

# Trauma-informed Community of Action



Trauma  
Informed  
Community  
of Action

# Project Update January 2022



# Background to the project

The Trauma Informed Community of Action (TiCA) emerged from the shared interest and advocacy of a core group of practitioners who provide care for people that have experienced trauma and/or who have themselves had direct or indirect experience of trauma in their own lives.

Following a National Summit in March 2019 led by Dr Angela Kennedy the NHSE Strategic Clinical Network and AHSN in the NENC received funding from NHS England/Improvement for the community to be established with key areas of activity:

A Core Action Group to oversee:

- Development of a Trauma Informed Care workspace on the Future NHS Platform
- Design and delivery of regular learning webinars
- Coaching and mentoring support to interested organisations and teams including NHSE/12 Community Mental Health Transformation Funding Early Implementer 'Personality Disorder' sites
- An external evaluation to shape the work

# What is a trauma informed approach?

Trauma Informed Approach is a system-wide approach to addressing the adversity that underlies much suffering and its impact on relationships.

It is a system that is guided by knowledge of what is needed for healing from emotional and psychological wounds. It has relevance to everyone in the system through the promotion of safe, open trusting alliances.

As such it works to create psychologically healthy and rewarding places of work that can adequately address the needs of people who come for help. It also focuses its efforts to prevent harm for people using the service, including that harm caused by services in their efforts to manage risk .

Reference: Developing Real World systems capability in trauma informed care, learning from good practice. (Kennedy, A. p.4 2020 )

# Why are trauma informed approaches to care important

Trauma informed approaches to care are important because it puts the patient's lived experience at the centre of the healing process and focuses on building support for the patient based on engaging with the complexity of that lived experience.

# The Policy Context

Trauma informed approaches to care are referenced in :

- 1. NHS Long-Term Plan 2019** , in relation to providing TiC for at-risk youth and/or involved with the justice system, as well as being a part of new primary and community care for adults with severe mental illness
- 2. NHS Mental Health Implementation Plan 2019/20 – 2023/24** in relation to adults with severe mental illness getting more control over their care, and to support measures for rough sleepers

# TiCA Project

**A Core Action Group** was established and meets monthly with **16 members** giving good national representation, lived experience and expertise in a variety of settings. The Group also includes representation from the 12 national NHSE/I Community Mental Health Transformation Funding Early Implementer 'Personality Disorder' sites to share learning.

The Core Action Group oversees:

- The Trauma Informed Care workspace on the NHS Futures Platform
- Regular webinars
- A coaching and mentoring offer
- An external evaluation to shape the work

# Co-production and lived experience leadership

**The TiCA Project prides itself on co-production and can demonstrate active involvement by:**

- Lived experience representatives as members of the Core Action Group
- The CAG being co-chaired by a national recognised expert by experience and senior researcher
- All webinars include expert by experience speakers
- Some webinars are chaired by individuals with lived experience of using services
- The topic of one webinar was best practice in lived experience leadership
- The 'Sensemaker' evaluation was co-produced with core members of the CAG including those with lived experience
- The 'Sensemaker' evaluation is inherently a method of co production reflecting the complexity of situations and communities which allows expression of differing opinions and is derived from first-hand narratives and experience



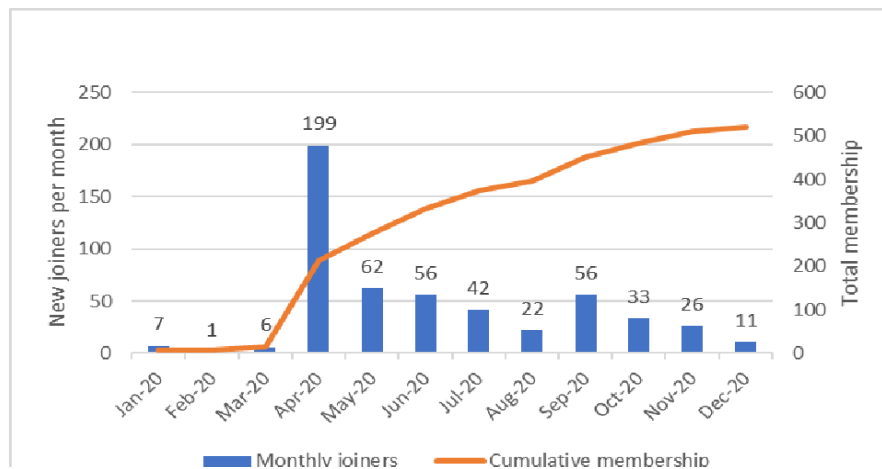
# Engagement with community mental health early implementer sites

