



# Bristol Trauma Informed Practice Network Meeting

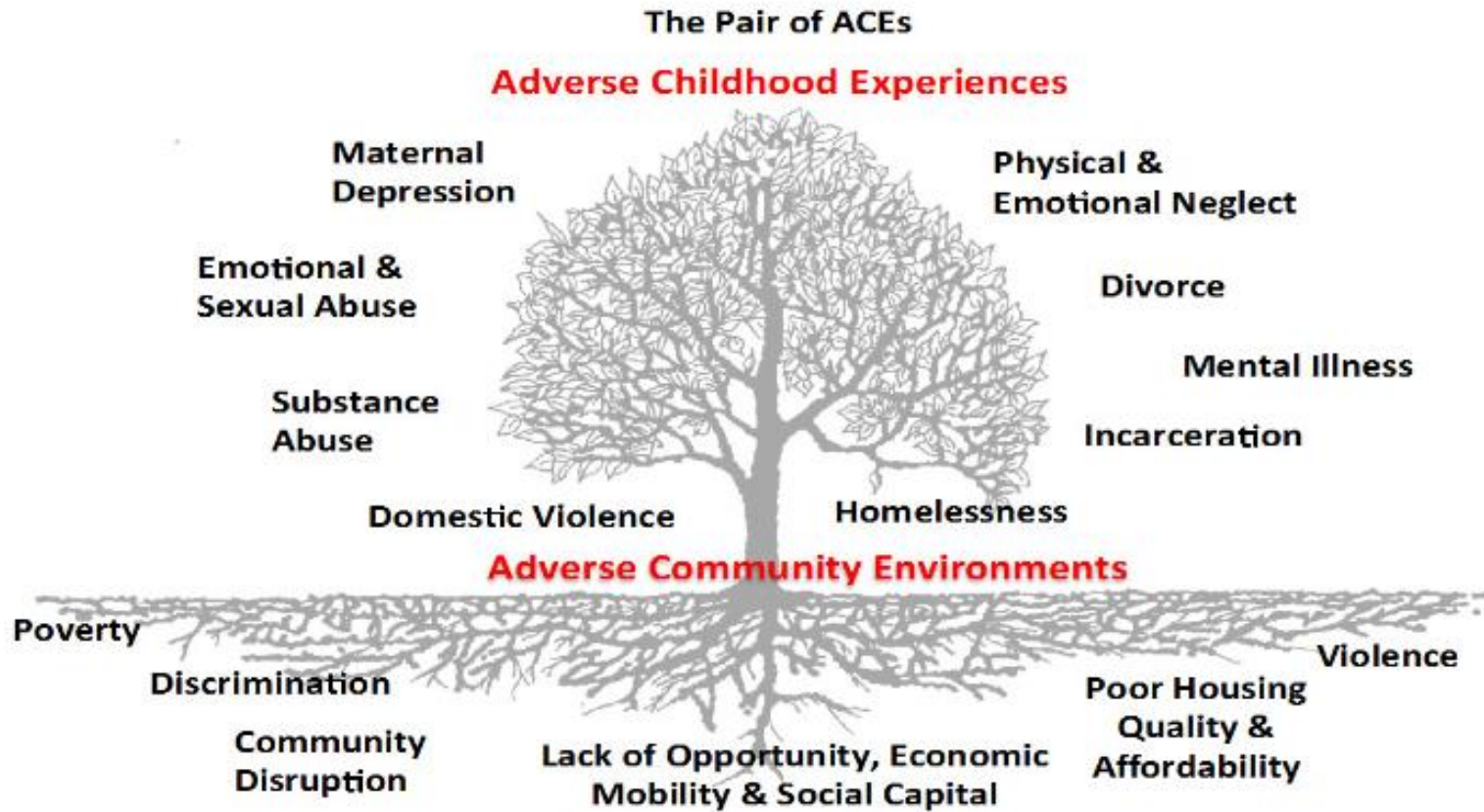
8<sup>th</sup> February 2023



People Directorate



# Adversity and Trauma: People in Communities



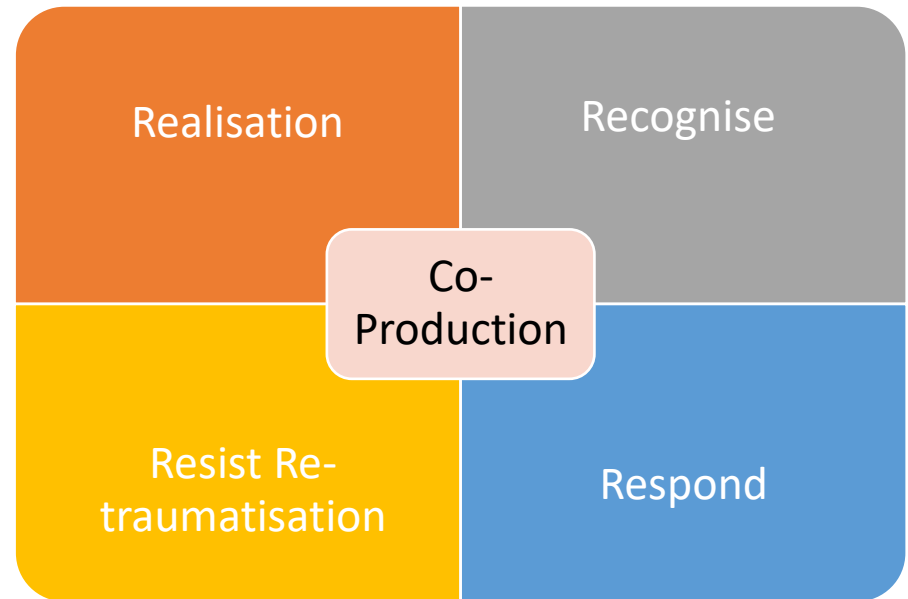
Ellis W. & Dietz W. BCR Framework. *Academic Peels* (2017).

# Systems Approach

- Needs to be a **whole system approach** - meaningful to communities, service users and staff. Not about a single intervention but a fundamental shift in the way services are developed, delivered and experienced.
- Is a process of **organisational change** aiming to create a culture, environments and relationships that promote recovery and prevent re-traumatisation.
- Focus on **prevention** (understanding and minimising risk of experiencing trauma and adversity) and **early intervention** (recognising early where an individual, family or a community is experiencing trauma in order to respond and support when needed, not once more serious issues occur).
- System change takes time. Our aspiration should be that our approach is **consistent and long lasting**, not a tick box exercise.

# A Model for Trauma Informed Practice

- **Overall aim:** services are structured, organised and delivered in ways that promote **safety** and **trust** and aim to **prevent traumatisation**.
- **Approach:** To use the 4R's to guide and focus our work. **Realisation** of the prevalence of trauma, and **recognising** the signs of trauma. Creating a system which **responds** to trauma and **resists re-traumatisation**.
- With co-production at the centre of our work



# Adversity & Trauma Informed Principles

1. Safety (physical, emotional & psychological)
  2. Choice & Clarity
  3. Collaboration
  4. Trustworthiness
  5. Empowerment
  6. Inclusivity
