

Bristol Trauma Informed Practice Network Newsletter, July 2023

Welcome to our July TIP Update. Thank you for taking the time to check in.

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1. Bristol Trauma Informed Practice Network Updates

Over 570 professionals have now signed up to be part of the Bristol Trauma Informed Practice Network. The aim of the network is to help develop a shared language and understanding of adversity and trauma informed practice, encourage peer support and collaborative working across the Bristol footprint to identify potential challenges and solutions to help embed trauma informed practice.

So far this year we had two well attended network meetings introducing guest speakers who have talked about the concepts of trauma informed practice and shared examples of work in practice.

You can view all the slides from previous Network meetings on our Trauma Informed Practice Resource Pages on the Keeping Bristol Safe Partnership website here: [Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](https://www.bristolsafeguarding.org) All previous written updates are also available here under the Bristol Trauma Informed Practice Network heading.

The breakout rooms were great spaces. The presentations and discussions have prompted lots of thoughts, reflections, and ideas that I will draw upon in developing my practice. I was sort of aware of the TIP principles. I am going to look into this more and see what we can do within my team and within the organization to make this a focus.

It was useful to discuss the similarities and differences between our organisations' practices in relation to being trauma informed.

Thank you for the session it was useful and enlightening. The chance to hear from colleagues in terms of their successes and struggles in terms of TIP would be really interesting and helpful

The next network meeting is scheduled for Tuesday 20/09/2023 online 2pm – 3.30pm. You can sign up here if you are already a network member: <https://forms.office.com/e/pKR5DtPhMr>. If you are not yet a network member, please join the network mailing list first: <https://forms.office.com/r/iGAD4nZ07h>

If you would like to get involved in producing or contributing to these quarterly updates or speaking at one of the Network Meetings, please get in touch with us by emailing trauma.informed@bristol.gov.uk

2. Spotlight on Practice

Many thanks to Joe Roberts and Emma Morgan for featuring some of the work they are involved in. If you have practice you would like to share with colleagues across the network, please contact trauma.informed@bristol.gov.uk

Trauma Informed Recovery Pathway (TIRP) pilot

Joe Roberts, Co-ordinator Substance Use Support Team, Bristol City Council

The Substance Use Support Team (SUST) is a Bristol City Council team of 5 support workers commissioned with the aim of supporting individuals with a history of homelessness and complex substance use issues (who are now in some type of accommodation) to engage with substance use services and sustain their housing.

It became evident at an early stage in the project that our clients, often seen as being “too chaotic” and “un-motivated”, were not managing to access the mainstream route to inpatient detox and residential rehab. Existing treatment pathways, whilst offering a good mainstream route to change, presented insurmountable barriers to clients with adverse childhood experiences and complex trauma. Clients often experience difficulty relating to others, trouble controlling their emotions, heightened anxiety, poor planning skills, strong feelings of shame and a negative sense of themselves. When faced with the expectation to attend an unfamiliar structured group, travel to a new location or answer the phone at a set time, engagement is inevitably unsuccessful.

SUST were supported by local drug and alcohol commissioners to develop a Trauma Informed Recovery Pathway (TIRP) pilot. We are attempting to integrate trauma informed principles into engagement and preparation for detox and rehab. Within TIRP we are able to engage clients in a flexible and intensive way and offer much longer-term relationships (trustworthiness). Preparation sessions are delivered 1-1 at a mutually agreed location (safety and choice) at the client’s pace (empowerment). We develop a plan together (collaboration and choice), giving as much choice as possible regarding the setting of the detox and rehab. With lower caseloads, we are able to support clients to visit detox and rehab units (trust, safety, choice) which can significantly help reduce anxiety and better prepare clients for the expectations to come. Additionally, we are using a psycho-educational course, in video format, to introduce clients to the relationship between trauma and substance use (Moving on After Trauma- devised by Mary Griggs).

