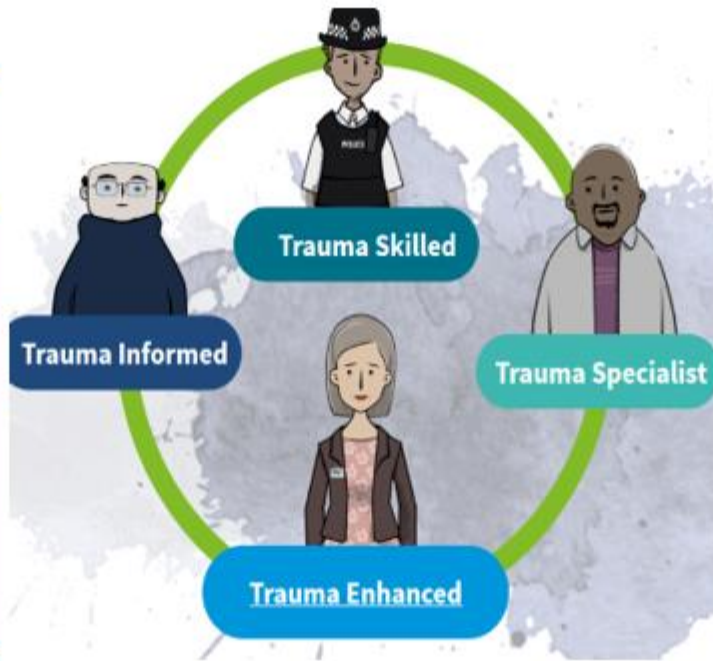
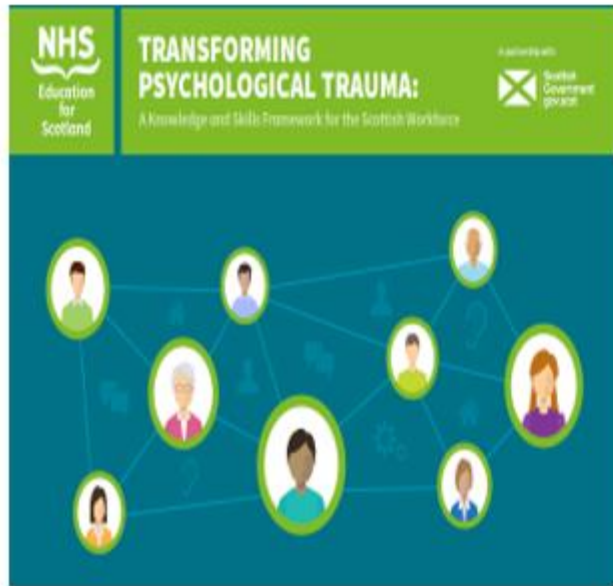


WHAT is The National Trauma Training Programme?

