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Hyb ACE Cymru
ACE Hub Wales



Straen
Trawmatig
Cymru

Traumatic
Stress
Wales

Cymru sy'n Ystyriol o Drawma: Dull Cymdeithasol o Ddeall, Atal a Chefnogi Effeithiau Trawma ac Adfyd

Trauma-Informed Wales: A Societal Approach to Understanding, Preventing and Supporting the Impacts of Trauma and Adversity

Navigating the Storm



Defining 'Trauma-informed' for Wales

A trauma-informed approach recognises that everyone has a role in sensitively facilitating opportunities and life chances for people affected by trauma and adversity.

It is an approach where a person, family, community, organisation, service or system takes account of the widespread impact of adversity and trauma and understands potential ways of preventing, healing and overcoming this as an individual or with the support of others, including communities and services.

It is where people recognise the multiple presentations of being affected by trauma in individuals, families, communities, staff, and others in organisations and systems across all Welsh society.

In this approach knowledge about trauma and its effects are integrated into policies, procedures, and practices. It seeks to actively resist traumatising people again and prevent and mitigate adverse consequences, prioritising physical and emotional safety and commits to 'do no harm' in practice and to proactively support and help affected people make their own informed decisions.

Principles and Practice Levels

Framework Content 5 Practice Principles

Y 5 EGWYDDOR ARFERION

Ymagwedd gyffredinol nad yw'n gwneud unrhyw niwed ac sy'n cwmpasu dulliau a arweinir gan y gymuned, mentrau atal a therapiau arbenigol i alluogi trawsnewid o fewn systemau.



Canolbwyntio ar yr unigolyn: mae'r person bob amser yn ganolog i ddull sy'n seiliedig ar drawma. Mae'n defnyddio dull cydgynhyrchiol, cydweithredol, traws-sector o nodi, deall a chefnogi anghenion y person. Mae'n hyrwyddo diogelwch seicolegol a chorfforol trwy hyrwyddo dewis, cydweithio a thryloywder.



THE 5 PRACTICE PRINCIPLES

A universal approach that does no harm, proactively supports and encompasses community-led approaches, prevention initiatives and specialist therapies to enable transformation within systems.



Person centred: the person is always at the centre of a trauma-informed approach. It takes a co-productive, collaborative cross-sector approach to identifying, understanding and supporting the person's needs. It promotes psychological and physical safety by promoting choice, collaboration and transparency.



Canolbwyntio ar berthnasoedd: mae perthnasoedd diogel, cefnogol, tosturiol ac ymddiriedus yn ganolog i ddull sy'n seiliedig ar drawma.



Canolbwyntio ar wydnwch a chryfderau: mae dull sy'n seiliedig ar drawma yn adeiladu ar wydnwch naturiol unigolion, teuluoedd a chymunedau.



Cynhwysol: dull sy'n seiliedig ar drawma yn cydnabod effaith amrywiaeth, gwahaniaethu a hiliaeth. Mae'n deall effaith anghydraddoldebau diwylliannol, hanesyddol a rhyw ac mae'n cynnwys pawb mewn cymdeithas.



Relationship-focused: safe, supportive, empathic, compassionate and trusting relationships are central to a trauma-informed approach.



Resilience and strengths-focused: a trauma-informed approach builds on the natural resilience of individuals, families and communities.



Inclusive: a trauma-informed approach recognises the impact of diversity, discrimination and racism. It understands the impact of cultural, historic and gender inequalities and is inclusive of everyone in society.



4 Practice Levels

Trauma-aware is a universal approach that emphasises the role that we all have as members of Welsh society, personally and professionally, and seeks to raise awareness and understanding. It challenges perceptions that maintain oppression and inequality, and highlights that people in all communities have a role to play in preventing ACEs, adversity and traumatic events, providing community-led responses to the impact of ACEs and trauma, and supporting resilience through connection, inclusion and compassion.