Whilst the project has made remarkable progress and has over 792 active members a limitation of the work to date is the full active engagement with the 12 funded early implementer sites. The project team has encouraged engagement by:

- Routinely attending the monthly NHSE Early Implementer Site telecons
- Presenting at one of the telecons
- Circulating an offer of bespoke coaching/mentoring around TIC implementation
- Recruiting a EI site representative on the TiCA Core Action Group
- Inviting all EI site leads to join the Future NHS Platform with 5 members joined to date
- Delivered a webinar with 245 delegates specifically for services working with a relevant client group all sites were offered the opportunity to present and one accepted the offer.
- The TiCA project team plan to contact with each of the 12 EI sites to understand the barriers to engagement more fully and seek to address this moving forward

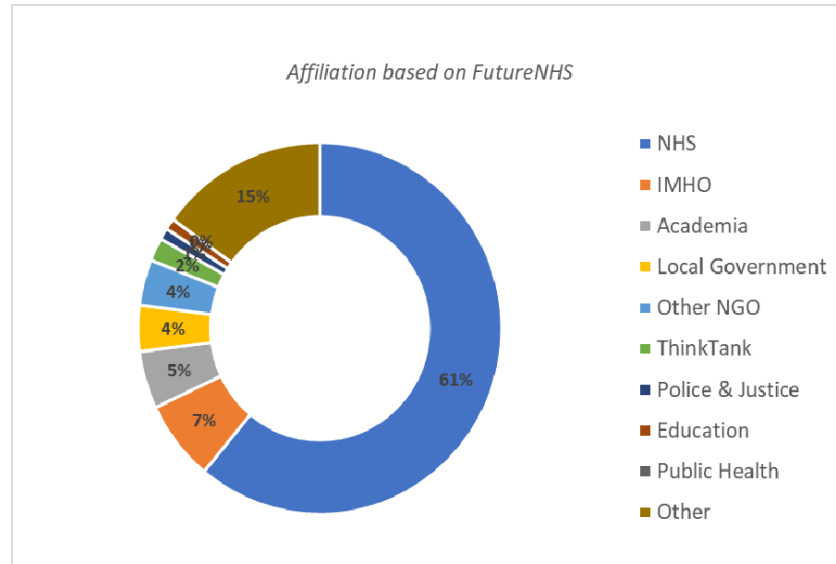
# FutureNHS Platform

The Trauma-informed Community of Action opened a workspace on the [Future NHS Collaboration Platform](#) in March 2020 allowing forum discussions and distribution of information. In November 2021, the community had **792 members**. The profile of new members is illustrated below.



