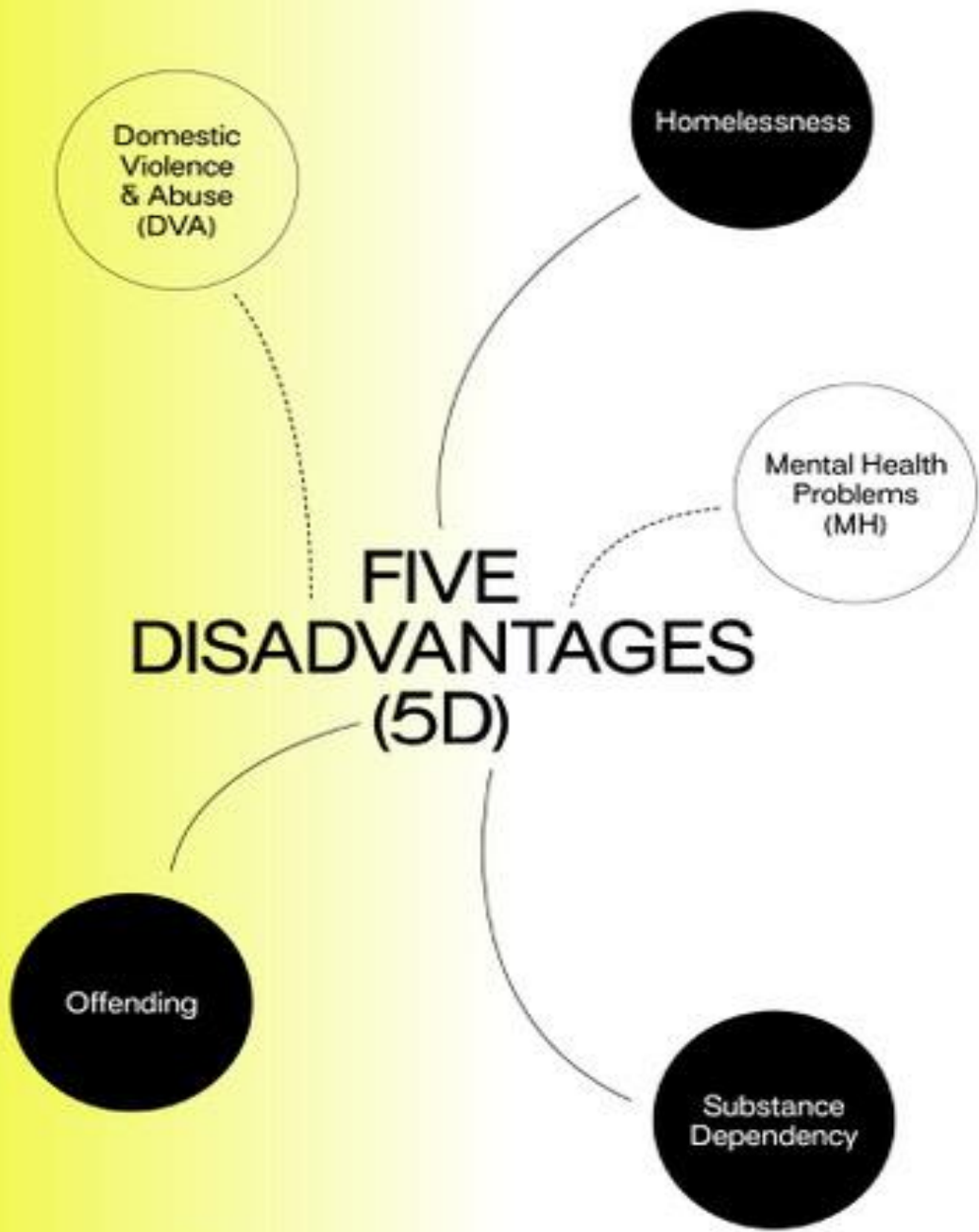
- Sexual Violence Agencies / Psychology
- Cedar
- Complex trauma / Personality Disorder Pathway
- Better Than Well
- Fife Suite (Forensic Medical Examination)
- Fife Women's Aid



