

## Trauma Informed Care

### The nature of the initiative:

Public health data on Adverse Childhood Experiences shows its link to mental ill health, suicide, substance misuse, diabetes and heart disease. We aim to address this underlying cause to mental health difficulties through a program of work that is cross specialty and cross professions.

### Our Vision is to:

- Develop the systems, behaviours artefacts and values conducive to trauma informed care.
- Meet Department of Health guidance re routine enquiry and handle such disclosures well;
- To develop our current therapists to be skilled in dealing with complex trauma and so able to support services local to them in their endeavours to be trauma informed.
- For clinical staff to have some core skills in managing disclosures well and access to resources that support their practice.
- For care plans and risk assessments to adequately reflect recovery from trauma as a goal of services;
- For services to avoid causing iatrogenic harm where possible eg where C&R retraumatizes people.
- For our peer support developments to be trauma informed.
- Clinically address underlying contributory factor to diagnosis/ symptoms/ engagement issues/ risks and so improve clinical outcomes.
- Address wellbeing of staff in relation to trauma informed practices.
- Develop and contribute to the evidence base for TIAs.

**Benefits:** Reduction in PRN use on ward where they relate to distress differently. Improvement in staff confidence and changes in how staff use their time. Improved clinical outcomes. Hopefully improved patient experience.

**Challenges:** Other priorities; integration with other programs; scale of training; embedding training; staff turnover; staff's own history; lack of national policy

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