



Humber and North Yorkshire
Health and Care Partnership

Children and Young People's
Trauma Informed Care Programme

Programme Summary

Framework for Integrated Care (community) for Humber
and North Yorkshire Health and Care Partnership (ICS))

Mental Health and Learning Disabilities Sector Collaborative Programme





Our Pledge

“We will work collaboratively to ensure that Children and Young People, who have or may have experienced trauma or adversity, are supported to thrive. We will do this by working across the system so everyone is supported to respond helpfully, consistently, and compassionately”



The Core Team

Programme Partnership Manager:

Cat Jones

Community of Practice Manager:

Katy Winfield

Children and Young People's (CYP) Engagement and Coproduction Manager:

Clair Atherton

Senior Administrative Officer:

Lisa Hudson

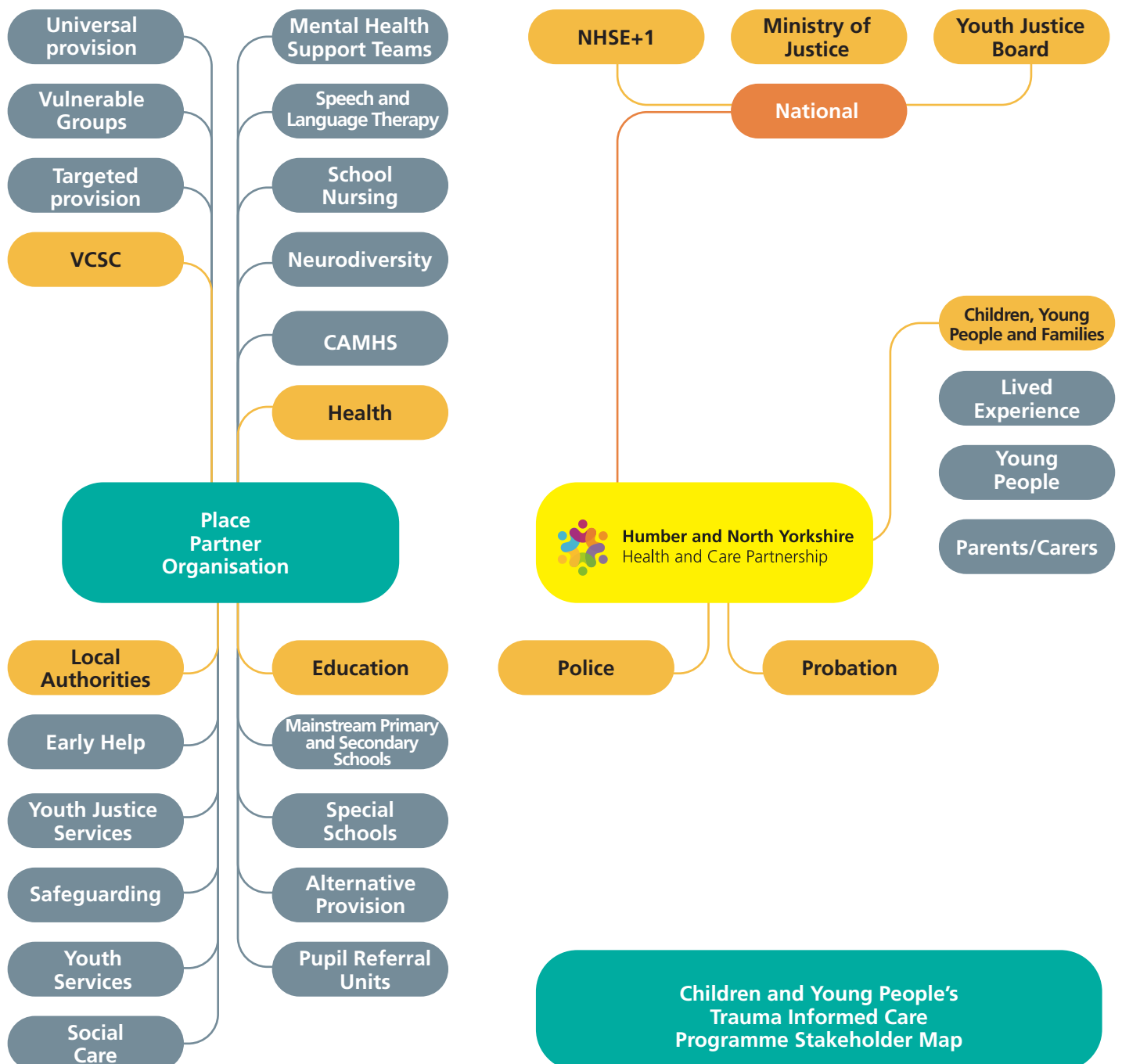
Our Values

The purpose of our underpinning values is to ensure that all professionals involved in this programme of work recognise and respond appropriately to signs and symptoms of trauma, resist re-traumatisation and acknowledge the differences between and within communities. These values should be embedded within each programme strand to support a culture where children and young people, (and their parent/carers), benefit from and are actively engaged in developing and improving services.





In order to deliver the programme, we have created the Children and Young People's Trauma Informed Care Partnership. This partnership will be made up of all statutory and non-statutory agencies/partners across Humber and North Yorkshire that are involved in the provision of services for Children and Young People with complex needs (See Stakeholder map below). As part of the developing governance model an operational Steering Group and a Strategic Alliance have been established. The partnership will work collaboratively to lead, plan and co-ordinate the 4 areas of the framework described below.



The Programme

Our Children and Young People's Trauma Informed Care Programme is a collaboration of partners from across our six places within Humber and North Yorkshire. The model aims to build on existing infrastructure to strengthen pathways and collaborative working while testing new models of delivery to improve outcomes. In order to meet the objectives of the framework, our phased implementation will focus and build on the following four key areas:

**ICS wide scoping:
Trauma Informed initiatives,
data and service provision**

1

2

**Building a Trauma
Informed integrated
care system**

**Strengthen multi agency
relationships and improving
co-ordination of existing services**

3

4

**Implementation of place based
models of intervention as Test
and Learn Pilots**



Integrated Framework Area One: ICS Wide Scoping

- Map current Trauma Informed initiatives and training to understand work already taking place, establishing where there are gaps and identifying good practice.
