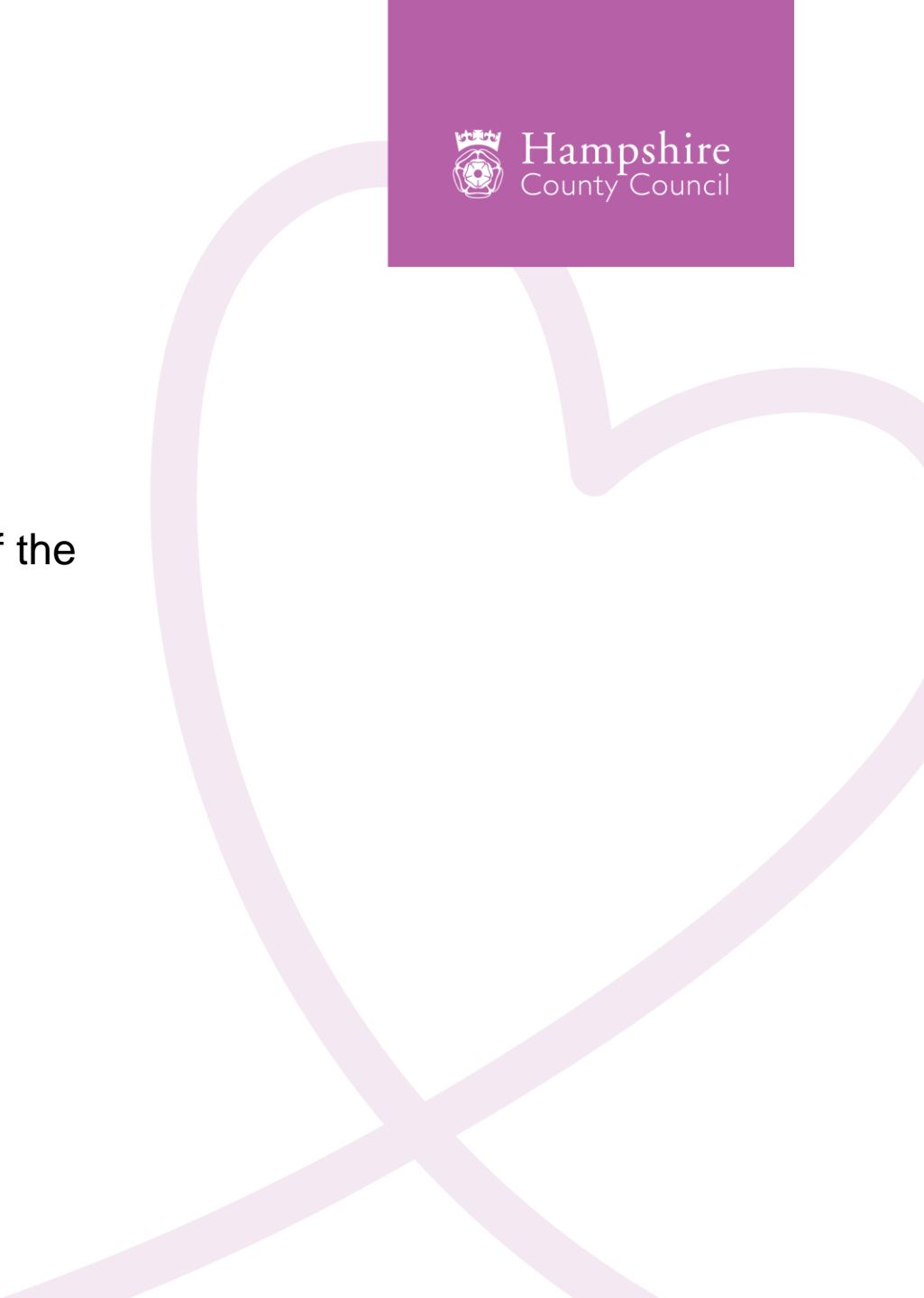


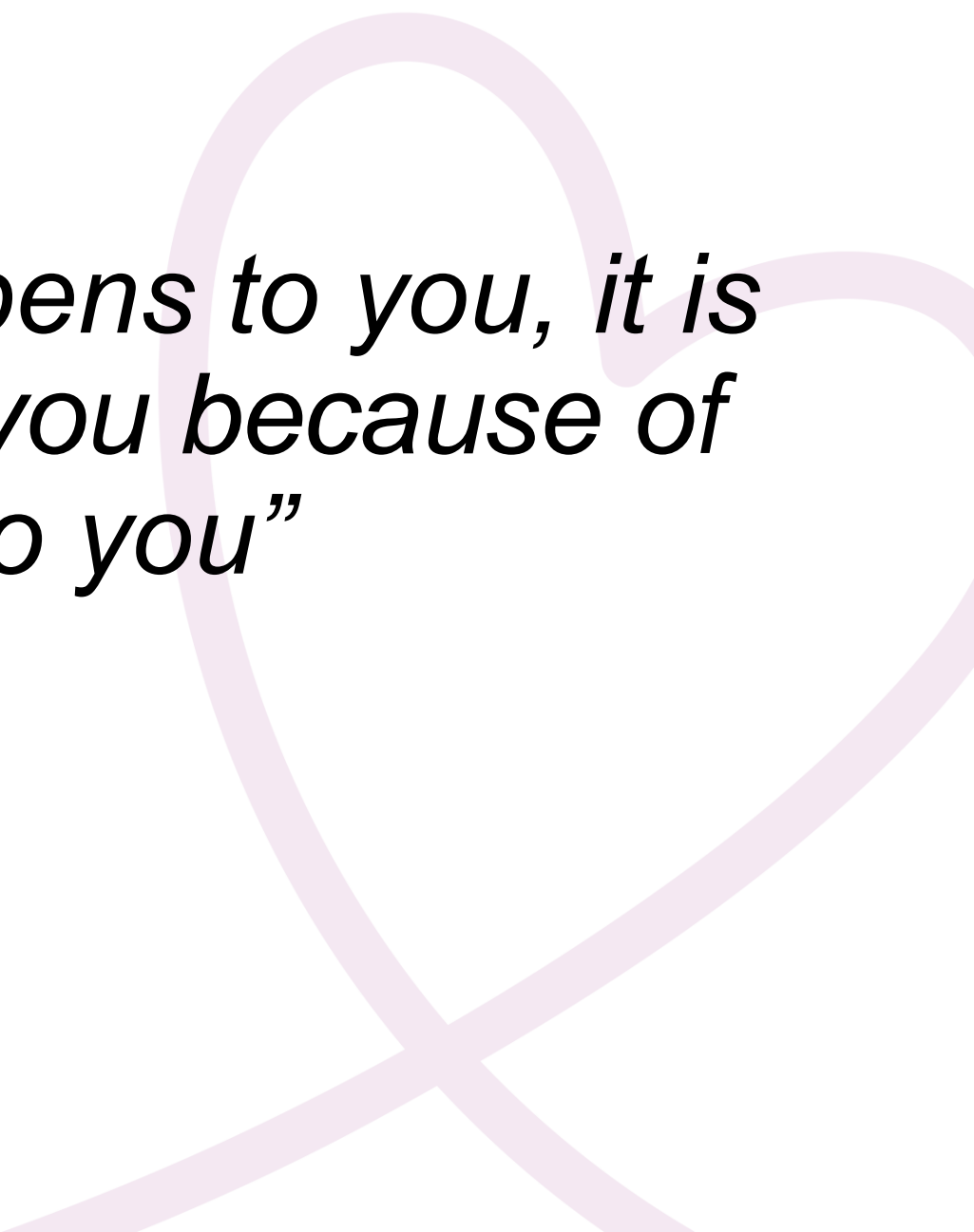
Trauma Informed Approaches

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Police Crime Commissioner
21 March 2024



Hampshire
**Health and
Wellbeing**
Board





“Trauma is not what happens to you, it is what happens inside of you because of what happens to you”

Gabor Maté

Some Harmful Coping Strategies

- Self Harm
- Excessive Alcohol
- Drug Use
- Risky Behaviour
- Disordered Eating
- Spending out of our means
- Workaholic
- Avoiding others



Potential Consequences of Harmful Coping Strategies

Heart Disease

Prison

Poor Academic Achievement

Losing your job

Diabetes Type 2

Being isolated

Lower Paid Jobs

Debt

Being Depressed

Losing contact with loved ones

Unemployment

Homelessness

Being Arrested

Sexually Transmitted Diseases

Liver Disease

Eating Disorders

Governance

- 'Trauma Informed Practice' is an enabler across H&IOW Integrated Care Partnership priorities
- PCC Donna Jones is SRE & Karen Dawes is SRO
- TIE Board is Chaired by Director Public Health HCC & IOW & Deputy PCC
- Two way communication between Hampshire & IOW ICP & TIE Board
- TIE Board Members produced a TI Concordat - Signed by 18 senior leaders
- TIE board oversees delivery of the Concordat
- VRU commissioned WAVE Trust to produce a recommendations report
- TIE Board identified SPOCs to work alongside the OPCC and WAVE Trust