- Developed by the BNSSG Trauma subgroup, 2020 in collaboration with people with lived experience, with staff & clinicians & based on principles developed by the Substance Abuse & Mental Health Services Administration (SAMHSA, 2014) & the Institute on Trauma & Trauma Informed Care (ITTIC, 2015)
  - [Principles for Trauma-Informed System \(bristolsafeguarding.org\)](https://www.bristolsafeguarding.org/)

# Developing Partnership Arrangements

## **Bristol, North Somerset and South Gloucestershire (BNSSG)**

- We now have a Trauma Oversight Group within Healthier Together (our BNSSG Integrated Care System).
- The Trauma Oversight Group provides strategic oversight of developments and brings partners together to develop our approach and share resources. There is a research and evaluation subgroup.
- The Adversity and Trauma Health Integration Team (A&T HIT) that was established in 2019 has merged into the Healthier Together arrangements.

## **Bristol**

- Active partner in the BNSSG arrangements
- Life course approach with leadership from the Health & Wellbeing Board and One City Children and Young People's Partnership Board

# Progress in Bristol

1. **Policy** – agreed Principles for Trauma Informed Practice, references to TI increasingly apparent in our corporate and partnership policy and strategy, and requirements in commissioning being developed
2. **Cross- sector collaboration** – work with City and BNSSG partners including health, Police, schools, VCSE, universities, people with lived experience. Life course approach
3. **Training and workforce development** – on-going training and work to embed a knowledge and skills framework built on engagement of young people and adults
4. **Evaluation** – the Health Integration Team model is designed to ensure links with local research groups and the evolving evidence base
5. **Examples of good practice** in direct work with families and communities across sectors, spanning children's, adults, community safety, housing services, schools