- Work collaboratively with organisations within the ICS that already have a Trauma Informed approach, strengthening partnerships, enhancing the multi-agency integrated system, reducing variation, and determining how we can replicate what works well across the ICS to improve outcomes.
- Use real examples to educate ourselves and others on how the system can inadvertently cause harm through current policy, culture practices, resource issues of lack of support.
- Review data and local information through the collation of local and regional, data and information, regularly and consistently, to increase understanding of challenges and needs. This will direct the role out of the integrated framework over a ten year period.



Staff understand trauma, its effects and that behaviour is the adaptation that children needed to make to survive.



The workplace can operationalise some concepts of a Trauma Informed approach.



Individuals and the organisation recognise and respond to trauma, enabling changes in behaviour and strengthening resilience and protective factors.



The culture of the whole system, including all work practices and settings reflects a Trauma Informed approach.

- Work collaboratively with partners to support organisations to move from being Trauma Aware through to being fully Trauma Informed.
- Build, embed and sustain a Trauma Informed integrated system and develop a consistent joint approach and common language across the ICS.
- Develop 'Communities of Practice' to enable the sharing of good practice and learn and contribute to the development of our Trauma Informed culture and partnership.
- Develop and design a tool kit and a knowledge and skills framework to recognise the range of roles that workers may have in relation to providing services to children and young people who have lived through traumatic experiences.
- Influence key strategic plans and documents across Humber and North Yorkshire Health Care Partnership Integrated Care System to explicitly name trauma – and the commitment to develop 'Trauma Informed Practice'.
- A training plan will be developed, informed by our scoping, to support the implementation of the knowledge and skills framework.

Integrated Framework Area Three: Strengthening Multi-Agency Relationships to Enhance and Improving Co-ordinated and Integrated Services

- Strengthen and enhance the existing provision in a coherent manner – building on our existing knowledge of formulation and enhanced case management.
- Ensure services are structured, organised and delivered in ways that promote safety, trust and collaboration and aim to prevent re-traumatisation or exacerbation of mistrust, lack of safety and fragmentation.
- Develop ICS wide agreements, with clear lines of accountability, strengthening communication across partnerships and bring partners together at place.