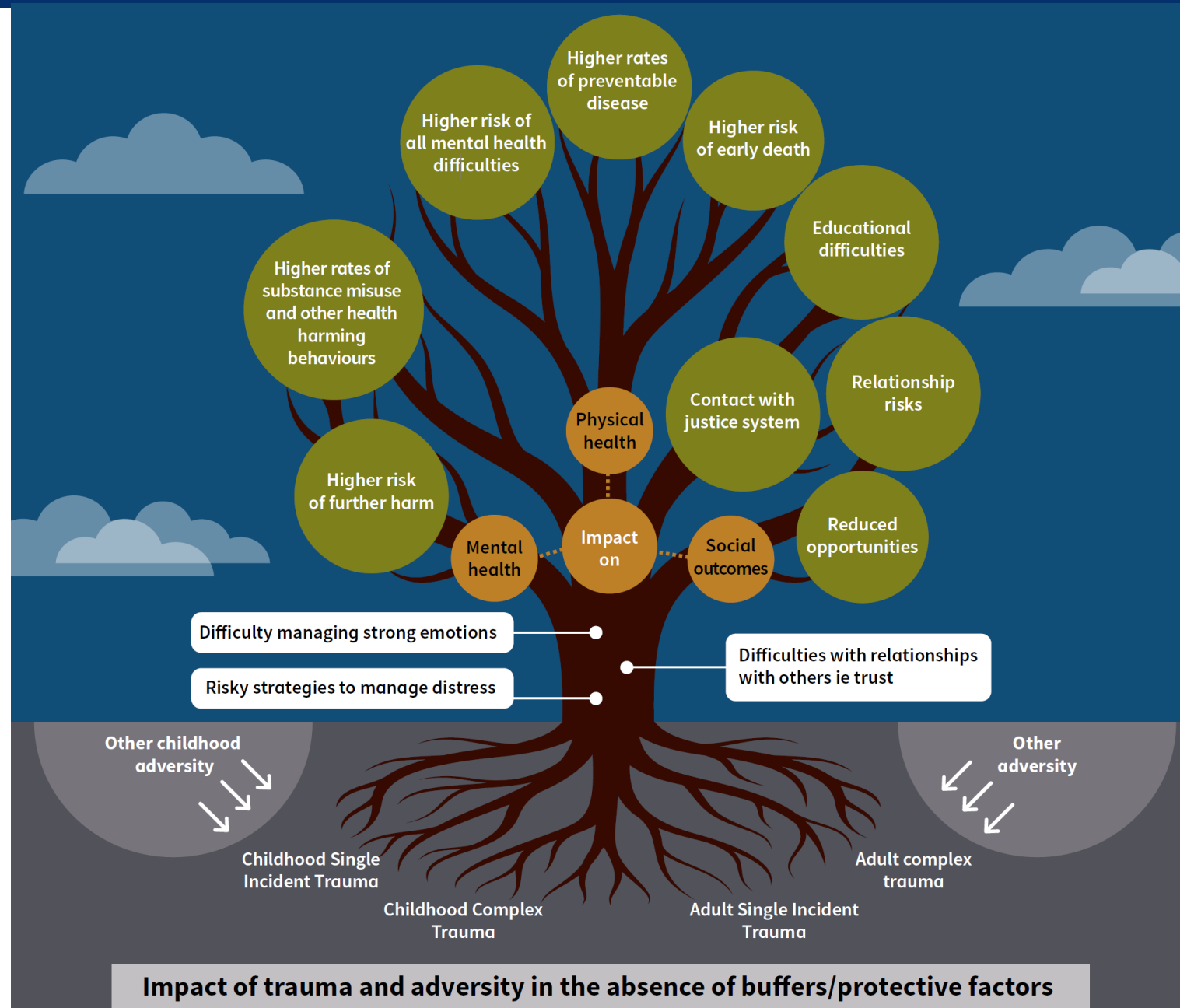
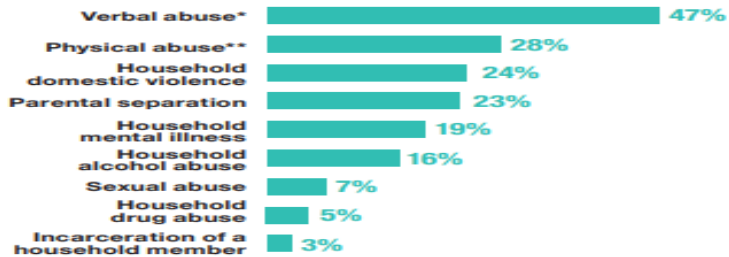


WHY have a National Trauma Training Programme?

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.



The big vision of the National Trauma Training Programme:

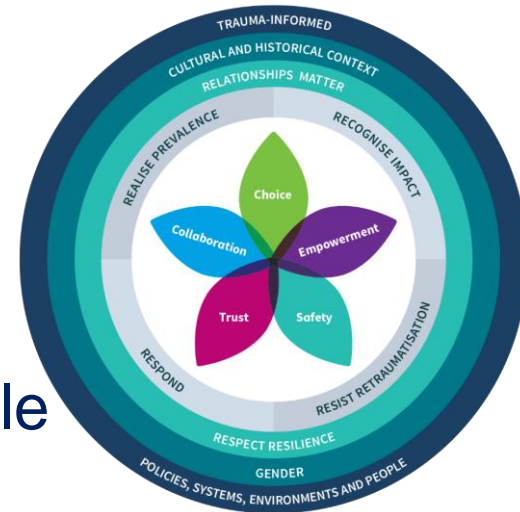
“A trauma informed and responsive nation and workforce, that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and can address inequalities and improve life chances.”

- **It isn't**

- About us all becoming 'therapists' or trauma experts
- 'them' and 'us'
- There is no tick box short cut
- About changing your job, but making what you do more accessible

- **It is**

- Building on/slotting in with lots of work that is already going on across Services in Scotland
- Relevant to the whole Scottish workforce, 'trauma is everyone's business'
- A journey not a destination
- Starting where you are, doing what you can, with what you have got
- World leading!



WHAT is a “trauma informed” service?