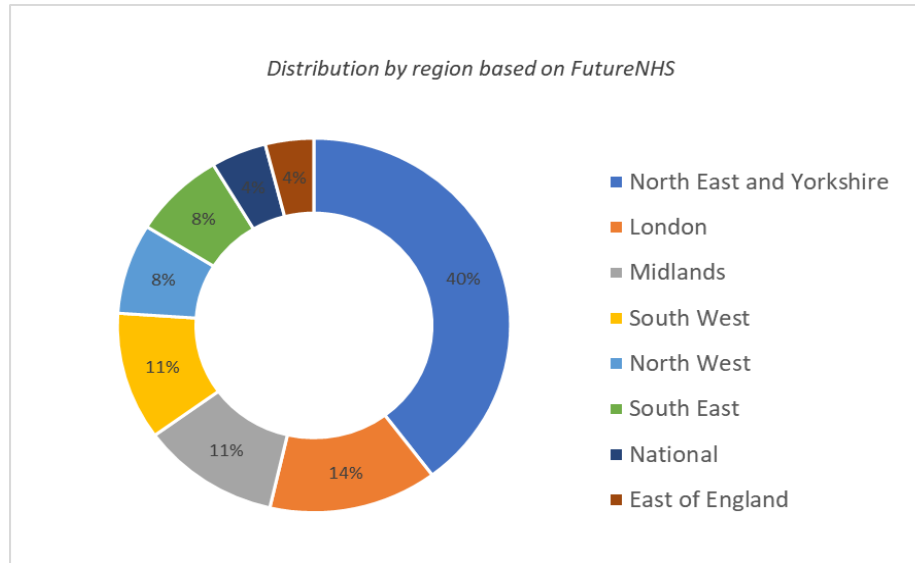
# FutureNHS Platform

The profile of members by affiliation shows that while over **60% of members are connected with the NHS**, a significant number of members are from elsewhere.



# FutureNHS Platform

The profile of members of the platform by region shows that largest group are based in the area where the founding members of the Core Action Group are based.



# FutureNHS Platform Information Sharing

The FutureNHS workspace is also well used for providing and accessing documents and other media. As shown in the following tables, **55 documents/items** of media have been made available across 10 subject folders and, in total, these documents have been **downloaded 1188** times and **previewed 2475** times.

| Subject Folder  | Number of documents | Number of downloads | Number of previews |
|---|---------------------|---------------------|--------------------|
| Childrens Services                                      | 12                  | 118                 | 178                |
| COVID-19  | 7                   | 63                  | 97                 |
| Creativity and Culture                                  | 2                   | 68                  | 81                 |
| Domestic Violence and Abuse                             | 1                   | 10                  | 16                 |
| Elders  | 2                   | 0                   | 0                  |
| Prisons   | 1                   | 9                   | 17                 |
| Trauma Informed Publications                            | 6                   | 252                 | 368                |
| Trauma Informed Resources                               | 4                   | 242                 | 367                |
| Trauma Informed Videos, Audio Recordings and Multimedia | 7                   | 326                 | 1081               |
| Webinars  | 13                  | 100                 | 270                |
|   |                     |                     |                    |
|   |                     |                     |                    |
|   | 55                  | 1188                | 2475               |

Members have also made use of some of the other features of the Future NHS workspace over 60 members have used it to post shared messages as part of a discussion.

For example:

- What research on trauma-informed approaches would you like to see
- Developing TIC within an organisation - baseline audit tools
- Physical healthcare and biological impact of trauma exposure
- Trauma informed care in Forensic Mental Health Services
- [Consensus tool development](#)
- Personal narratives
- Trauma stabilisation

# Webinars

| Date              | Name   | Number of Participants | YouTube Webinar Views |
|-------------------|--|------------------------|-----------------------|
| 4 June 2020       | Responding to the psychological aftermath of the pandemic  | 74                     | 179                   |
| 30 July 2020      | Inequality and Discrimination  | 57                     | 388                   |
| 24 September 2020 | Older People and Trauma Informed Practice (Care homes and the isolation of the shielding population)   | 197                    | 353                   |
| 5 November 2020   | Embedding Trauma Informed Care in transformed models of community mental health services for people with a complex needs associated with those given a diagnosis of personality disorder | 245                    | 264                   |
| 17 December 2020  | Facilitating lived experience leadership in planning and delivery of mental health services  | 189                    | 276                   |
| 28 January 2021   | Trauma Informed Approaches to working with Children and Young People   | 146                    | 194                   |