# Bristol Priorities for 2023 - 2025

Main areas of work 2023 - 25

1. Workforce Development, within the Council & a partnership offer
2. Trauma Informed Commissioning: toolkit with supported implementation
3. Communication and Resources
4. Evidencing Impact

This will inform and be supported by work in these areas:

1. Equality, Diversity and Inclusion
2. Lived Experience
3. Coordination / Connection to BNSSG work



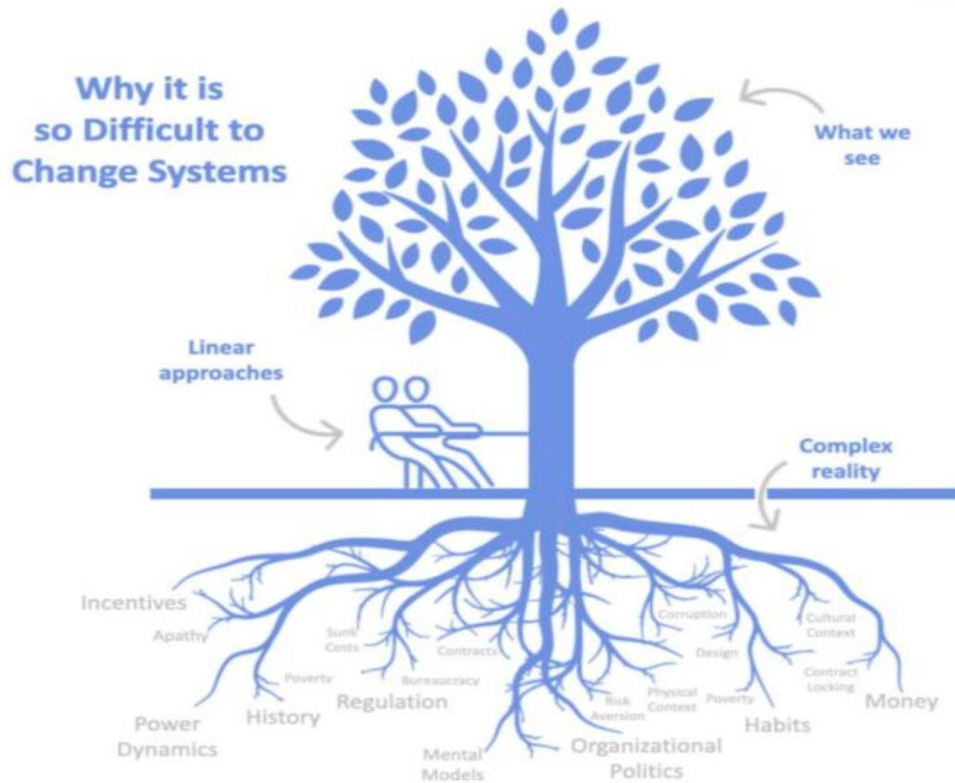
# Trauma Informed Systems Programme

**Hazel Renouf, Trauma Informed Systems Manager**  
February 2023

# Context

- Programme of work hosted by the Bristol North Somerset & South Gloucestershire(BNSSG) Integrated Care Board (ICB)
- Funded by BNSSG Vanguard project (delivering the CYP Framework for Integrated Care), ICB Mental Health, Bristol Health Partners & Avon & Somerset Office of the Police and Crime Commissioner
- Healthier Together Executive signed off aspiration to become a Trauma Informed ICS in 2021
- Responding to growing interest and building on existing work, yet recognising the need for consistency
- BNSSG Trauma Informed subgroup, including lived experience representation
- BNSSG Trauma Informed Principles, and a Knowledge and Skills Framework (2021)

# Challenges



# Aspirations

- **To develop and embed a trauma informed and responsive system across Bristol North Somerset and South Gloucestershire**
- A whole system approach that is meaningful and tangible for communities, service users, staff and organisations
- To enable a process of organisational change aiming to create a culture, environments and relationships that promote recovery and prevent re-traumatisation.
- Co-production and collaboration
- Commit to advancing equality, diversity, and inclusion, and to addressing health inequalities.
- Evidence-based local commissioning, policy and practice development leading to improved outcomes for people who are at risk of, or have experienced, adversity and trauma.

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- Welcome any questions

Further information:

- [Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](http://bristolsafeguarding.org)