The reality is that it is challenging work, where we often take one step forward and one step back, but we choose to be relentlessly optimistic about client’s potential for change. We are learning along the way, sometimes making mistakes, and often identifying systemic issues which introduce further difficulties. Of most significance, is the lack of adequate housing options for clients leaving rehab in an unplanned way – most will be required to present as homeless again, potentially negating much progress and putting them at an unnecessary risk of relapse. To further keep us on our toes, the pilot is being evaluated by researchers from Lancaster and Liverpool Universities as part of Public Health Intervention Responsive Studies Teams (PHIRST).

For further information please contact Joe Roberts at joe.roberts@bristol.gov.uk

The Vanguard Project - Have you heard of the Children and Young People’s Framework for Integrated Care?

Emma Morgan, Children and Young People Vanguard Project Manager

The Bristol, North Somerset and South Gloucestershire (BNSSG) Vanguard is delivering the Framework for Integrated Care. This has been developed as a response to the NHS Long Term Plan (LTP) commitment to provide additional support for the most vulnerable children and young people with complex needs across multiple domains between the ages of 0-18. This is commissioned by the NHS England South West Health and Justice Team.

The aim of the framework is to support and strengthen, existing community services, enable collaboration within and across those agencies, with the vision to facilitate integrated trauma-informed and responsive systems that enable children and young people with complex needs to thrive.

The Vanguard is made up of seven existing services, 'the pathways', including CAMHS, Youth Justice Services, schools and Liaison and Diversion, have additional funding to enhance their existing work with children with complex needs in a trauma informed way. This provides a real opportunity to embed cross-agency working between statutory services, third sector organisations, across multiple local authorities whilst embracing co-production in the real-world complexity of service delivery. Barnardo's young advisors with lived experience continue to support the co-production of the project.

You can find out more here: [Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](https://www.bristolsafeguarding.org) scrolling down to 'Examples of Local Projects and Practice' or contact the Vanguard Project Manager emma.morgan17@nhs.net

3. Local and Regional Updates

Bristol City Council

Bonnie Curran, Planning and Development Manager, Bristol City Council

Bristol City Council are continuing to develop work across the organisation to deliver on agreed priorities and aspirations to embed trauma informed practice. The current work programme includes a training offer open to colleagues across departments, supported by development work applying a trauma informed lens to specific policy and procedures. This work includes colleagues from Public Health, Adult Social Care, Children and Education, Housing, Citizen Services, and Learning and Development.

Work to develop a Trauma Informed Commissioning Toolkit is also progressing, with a cross-council task group in place to work together, and with partners, to develop and embed the approach.

The Council also continue to support the connectivity of this work across the local area, working as part of local strategic partnership arrangements. This has included work to make training available more widely, collating the training directory, the facilitation of the Bristol Trauma Informed Practice Network, publishing updates via the TI webpages and continuing work on impact evaluation across the system.

For more information, please contact trauma.informed@bristol.gov.uk

Changing Futures Bristol

Helen Emmings, Trauma-Informed Lead, Changing Futures Bristol

Changing Futures Bristol has been continuing its work supporting people facing multiple disadvantage and encouraging system change. The last three months have seen continued efforts to bring trauma-informed practice to more of the system and opportunities to connect and with other people working in the sector through cross sector reflective practice, frontline staff wellbeing sessions and collaborative events and there are further Restorative Practice training sessions planned for later in the summer.

You can find links to Changing Futures' website and resources below, including TI Principles in Practice webinar and Racial Trauma webinar: Changing Futures Bristol <https://youtube.com/@changingfuturesbristol>

Avon and Somerset Police

Larisa Hunt, Detective Chief Inspector, Avon and Somerset Police

Avon and Somerset Constabulary has committed to becoming a trauma informed organisation. This is being led by Chief Constable Sarah Crew who chairs the steering group for this work and has this as one of five priorities for the next three years. Louise Hutchinson - the Chief Officer for People and Organisational Development is leading on what this looks like for the people in the organisation and DCI Larisa Hunt is leading on what this will look like for the communities in Avon and Somerset. The steering group meets bimonthly and is supported by every directorate in the organisation. There are pillar leads for the workstreams which are clinical supervision, communication and engagement, ways of working, training, estates and policy and procedures. There is already good practice taking place with trauma informed approaches being taken by the child protection teams, the Violence Reduction Partnership and Bluestone – the team investigating rape and serious sexual offences. The estates team will be applying a trauma informed approach to the development of a new workplace in Yeovil. The programme of work will involve people with lived experience to help us with co-production and we are just beginning to explore and develop self-assessment, benchmarking and performance measures for the journey.