Integrated Framework Area Four: Establishing a Pilot Model of Intervention to a Specific Cohort

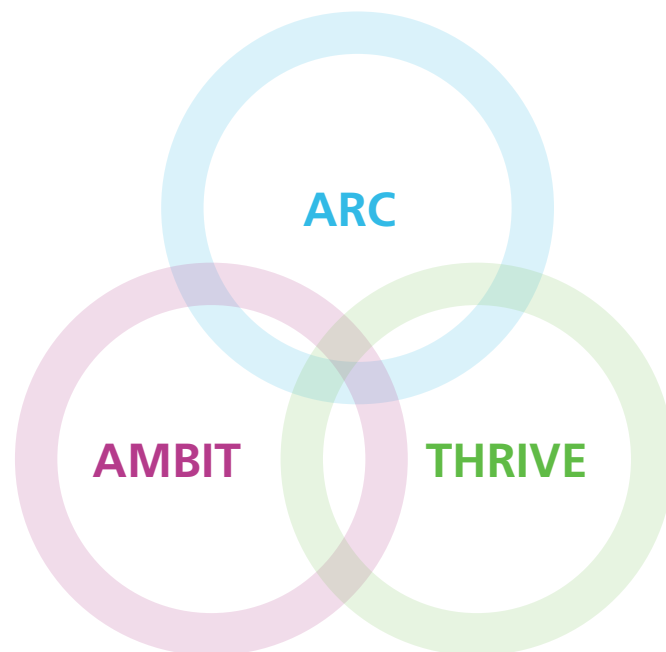
The overall Trauma Informed approach covers the whole of Humber and North Yorkshire Health Care Partnership Integrated Care System with Test and Learn Pilots delivering interventions direct to Children and Young People in:

- North Yorkshire: A tiered partnership service of coordinated early help/intervention provision, including clinically informed positive support for children engaging in risk-taking behaviour and/or with complex needs. Delivery is through a flexible, decentralised partnership model targeting areas of high need within the county and applying a shared model of systemic, relational and Trauma Informed Practice. Voluntary and Community Sector (VCS) led targeted prevention & diversion outreach will reduce entry to the criminal justice system; proven trusted relationships mentoring will support and safeguard young people with complex needs and vulnerable to exploitation; and, statutory case management will be enhanced by the expertise of embedded clinical practitioners. A bespoke digital app called 'Xchange' has been created as part of the Mind Of My Own suite of practice tools, to further capture the voice, wishes and feelings of the children and young people.
- Hull: Flipside VCS led (The Warren and Cornerhouse). A holistic model that will deliver a range of trauma informed interventions including 1 to 1 therapeutic interventions and 1 to 1 and group diversion interventions to Children and Young People to prevent them becoming first-time entrants to the youth justice system. Led by the VCS in an inner-city urban area with high levels of deprivation.
- North East Lincolnshire: The JEFF (Journey to enrichment, fulfilment and friendship) is aimed at prevention and early intervention for Children and Young People who may be at risk of becoming involved with the criminal justice system. The project aims to engage hard to reach Children and Young People and support them in accessing key local services. This includes, The Young & Safe team, Compass Go and We are with you. There is also a key role in the project for the Voluntary and Community Sector (VCS) which consists of various local organisations to provide a safe place and positive activities for Children and Young People accessing the project. Each organisation will have a nominated champion who will be trained in identifying Children and Young People who may need the support of the project. This is a joined-up approach with key organisations working together to provide a wraparound system of holistic support.

Further Test and Learn Pilots will be brought online from year three to build on the learning from the initial sites as this is a ten year programme. Learning will also be cascaded regionally and nationally as well as across the Humber and North Yorkshire Health Care Partnership Integrated Care System.

Our Approach

There are three complementary, evidence-based models of care already in place for Children and Young People with complex vulnerabilities in Humber and North Yorkshire. The Programme Strategy will ensure that the programme of work carried out over the next ten years by the Children and Young People's Trauma Informed Care Programme uses these approaches to deliver a consistent and effective system of support for young people who have experienced trauma. By training and supporting professionals and listening to the voices of Children and Young People, we want to prevent traumatic experiences from seeding challenges that lead young people into the youth justice system - or escalate their involvement with these processes.