Realises the prevalence of trauma

Recognises the impact of trauma particularly any barriers it can create to accessing life chances

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

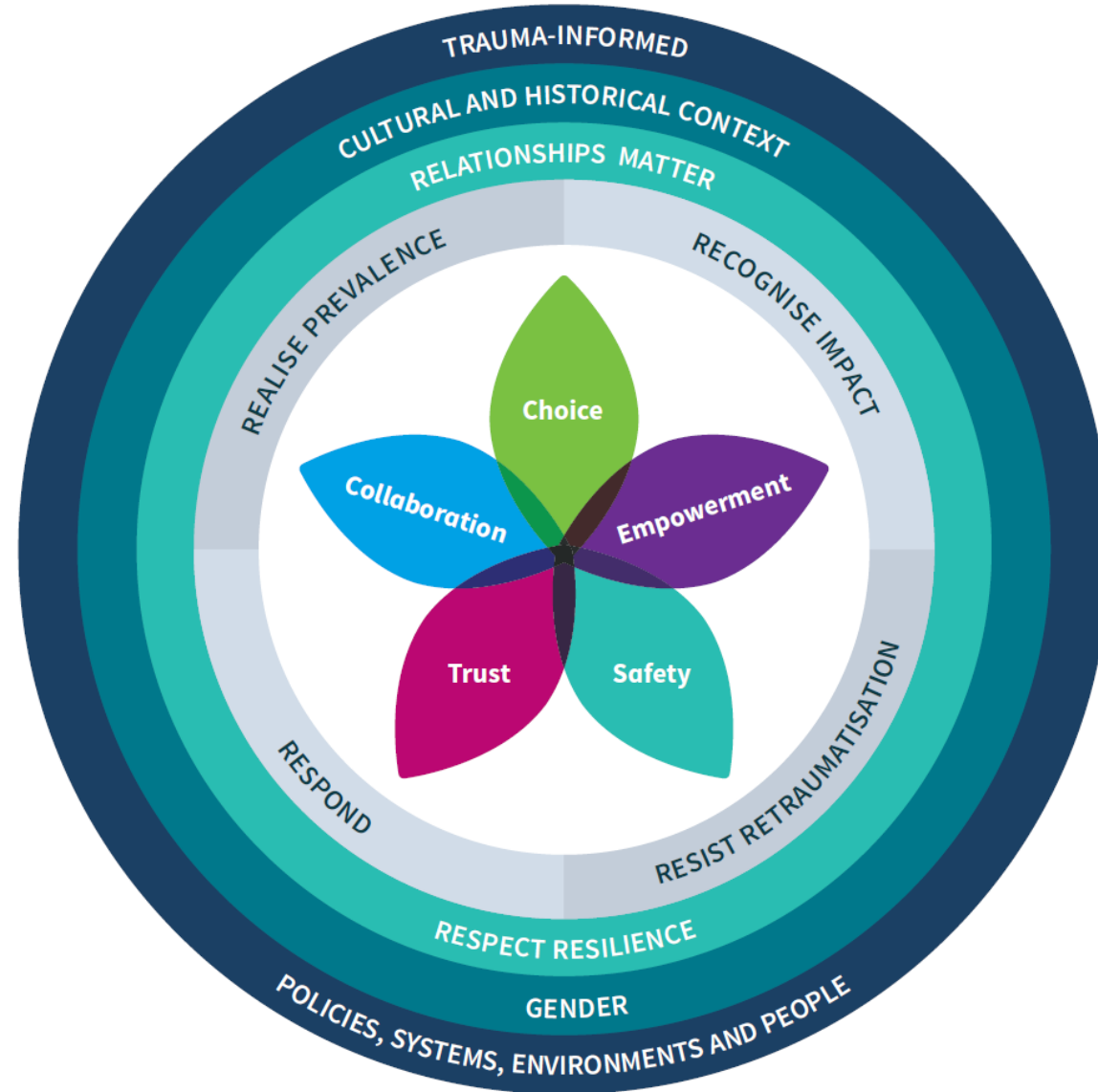
Relationships matter

Resists re-traumatisation Understands that trauma memories feelings and responses can be “triggered” often by subtle or innocuous events / relationships

Resilience recognised and supported

WHAT is a “trauma informed” service?





Drivers for Trauma Informed systems:

Competency Drivers



Leadership Drivers

Who?

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

Trauma Specialist

Trauma Enhanced

Trauma Skilled

Trauma Informed

What can you do?