Healthier Together (Bristol, North Somerset and South Gloucestershire Integrated Care System)

Hazel Renouf, Trauma Informed Systems Manager, NHS Bristol and BNSSG ICB

Since January 2023 the NHS Integrated Care Board has employed Hazel Renouf in the role of Trauma Informed Systems Manager. This is a system wide role which aims to promote and embed trauma informed practice across Bristol, North Somerset and South Gloucestershire (BNSSG). One of the key areas of this work is to consider how a commitment to trauma informed practice and a BNSSG wide shared approach can be included within strategies and strategic planning documents and to support thinking around what this might look like in practice within our system and for service delivery. Trauma Informed practice is now included in the overarching strategy [ICS-Strategy-300623.pdf \(bnssghealthiertogether.org.uk\)](#) for the Integrated Care System (a partnership of organisations that come together to plan and deliver joined up health and care services, and to improve the lives of people who live and work in their area), the BNSSG Joint Forward Plan and the BNSSG Mental Health and Wellbeing Strategy.

Hazel works alongside a number of lived experience groups, to ensure that the voice of lived experience is at the heart of the Trauma Informed Systems Programme work. Recently Hazel has supported Barnardo's HYPE to promote their "TRUST - UNDERSTANDING – CONSISTENCY: TEN TOP TIPS FOR TRAUMA INFORMED PRACTICE" workshop that has been designed and delivered by young people who use their lived experience to inspire professionals to develop their work in this area, with a particular focus on services that come into contact with Children and Young People.

An aim of the Trauma Informed Systems Programme is to contribute to system learning and the evidence base around trauma informed practice. Together with the Impact Working Group, Hazel has developed an Impact Tracker to capture where trauma informed practice has been promoted or embedded within the system and the impact that this has had. This Impact Tracker represents an opportunity to document progress, as well as some of the challenges and barriers, to demonstrate the importance of this work and to develop understanding around how to embed trauma informed approaches into practice.

Email: hazel.renouf@nhs.net

4. Training

Training on adversity and trauma is available from a number of local and national training providers. Bristol City Council have collated a directory of training providers offering a range of packages of training in trauma informed practice. This training directory lists providers who can offer training relating to trauma informed practice, often bespoke to requirements. To support consistency in practice, partners across BNSSG have worked together to develop a shared Knowledge and Skills Framework and a shared set of principles for trauma informed practice [Principles for Trauma-Informed System \(bristolsafeguarding.org\)](#). When commissioning training we would encourage organisations / commissioners to ensure alignment with this local approach.

You can download the Directory from the Keeping Bristol Safe Partnership website here: [ti-training-directory-2023.pdf \(bristolsafeguarding.org\)](#)

If you would like to be listed, please contact us at trauma.informed@bristol.gov.uk

The Keeping Bristol Safe Partnership offers an Advanced Practitioner Course, visit the [KBSP Training page](#) to download the training programme.

5. Research and Evaluation

Trauma-informed Approaches in Health Care (TAP CARE) study

Dr Natalia Lewis, Senior Research Fellow in Primary Care, University of Bristol

Trauma-informed organisational change programmes may improve experiences and outcomes for some staff and patients in primary care and community mental healthcare, according to [University of Bristol-led research](#)

[Full information about the TAP CARE study is available here: TAPCARE | Centre for Academic Primary Care | University of Bristol](#)

