

# 1 What is 'trauma informed'?

Trauma informed approach and practice means recognising:

- **how common traumatic stress is**
- **potential impacts** of trauma and
- **acting to avoid people becoming 'retraumatised'** or unnecessarily stressed by interacting with you or your service.

It may also mean reviewing/auditing your service and making changes to make your service accessible to those who struggle to trust professionals.

# 2 Why does the impact of trauma/ACEs matter?

**Without the right support, trauma/ACEs can have negative, lasting effects on physical health, mental health, and social outcomes.**

Studies have shown a lack of supportive relationships links to an increased risk of:

- disrupted nervous, hormonal and immune development
- emotional and learning problems
- engaging in health harming behaviour
- being involved in violence
- experiencing illness like diabetes, cancer or heart disease.

# 3 Why does it matter?

Studies carried out in England, Wales, and the USA consistently demonstrate that around **50% of the population has experienced at least one traumatic or stressful event in childhood.**

Given trauma is common, many people struggle to trust professionals. To ensure people can access support there must be safety, trust, choice, collaboration and empowerment.

# 7 Questions to consider and discuss

- Do I know **how to identify ACEs/trauma**?
- Do I know **how to support** someone displaying signs of trauma?
- Do I know **where to signpost**/refer people or families?
- Do I **show compassionate practice**/trauma-informed practice in my work?

## 7 Minute Briefing

# What is 'trauma informed approach and practice'?



LANCASHIRE  
VIOLENCE REDUCTION  
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# 4 How does trauma impact on children, families and communities?

**Everyone responds to trauma in their own way.** Trauma can present as:

- angry outbursts,
- poor self-esteem,
- distrusting,
- anxious,
- difficulty controlling emotions,
- feelings of guilt/shame,
- hyper-vigilance
- perceived hostility in others.

# 6 What does it look like?

Trauma informed approach and practice is a broad model and can include trauma specific components and interventions.

**We need a public health approach preventing and addressing the impact of childhood adversity.**

We can and must:

- Prevent trauma and adverse childhood experiences (ACEs)
- Support child and family wellbeing/parenting
- Detect and mitigate the impact of trauma/ACEs
- Promote resilience across the life course.

# 5 How can we support children, families and communities?

Support from a **trusted adult** is key. **Building resilience through protective factors** like:

- developing problem-solving skills
- learning to manage emotions
- creating a stable environment
- developing hobbies and interests are some ways to guard against the impact of trauma.