



**1** What is 'trauma informed'?

Trauma informed approach and practice means recognising:

- **how common traumatic stress is**
- **the 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** What is the impact of trauma?

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

Studies have shown that **repeated traumatic experiences** and **lack of supportive relationships** link 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?

**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 of those around us**
- **feelings of anxiety**
- **difficulty controlling emotions**

**6** What does it look like?

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
- 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