

## West Yorkshire Adversity Trauma and Resilience Programme

### Purpose of the paper

This paper sets out the system case and focus to prevent, or reduce the impact of Adversity, trauma, and multiple disadvantages for the population of West Yorkshire. The aim of the paper is to brief and secure the support of senior leaders across Kirklees and should be read in conjunction with the Kirklees: Trauma Informed Practice in Kirklees.

The paper and the recommendations within it are the result the West Yorkshire (WY) Adversity Trauma and Resilience (ATR) Strategy Board, WY ATR Network and WY Consortium for Adults Facing Multiple Disadvantage

The paper describes a coproduced approach to support all five places/districts to be trauma informed and sets out the case for change for a joint ambition to ensure WY is a Trauma Informed and Responsive System by 2030.

The WY Programme is jointly delivered by the West Yorkshire Health & Care Partnership and West Yorkshire Violence Reduction Unit. Sharing a common commitment with Kirklees and all partners across the system to prevent harm and improve the wellbeing of our population, with a particular concern for those who are most vulnerable, facing multiple difficulties, complex needs and childhood trauma. In order to deliver on this commitment a joint West Yorkshire Adversity, Trauma and Resilience programme has been established.

### Summary Overview

Children and Young People who experience adversity and trauma are at high risk of; poor physical/mental health and emotional wellbeing, substantive increases in adopting anti-social and health-harming behaviours, including serious violence, poor attendance/exclusion at school and decreased educational attainment.

Adults who face multiple disadvantage as a result of trauma and adversity are 4 times more likely to become an alcoholic, 15 more times likely to take their own life, 3 times more likely to be absent from work and 3 times more likely to experience depression.

To improve outcomes for the physical, mental health and wellbeing of the people that live in West Yorkshire we need to work together to prevent trauma and adversity and mitigate existing harm across the lifecourse and while fully eradicating trauma remains unlikely, actions to strengthen community resilience and assets may partially offset their immediate harms.

There has never been a better time to prioritise the prevention of risk factors on health and increase protective factors as there is now with the ongoing pandemic. People are making the connections between the determinants of health and poor outcomes, including the impact on adversity and trauma, not just for young people, but for our babies who have been born during the pandemic and in lockdown, through to adults and older people that have been experiencing substantial isolation.

To deliver our agreed ambition our approach is for all organisations, sectors and system leaders to work together as trauma and adversity cannot be prevented and responded to by one sector.

## We want to:

- Prevent adversity and trauma across the life course.
- Respond to trauma and adversity that already exists, mitigating harm where possible.
- Facilitate an integrated trauma-informed and responsive system that enables all children and young people, including those with complex needs to thrive.
- Build and strengthen resilience assets and protective factors for individuals and communities
- Reduce risks and improve outcomes for those who experience adversity and trauma
- Ensure CYP can develop meaningful relationships with experienced professionals, who will champion on their behalf placing them at the centre of care, coordinating services around the child & family
- Provide senior clinical leadership across the system, strategic oversight, embedded reflective practice, specialist input and psychosocial interventions.
- Reduce inequalities that contribute to adversity and trauma and inequalities caused by adversity and trauma
- Ensure an understanding of adversity and traumatic events and the impact they have on an individual, their life chances and opportunities.
- Develop our response to adversity, trauma, and complex needs in this window of opportunity to build back better and fairer and minimise harm caused by COVID -19 and associated measures.

Underpinning our work is the principle that the voice of our population and communities is at the heart of everything we do, and we have developed a Community Action Collective, to ensure continued engagement and involvement. The Collective will deliver several outputs including co-creation/co-design of the WY programme, curriculum, delivery of training, community events, and development of an Engagement, Involvement and Co-production Plan to inform the implementation of the framework and the WY 2022-2030 Strategy.

## To reach our vision we will work towards:

- Reducing trauma, adversity and building resilience for the whole population of WY, particularly children and young people and adults who are vulnerable and experiencing complex needs
- Supporting and strengthening community services for those with complex needs that are currently not being met
- Ensuring all people living and working in WY have access to and receive integrated support from a range of professionals across health, mental health, education, social care, youth justice, the police, and the voluntary sector to ensure that their needs are met in a coordinated way.

## The WYATR Programme will:

- Support all place strategies and plans to be trauma informed and responsive by 2030.
- Embed a multi-sector and system trauma-informed approach with a coordinated, cross-system strategy, aligned policies, practices and services for supporting and building resilience.
- Utilise evidence and embed knowledge of trauma and adversity across all sectors
- Ensure all organisations across WY are trauma Informed and responsive
- Recognise / respond to the needs of the workforce (particularly those repeatedly responding to trauma).
- Collaborate across all sectors to ensure services are accessible and appropriate
- Partner, empower, educate and co-produce with our communities

## West Yorkshire Adversity, Trauma and Resilience: Meeting our ambition

### Responding to the needs of our population: What we already know: Children and Young People

We have a significant number of young people living in West Yorkshire that have experienced varying and increasing adversity and trauma, a snapshot of this can be seen below. We will identify exact numbers for our priority cohorts through our mapping and data work across West Yorkshire. As we are working collaboratively across the system, with all places and sectors, we will achieve and exceed the target set, supporting, working, and improving the outcomes of 6000 young people across West Yorkshire by 2030.