ARC Training

The Attachment, Regulation and Competency (ARC) framework provides a set of clinical interventions to support Children and Young People who have experienced complex trauma, but also offers a structure by which organisations can become trauma-informed and deliver an integrated system of trauma-informed care. ARC training provides staff with a consistent understanding of how to recognise and respond appropriately to signs of trauma. The Core Team are currently mapping the ARC learning outcomes against other existing training although many partners are already using ARC e.g. Humber Foundation Trust.

ARC Framework

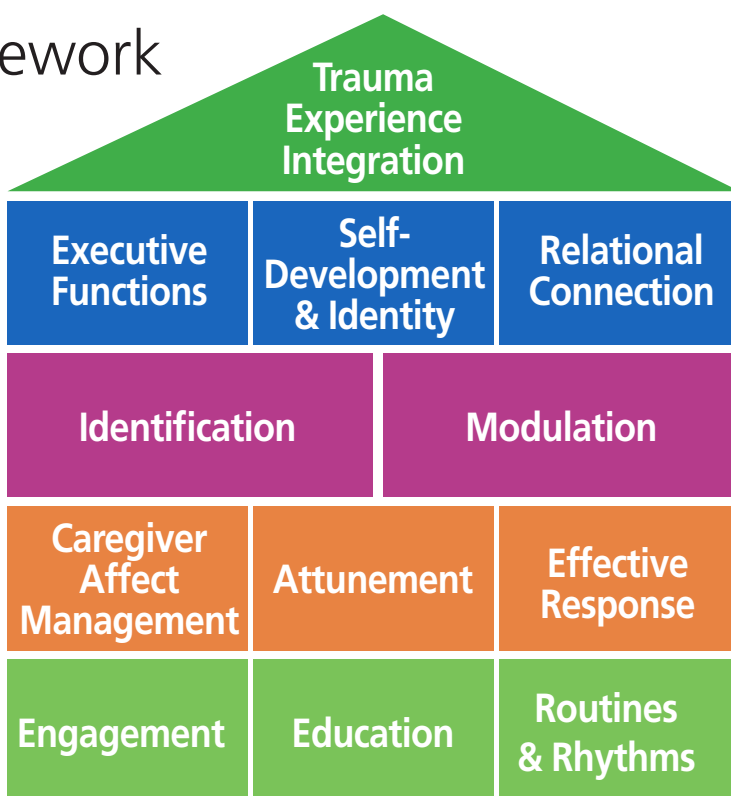
Attachment, Regulation and Competency (ARC)

A set of clinical interventions used to address complex trauma, and a framework for building Trauma Informed organisations/systems, is being developed to organisations within the partnership to enable them to become Trauma Informed.

Competency

Regulation

Attachment



AMBIT

AMBIT is a mentalisation approach for teams supporting children and young people with complex needs. It offers professionals a framework to contextualise young people's actions within their experiences, feelings and beliefs and helps professionals co-ordinate information and integrate delivery of interventions to meet these needs. Mentalisation approaches are particularly effective when supporting young people who have complex needs, are socially excluded or reluctant to engage with professional interventions.

Adaptive mentalization based integrative therapy (AMBIT)

'Mentalization based' approach is to support the strengthening of multi-agency teams delivering interventions to disengage youth with complex needs. The objective being to strengthen relationships between multi-agency professionals and support integration of services/interventions to improve the experience for the young person or their family. Thereby increasing the likelihood of engagement with professional interventions.



THRIVE

The THRIVE framework provides an overarching structure to delivering mental health support to children, young people and their parent/carers. It conceptualises five categories of support, into which all services and all children and young people (whatever the complexity of their need) fall. By stressing that children and young people will move between different categories over time, (and may require services from multiple categories at the same time), it encourages professionals to consider the link between presenting needs and current circumstances, rather than focussing on a static diagnosis. THRIVE helps different organisations within our local system to understand their role in improving children and young people's mental health and encourages them to collaborate to plan, implement and review co-ordinated packages of care.