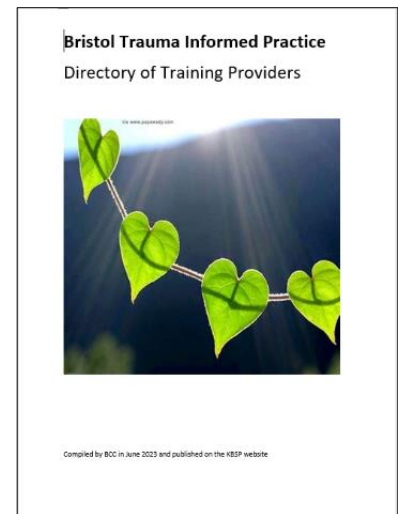
This research was shared at the National Trauma Informed Community Conference, which took place on 3 May 2023 in Newcastle. Papers and presentations from this conference can be found here: <https://ahsn-nenc.org.uk/event/national-trauma-informed-community-conference/>

For more information please contact: nat.lewis@bristol.ac.uk

Enhanced Case Management

Caroline Mellon, Enhanced, Case Management Senior Practitioner for Bristol and South Gloucestershire

In October 2019 Bristol, North Somerset, South Gloucestershire and BANES Youth Justice Services commenced a Youth Justice Board pilot to implement a new Trauma informed approach to working with Children in the Youth Justice System called Enhanced Case Management. This psychology led service is grounded in an understanding of child development and how the impact of early traumatic experiences in childhood and adolescence can result in offending and other behaviours. The results of the phase 1 evaluation of this trial were recently published and are available at [Enhanced case management evaluation: phase one report - GOV.UK \(www.gov.uk\)](#) detailing learnings from applying the ECM approach in the South West, and the impact on children and services.”



For more information please email: Caroline.Mellon@bristol.gov.uk

'Trauma-informed co-production: Collaborating and combining expertise to improve access to primary care with women with complex needs'

Dr. Michelle Farr, Research Fellow (Qualitative Research) National Institute for Health Research Applied Research Collaboration West (NIHR ARC West)

Involving people with lived experience is an important part of trauma-informed practice. So how can we make sure that our involvement processes are more trauma-informed themselves? A group of women with lived experience of complex trauma, One25 support staff, GPs and researchers from the University of Bristol share their experiences of how co-production processes can be more trauma informed.

This research is freely available here: <http://doi.org/10.1111/hex.13795> with a Recommendations Table toward the end of the article that helps people think through how to put trauma-informed principles into involvement practices.

Email: m.farr@bristol.ac.uk

6. Useful Resources

Bristol's Adversity and Trauma Information and Resource webpages: [Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](http://www.bristolsafeguarding.org)

The Bristol Changing Futures Learning Hub hosts a range of resources to support trauma informed practice: [Learning Hub — Changing Futures Bristol](http://www.learninghubbristol.org)

The BNSSG lead for trauma informed system change (Hazel Renouf) is maintaining a Trello Board with a wealth of materials: [Adversity and Trauma Resource Library | Trello](https://trello.com/b/bristoltraumainformed)

The toolkit developed by the Scottish Government is also a useful resource: [Trauma-informed practice toolkit: Scottish Government](https://www.scottishgovernment.gov.uk/trauma-informed-practice-toolkit)

7. Dates for Diary

1. Project Becomings Exhibition: from the 14th August, The Galleries. This exhibition is designed to showcase artworks created as part of a research project at the University of Bath which has worked with a group of adult survivors of childhood trauma. Using a range of creative methods, the project explored how to expand our current understanding of recovery. See attached Flyer or visit: [Home | My Site \(projectbecomings.com\)](http://www.projectbecomings.com)
2. Next Bristol Trauma Informed Practice Network meeting: Wednesday 20/09/2023, 2pm – 3.30pm on Zoom. Please sign up here: <https://forms.office.com/e/pKR5DtPhMr>
3. Save the date: Final 2023 Bristol Trauma Informed Practice Network Meeting: Tuesday 5/12/2023, 10am – 11.30am on Zoom. Sign up form will be provided nearer the time to TIP network members.

The Magic is in the Relationship, the Interactions, and within the Human Connections. Dr Karen Treisman

[Good relationships are the key to healing trauma | Karen Treisman | TEDxWarwickSalon - YouTube](https://www.youtube.com/watch?v=...)