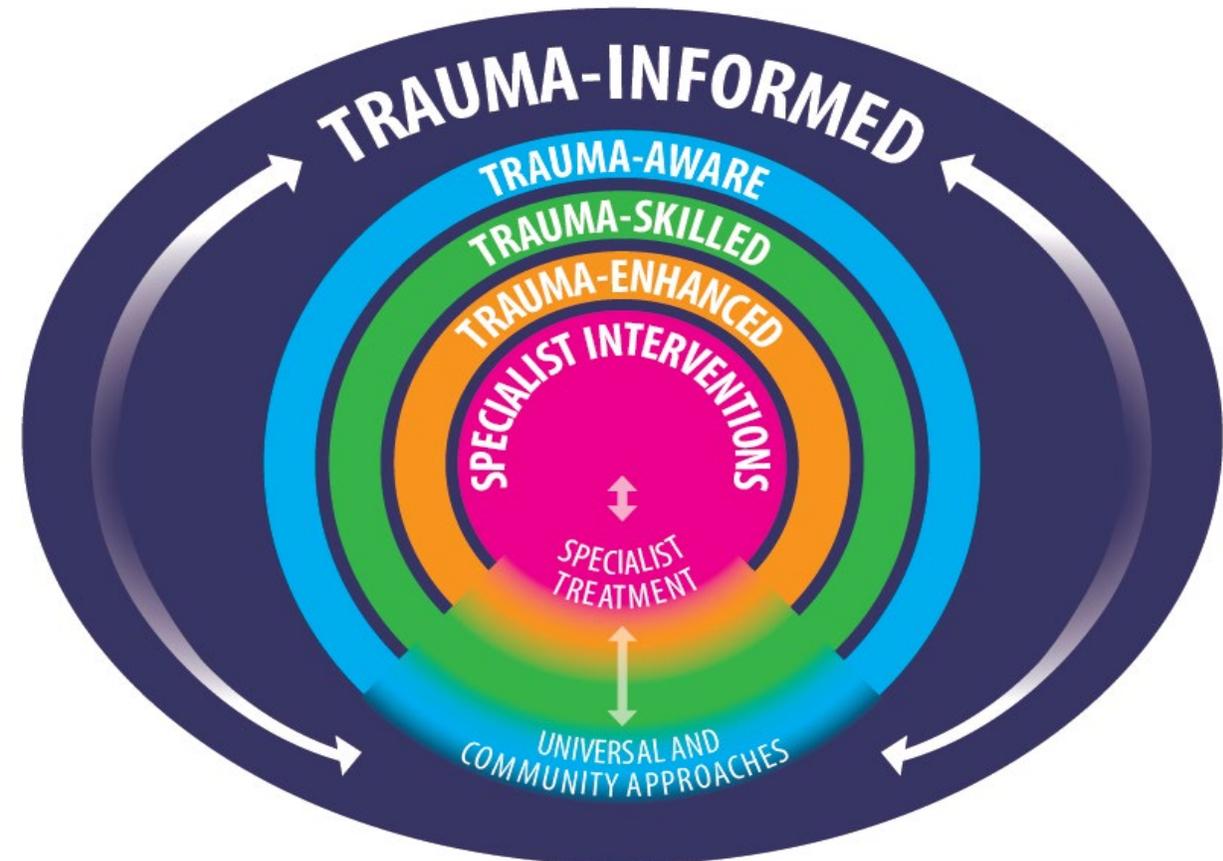
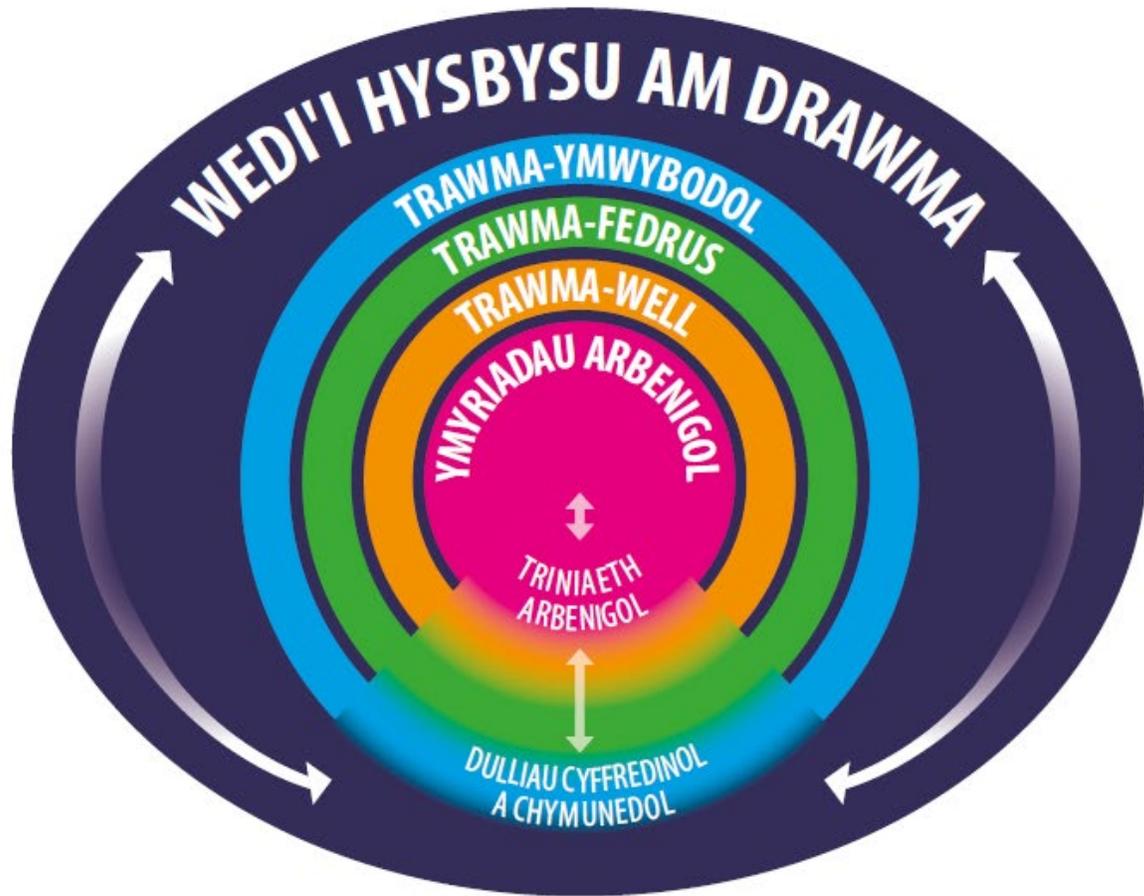
A **trauma-skilled** approach is embedded within the practice of everyone who provides care or support to people who may have experienced trauma, whether or not the trauma is known about. This applies to most organisations and services in Wales, and many working in and with the community.