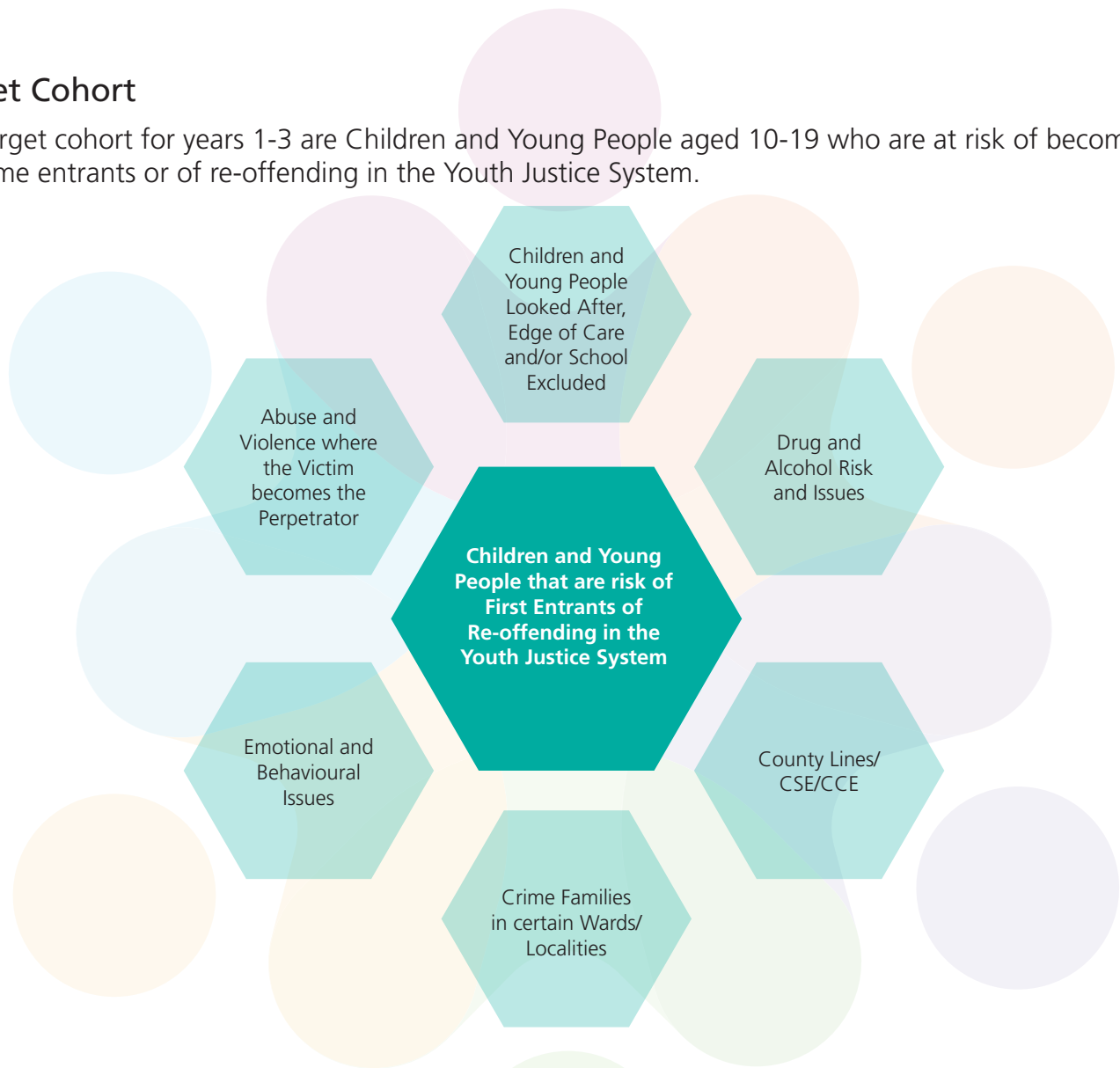
Thrive

A framework that provides a structure to delivering mental health support to children young people and their parents carers it consists of five categories of support into which all services and all children and young people fall whatever the complexity of need. Services are aligned to each domain according to the level of support they provide.



Target Cohort

The target cohort for years 1-3 are Children and Young People aged 10-19 who are at risk of becoming first time entrants or of re-offending in the Youth Justice System.



Other Documents to Support this Programme Summary

- Programme Core Team Offer
- Programme Training Plan
- Programme Strategy
- Programme KPIs

For further information please contact The Core Team:

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If you would like to find out more information about the work of the Children & Young People's Trauma Informed Care Programme please get in touch.

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