Outcomes

- Increased staff awareness and understanding
- More collaborative working
- Recognition of 3rd sector expertise
- Improved (and new) services





● Original (3D) disadvantages ○ Additional disadvantages



Everybody's given up in me, my dad gave up on me

.....

but what made the difference was that I knew you really cared, there was no judgement, that showed that you really cared, you were both honest with me and stuck up for me'

Fife Women's Aid Service User





Trauma Informed Practice

An Overview of the Perth & Kinross Journey

Jen Stewart, Centre Manager

RASAC P&K


jen@rasacpk.org.uk

Listen, Believe, Support

Support

WHO WE SUPPORT

- All survivors who identify as women
- Young People from 12-18yrs
- Families
- Family and Friends of Survivors
- Professionals supporting Survivors



CRISIS SUPPORT

- Helpline, Local and National
- One to One Support
- Weekly Drop in Service



THERAPEUTIC SUPPORT

- Face to Face Support
- Outreach Support
- Phone, Email Support



JUSTICE ADVOCACY

For anyone considering reporting, or who is already engaging with police or in the court process



SUPPORT GROUPS

- Wellbeing Groups
- Creative Groups



ADVOCACY

Tailored advocacy support for survivors to access support, organisations, health and welfare



BEFRIENDING

Reducing social isolation and the promotion of health and wellbeing



INFORMATION AND RESOURCE LIBRARY

For survivors and professionals



Prevention

WHO WE WORK WITH

- Secondary Schools
- Young People - aged 12+
- Parents and Carers
- Professionals and Volunteers
- Communities



SCHOOL ENGAGEMENT

Age appropriate workshops in a wide range of gender equality and sexual violence topics, complimenting Curriculum for Excellence



COMMUNITY ENGAGEMENT

Workshops and activities with Youth Groups and Parent/Carers Groups



PROFESSIONAL TRAINING

Training for professionals in a wide range of sexual violence topics



COMMUNITY EVENTS

Attending and participating in Perth and Kinross community events and open days



RASAC YOUTH AMBASSADORS

RASAC Youth Initiative's Peer Mentors Youth Group for 14-18 yrs who learn about and actively challenge gender inequality, gender expectations and sexual violence



The Perth & Kinross Journey



Stop to Listen

- Peer Mentoring / Young People's Advisory Group
- Trauma Scoping Mapping Exercise
- CSA / CSE Directory of Support Services
- Trauma Informed Practice Training
- Multi-Agency Resource Booklet
- Addressing the Effects of Trauma Throughout Life Conference (CPC, APC, VAWP)
- Joint Investigative Interviewing and Training

Delivery



For professionals and carers working with young people and adults who are survivors of childhood sexual abuse and/or child sexual exploitation

When action meets compassion, lives change



Possible Next Steps

- Continue the dialogue – internal & external
- Review skills / knowledge – identify development needs
- What resources do you have / need?
- Consider what the next steps are for embedding / strengthening trauma informed practice within your area

Without a doubt this training enhanced our practice supporting young people affected by trauma. Thank you!



#traumadeepdive

How can adopting a trauma-informed approach to working with women and children affected by violence against women help drive forward improved outcomes as part of Scotland's roadmap for COVID-19 recovery, renewal and transformation?



Feedback from breakout sessions

Go to www.menti.com and use the code 19 31 79 5

**What key actions are you going to take forward
after today's event?**

 Mentimeter

Press **ENTER** to pause scroll





#traumadeepdive

Thank you!!

For more info:

<https://www.improvementservice.org.uk/>
<https://transformingpsychologicaltrauma.scot/>

To join our new online community of practice, open to all professionals interested in a trauma-informed approach:

<https://khub.net/group/trauma-informed-approaches-in-scotland>

We'd really appreciate you taking the time to complete a short feedback survey to help us learn about your experiences of today's event:

<https://forms.office.com/Pages/ResponsePage.aspx?id=NyC-e9zDh06xe2vS0icfR9ujb9h6R9pJvDSnJYjznphUODZFMFowREZQTUZEUVpXSkg0SDdDTE04QS4u>