

TRAUMA INFORMED PLYMOUTH

Network Update



1. Overview

The Trauma Informed Plymouth Network has continued to meet and expand its membership, (currently in excess of 180 people) over the summer months. We have successfully transitioned to Microsoft Teams, hosted by the NSPCC, to enable virtual meetings to take place. Engagement levels have been relatively stable throughout the COVID restrictions and the network has been able to develop trauma informed responses to the pandemic along with progressing overarching network objectives as laid out in the approach document.

2. Workforce Development

- The network produced a 'Vicarious Trauma' presentation to support the workforce in understanding the potentially traumatic impact of COVID 19 and to provide people who may be experiencing this type of trauma with sources of support and signposting to additional help where needed. The training is freely available and network members have made an offer to facilitate the workshops when this is felt to be useful. It was delivered via the OPCC as part of their monthly support webinars for frontline staff and very warmly received.
<http://www.plymouthscb.co.uk/uncategorized/new-training-resource-on-vicarious-trauma/>
- The network workforce development group have agreed a virtual format for the trauma informed practice training, which is administered and supported by the Plymouth Safeguarding Children's Partnership. The training will be available as an ACE awareness webcast and a Trauma Informed Practice Webinar from October.
- The network have developed a 'Trauma Informed Leadership' virtual workshop. This was piloted with Plymouth BCU in June as a 2 hour course aiming to develop conversations about what trauma informed leadership might look like and how trauma informed practice can be embedded at all levels of an organisation. The network delivered the workshop to the national NSPCC leadership team on 23rd September and to over 100 participants at an NWG (Child Sexual Exploitation) learning event on 24th September.
- The sub-group lead for workforce development has regular meetings with Peninsula colleagues to look at sharing learning on trauma informed practice across the area.

3. World Health Organisation – Trauma Informed City Work

Following on from the networks successful engagement with the All Party Parliamentary Group on ACEs in June, we have been asked to showcase the work of the Plymouth network as a best practice example at a WHO event in Oslo on 26th October.

4. A Charter for Trauma Informed Plymouth

The network had begun to work on developing a position statement on what steps could be taken by partners in Plymouth looking to become trauma informed at our January meeting, but had refocussed energies on responses to COVID in the first part of the year. The concept of a charter of key principles has been re-prioritised over July and August and we have developed a draft statement which was taken for discussion to our full network meeting on 25th September. Once agreed the charter will be embedded into our approach document and workforce development and will provide a potential basis for a 'Trauma Informed Plymouth' quality mark.

5. Exploring the impact of trauma related shame on accessing support

The Lived Experience Group invited Luna Dolezal, Associate Professor in Philosophy and Medical Humanities at the University of Exeter, to come to talk about her work on the topic of health related shame. This has particularly been identified as an important topic for members of this sub-group who are considering how it impacts on accessing health care, social work relationships and how chronic shame plays out in behaviours. We anticipate this exploration will help us shape our primary care and trauma informed practice project. The main meeting on 25th September agreed this should be explored across the network and we will be inviting Luna to speak at our next full meeting.

6. Lived Experience Sub-Group

Emma Bainborough, our sub-group Chair, delivered a talk to the OPCC about the work we have been doing in Plymouth as part of their developing lived experience engagement work (18/9). This is another reflection of the impact that Plymouth is having on trauma informed practice across the Peninsula. The group have also been working with our local public health team to share experiences of mental health during the COVID pandemic.

7. Inclusion and resilience sub-group

Following discussions around the need to have more focus around community based trauma (discrimination, inequalities) at the July meeting, the network is looking to establish a new sub-group to look at how our trauma informed practice work intersects with work around equality and diversity. Part of the remit will be to ensure our communication around the approach document and network activity is inclusive and accessible. The first meeting will be on 2nd October.

8. Member updates

At our main network meeting, member Jemma Facenfield shared referral information about a new trauma informed dentistry pathway being developed for vulnerable children and young people in Plymouth.

Plymouth University will be including a session on trauma informed practice across all nursing degrees following a successful input into the children's course by the network last year.

9. Communication

The network has identified improving communication as a priority area and will be setting up a task and finish group (first meeting 8th October) to consider improving use of social media, developing a website and producing video clips to share what is working well in the city. We are also looking to produce an interactive newsletter.

Next steps:

- There is a 2 week window for network members to comment on the charter document. This will then be finalised as a working draft for mid-October
- Once the charter has been approved by network members we will be able to set up workshops to engage city leaders in a discussion about how it might be applied as part of our journey to become a trauma informed city. This will include engaging with leadership teams at Plymouth City Council
- NSPCC 'Sharing the Brain Story' training will be delivered to 48 participants across the city in October. This will help us to develop accessible language around the neuroscience of how trauma and adversity can shape the brains of children and young people, along with strategies to support healthy brain development
- Communication task and finish group to report back with a set of proposals for a communication strategy at the next main network meeting