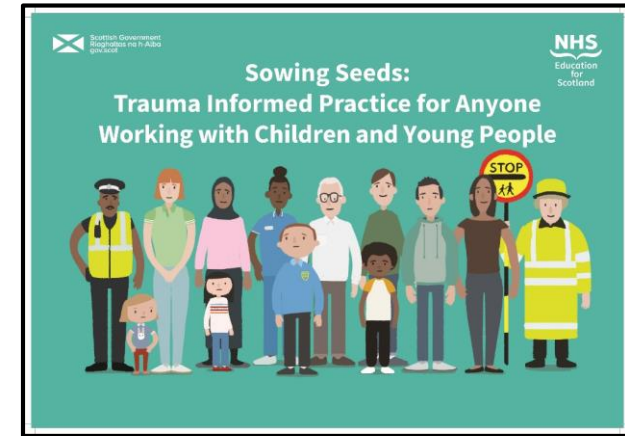
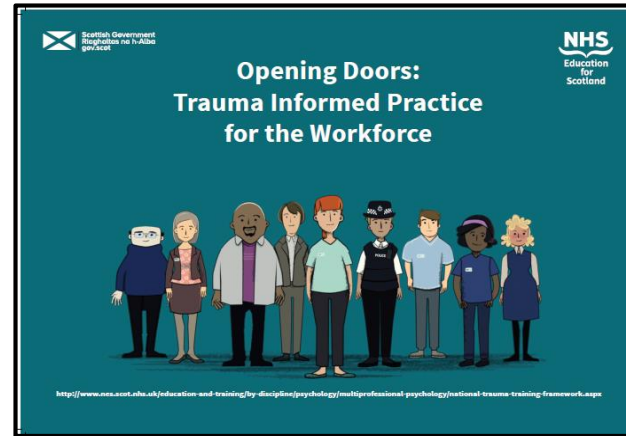
Offer evidence based approaches to recognise resilience and support recovery.

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

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

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

Animations:



Workshops:



Openly available Trauma Skilled Learning



Developing your trauma skilled practice



Start



Providing Psychological First Aid to Others

Key Components

Psychological First Aid (PFA) is a humane, supportive and flexible response to fellow human beings who are suffering or distressed during or after crises or emergencies, like the current COVID 19 pandemic.



- EDUCATE** about normal responses
- CONNECT** with social support
- PROVIDE** information on coping
- CARE** for immediate needs
- PROTECT** from risk of infection and any other threats
- COMFORT** and console
- SUPPORT** for practical tasks
- Taking good care of YOURSELF**



Links to resources

Detailed introduction to the NTTP

- <https://transformingpsychologicaltrauma.scot/about-the-programme/what-is-the-national-trauma-training-programme-nttp/>

Available Training Resources:

- <https://transformingpsychologicaltrauma.scot/resources/national-trauma-training-programme-online-resources-summary/>

Proposed plan for 2021-2022

- lead on developing and building a learning programme for the workforce that play a part in the lives of Care Experienced babies, children and young people.
- The main area of development in this programme would be designing and creating a day of training building upon the e-module, with an emphasis upon translating knowledge gained within the e-module into skills using a blended learning approach.

- The training would be designed for use for the whole workforce of Scotland who are working at a skilled level, including the sectors of the workforce who predominantly work with Care Experienced babies, children and young people, such as SCRA, CHS, all alternative caregivers, including adoptive parents, specialist social work services, such as Fostering and Adoption/ Families for Children teams, LAAC nurses and so on.

Development of a Learning Programme

1. Trauma Informed Resources including

- Sowing Seeds
- Taking a trauma informed lens to your practice

2. Developing your trauma skilled practice-module including bespoke module for CYP which focusses on the needs of those with care experience

3. One day developing your trauma skilled practice for working with Babies, Children and Young People with Care experience; 'keeping the Promise'

4. Access to coaching into practice sessions focussing on skills development and maintaining own wellbeing

- The proposal would be for approximately 5 pilot deliveries with ongoing evaluation and updating. Once fully signed off, a process of training for trainers can be planned and implemented
- Identification of existing coaching and supervision networks and building capacity will also be considered
- Would School nurses/health visitors like to be involved in a pilot?
 - Commitment for 20 participants, with manager approval
 - Pre-learning – the 3 Developing your trauma skilled practice modules and a wellbeing module (approx. 5 hours of online learning)
 - Attendance at 1 day, remote, training day
 - Taking part in evaluations of the day

- Thoughts and Feedback

- [redacted]