# Webinars

| Date             | Name   | Number of Participants | YouTube Webinar Views |
|------------------|--|------------------------|-----------------------|
| 25 February 2021 | Exploring trauma informed approaches in mental health inpatient settings | 95                     | 89                    |
| 25 March 2021    | Research and evaluation of trauma informed approaches                    | 91                     | 102                   |
| 27 May 2021      | Trauma Informed Approaches to Staff Wellbeing                            | 103                    | 33                    |
| 24 June 2021     | Trauma Informed Peer Support   | 67                     | 87                    |
| 22 July 2021     | Exploring Trauma and Mental Health                                       | 83                     | 105                   |
| 13 October 2021  | A Systems Level Approach to Trauma Informed Care                         | 312                    | 227                   |



# Webinars

| Date            | Name                            | Number of Participants | YouTube Webinar Views |
|-----------------|---------------------------------|------------------------|-----------------------|
| 26 January 2022 | Launch of Open Narrative System | 94                     | TBC                   |
|                 |                                 |                        |                       |
|                 |                                 |                        |                       |
|                 |                                 |                        |                       |
|                 |                                 |                        |                       |
|                 |                                 |                        |                       |
|                 |                                 |                        |                       |

# Coaching and Mentoring

Bespoke offers of solution focused coaching and mentoring looking at lessons learnt, frameworks and tools to assist implementation and where to find quick wins have been delivered to:

- Manchester Quality Improvement Team 2 hours
- North Lincolnshire Team Coaching 2 hours
- Cornwall Foundation Trust – 2 workshops one to leaders and one to clinicians working with complex trauma 1 day
- Dorset 2 hours
- King's Fund webinar 1 hour
- North East and North Cumbria Health Education Webinar on an introduction to trauma informed care
- Glasgow ICP
- Barnet, Enfield and Haringey Mental Health NHS Trust
- Northumbria Healthcare Occupational Health to look at TIC Pathways
- Trauma Informed Network – North East
- Older Adult Psychology Conference held 21 June 2021
- Trauma Informed Network meeting 23 June 2021 (One Small Thing)
- Mentoring request received from Perinatal Clinical Lead at NHSE (date TBC)
- Cornwall and Sheffield (w/c 24 January 2022)

# External Evaluation



## Trauma-informed Community of Action

*Brief evaluation of the community  
and its use of the FutureNHS Platform*



# Webinar sample feedback



# Trauma Informed Care Case Study

<http://www.innovationlibrarynenc.org.uk/result/trauma-informed-care/>

# Implementation: a pilot project using the ROOTS framework

Jessica Sears and Angela Kennedy are conducting a pilot project using the ROOTS framework to map the implementation journey of trauma informed approaches in health services across the UK.

Roots is a reflective framework for mapping the implementation journey of trauma-informed care. It has seven domains and is designed to be used by staff and service users to support the transformation of services to become trauma-informed.

- Project start date December 2021, projected end date August 2022
- 8 services applied to be part of the project
- 4 services were selected to take part in the project from different regional sites across the UK and preliminary meetings with the teams have begun
- Following completion of the project, learning will be shared and disseminated via the TICA network and potentially submitted for publication

# Next Steps

- NHSE Funding agreed to continue TiCA for final year 2021 to 2022
- Sustainability plan and permanent 'home' identified by March 2022
- Continue with Core Action Group to oversee delivery of :
  - a) Regular webinars
  - b) Bespoke coaching and mentoring
  - c) Trauma informed Care workspace on Future NHS Platform to be enhanced with blogs, forums and case-studies, personal narratives etc to encourage members to comment and/or engage in discussions on shared documents.
  - d) Collation of personal narratives to inform practice
  - e) National Conference in 2022 once COVID restrictions permit face to face events
  - f) Offer a national webinar to the successful ICS Community Mental Health Transformation programmes on the rationale for underpinning their activity using a trauma informed approach

# Contact Details

## Project Team

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If you would like an invitation to join the Trauma Informed Care Future NHS Platform email [anne.richardson@ahsn-nenc.org.uk](mailto:anne.richardson@ahsn-nenc.org.uk)