Strategic Aims Centred Around Delivery of the Trauma Informed Concordat

Namely:

- Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) are safe and enriching environments where children and adults, families and communities are protected from harm and have the opportunity to lead fulfilling, happy and healthy lives and to prosper, regardless of childhood adversity.
- Embed trauma–informed practice that promotes early intervention and prevention across all public services. Ensure all agencies work together, alongside vulnerable people, families and communities, with the common aim of preventing adverse childhood experiences and where they have already occurred, to reduce the impact of those experiences

Recommendations being progressed

1. Increase numbers trained in the 6 principles of TI practice (Safety, Trustworthiness, Choice, Collaboration, Empowerment and Cultural Consideration).
2. Produce an organisation self-assessment
3. Agree an insert for commissioning
4. Deliver a trauma informed rehabilitation programme for offenders

SPOCs met in November 2023 to agree next steps. Organisational self-assessment to be produced by Autumn 2024.

The HIOWICB are developing a TI e-learning package which is co-produced and will resonate with partners across public services

Strategic Work Across HIPS

- The Hampshire Learning Disabilities Trauma Informed Care Concordat was published in October 2023 and co-produced with Hampshire County Council Adults' Health and Care, Southampton City Council, Hampshire and the Isle of Wight ICB, Southern Health Foundation Trust and commissioned providers. [HampshireLearningDisabilities-TraumaInformedCareConcordat.pdf \(hants.gov.uk\)](https://www.hants.gov.uk/sites/default/files/2023-10/HampshireLearningDisabilities-TraumaInformedCareConcordat.pdf)
- Approximately 350 staff working with adults with learning disabilities across the partner organisations and commissioned providers have received training in Trauma Informed Care in 2022/23. Hampshire County Council's Impact training are delivering a TIC module on positive behavioural support ensuring ongoing training provision.
- A Trauma Informed Care Champion Network has been established across project partners and care providers. The Champions will act as agents of change and drive forward the implementation of TIC.

No Wrong Door ICB Update

Discussions are ongoing to determine the ICB Trauma Informed response including:

- Inclusion of TIA in the 'Shaping the Future' Programme for ICB development
- Identifying EDI objectives – including board member objectives under the NHSE EDI improvement plan
- ICP/S Operating model
- Lived experience library as part of the EDI programme
- Quality/Equality/Inequality impact in commissioning
- The steering group for developing trauma informed approaches and care in the health sector have met. They reviewed the working plans for a newly appointed consultant clinical psychologist and associate practitioner. A further workshop on trauma informed care took place within the No Wrong Door programme away day.

Local Authority Approach – Fareham Borough Council

- Increased presentation of highly complex individuals facing homelessness.
- Recognising homelessness triggered by trauma AND that it is a trauma itself.
- Erratic, challenging behaviour – disengaged from support and alienated in community.
- Previous trauma overlooked or was not part of initial assessment – leading to staff struggling to assess an individual's circumstances fully, and having an impact on their housing pathway.
- Remote assessments completed missing possible signs of trauma.
- Challenging behaviours impacted the ability to access housing pathways to secure accommodation. This was often associated with multiple exclusions and hard to engage with partner agencies.

Impact of taking a Trauma Informed Approach

- All Fareham BC Housing Options staff working with homelessness presentations have been trained in principles of Trauma Informed Practice.
- Now able to identify physical and mental signs of trauma, and the triggers that indicate an individual is finding something traumatic.
- Adapted processes – i.e. side room at reception and additional support.
- All assessments now incorporate a trauma informed approach and are in person.
- Recognising any intervention as an opportunity
- Better quality assessment of housing need has ensured that support referrals made have an individual's buy-in and referrals are going to the right agency at the right time.
- Early indicators suggest homeless prevention levels are improving.
- Looking to expand into the wider housing service to support tenancy sustainment

Recommendations for the Health and Wellbeing Board

- Encourage staff to complete the trauma informed e-learning package
- Encourage staff to complete relevant sections of the organisation self-assessment
- Encourage commissioners to welcome bids by providers who place value on trauma informed practice
- Encourage opportunities for staff to reflect on the six principles of trauma informed practice and how it can be practically applied in their own workplace
- In addition to the above points operating at scale, encourage staff to support place based activity