A **trauma-enhanced** approach is used by frontline workers who are providing direct or intensive support to people who are known to have experienced traumatic events within their role, and encompasses ways of working to help people to cope with the impact of their trauma.

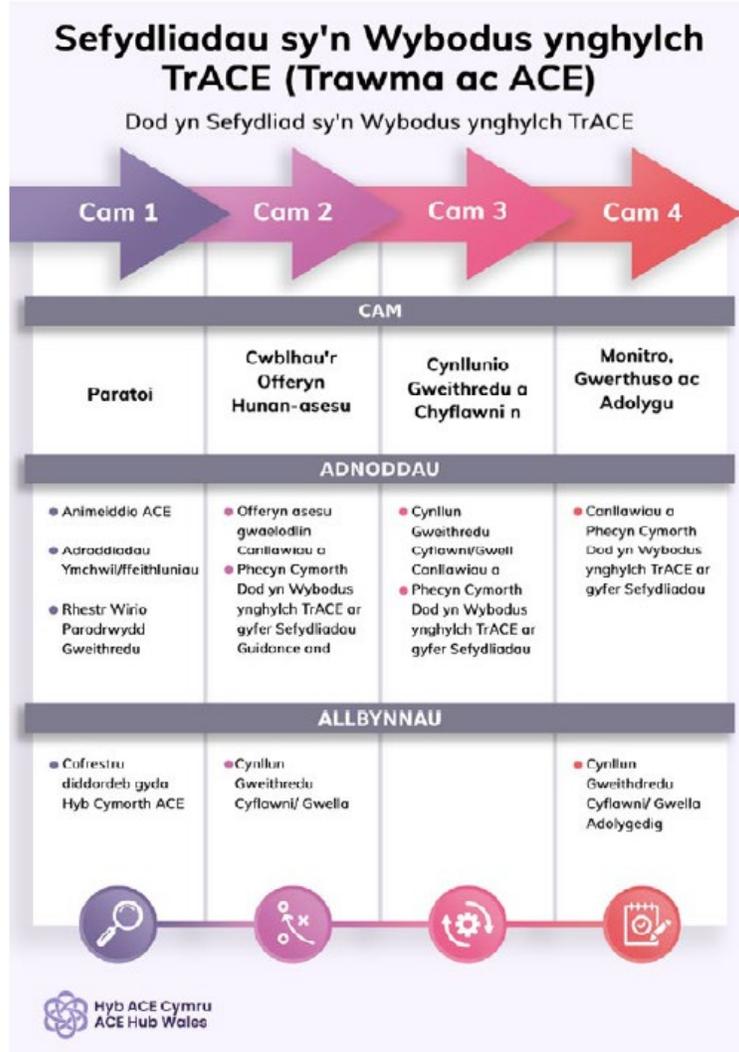
Specialist interventions may be formal personalised and co-produced interventions that are offered within a range of settings, or specialist input to support organisations and systems to be trauma-informed.

Together, these four practice levels provide an integrated, Trauma-Informed Practice Framework that provides a coherent and joined-up way of working within organisations, systems and the community.

Framework Content- Model and Practice Levels



Organisations and Systems





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Traumatic
Stress
Wales

Implementation

Launch Event 14th July

Trauma Informed Practice: Relational, Cultural, Societal



Universal – Do no harm, community led, prevents, specialist, transformative
 Relationships are safe, trusted
 Person-centred, co-produced, collaborative
 Builds resilience and strengths focussed
 Recognises and challenges racism, emotional poverty, inequality'