- West Yorkshire has seen a fall in the number of children entering the criminal justice system, but the offences committed are becoming more serious and more violent<sup>1</sup>
- Knife crime, crimes of violence against the person and gun crime have all been identified as a serious issue across WY, 42% of knife crime offenders are males aged 15-24, most knife crime offences take place in our poorest communities<sup>2</sup>
- The rate of children living in absolute low-income families per 1,000 children (0-15 years) is between 200 to 400 in WY<sup>3</sup>
- Much of the trauma experienced by young people in WY was found to be passed down through families, potentially exacerbated by gaps in service provision and unmet need including, dealing with intergenerational health inequalities<sup>4</sup>
- Children were present at 34% of domestic abuse incidents in Kirklees and Calderdale<sup>5</sup>
- 50% increase in the number of children and young people demonstrating abusive behaviour towards their parents in Kirklees<sup>6</sup>

### Responding to the needs of our population: What we already know: Adults Facing Multiple Disadvantage

(West Yorkshire Finding Independence: evidence and data 2020)

It's estimated that almost 44,000 people across West Yorkshire are currently accessing homelessness, addiction, re-offending and mental health services. Nearly 7,000 access three or four services, equating to an average of 1,400 people in each LA area. WY-FI was only able to support 823 people over the life of the programme leaving a cohort of over 6000 still experiencing multiple disadvantages.

According to peer research and service use data; at least 20% of people experienced exclusion when trying to access services. Between 60% and 80% of WY-FI beneficiaries said they had a bad or very bad experience before accessing WY-FI Navigator support. In contrast, over 95% said they had good or very good experiences with navigator support.

People experiencing multiple disadvantages are likely to have lived or live in a deprived area and experienced poverty, poor education, unemployment, ill-health, unhealthy family situations, adverse childhood experiences, complex trauma and/or loneliness and isolation.

Through our system partnership, over the next 8 years we will continue to develop the evidence base, undertake needs assessments and inequality impact assessments to continue to understand the needs of specific cohorts of our population with complexities and embed a culture change prioritising prevention

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<sup>1</sup> CREST Report 2021

<sup>2</sup> VRU Needs Assessment January 2021

<sup>3</sup> 2019/20 Deprivation and Poverty CREST 202.

<sup>4</sup> Trauma and Unmet Mental Health Need CREST 2021

<sup>5</sup> Kirklees JSNA

<sup>6</sup> Kirklees JSNA

and early intervention. To achieve this all partners, sectors and organisations must work collaboratively to support our most vulnerable people.

### Partnership working

To achieve system, change we have to ensure that we are working at the right level within the system, building strong relationships with partners as the foundation, driven by local, national, and international evidence, and policy. Building on the current practice already developed across all the places in West Yorkshire through the West Yorkshire Adversity Trauma and Resilience Network, the WY Consortium for Adults Facing Multiple Disadvantage and the WY Community Action Collective.

Our ethos is to connect organisations and individuals in ways that make better care easier and use opportunities to make better connections and use our unique partnership assets to improve health and wellbeing. Working together we have the chance to create the conditions so that children get the best start in life and improve our population's chances of living a long and healthy life.

Key to our system approach and delivering our ambition by 2030 is the engagement of stakeholders, partnership working and building networks. Through the partnership the system wide trauma informed programme of work has been jointly led since June 2020.

We have an established WY Adversity, Trauma and Resilience Network with currently 150 members including people with lived experience. The network has a focus on adversity, trauma, and resilience from preconception to 25 years.

The System Programme has also brought the West Yorkshire Consortium for Adults Facing Multiple Disadvantage into the governance Structure support out population from 18 onwards. Both groups have wide representation across sectors including but not limited to, early years and early help, commissioners, primary care, Acute Trusts, Mental Health Trusts, local authorities, education, educational psychologists, safeguarding, police, youth justice, housing, voluntary and community organisations. The role of the Network is to steer the programme of work, test concepts and pilots, share practice and develop opportunities for system wide approaches and working.

Our five places across WY are represented on the network and within each place integrated care partnerships are in place.

Partnerships have been established with colleagues with subject matter expertise and system leaders in adversity and Trauma, including Dr Warren Larkin, Consultant Psychologist, Lisa Cherry, Author, Speaker and Trainer and Catherine Knibbs, Online Harms & Cybertrauma Advisor, to support this work and we are working with a number of national and international networks to share practice and learning including

- Office of Health Improvement and Disparities
- International Trauma Informed Care Network
- NHSE/I Trauma Informed Community of Practice

The commitment to partnership working across the system and support to deliver the ambition is demonstrated through the pledges of commitment from system leaders and staff across WY of which we have over 100.

In March 2021 a WY&H 3-day ATR Knowledge Exchange was held across the system with over 1,500 attendees. The event workshops, led by specialists in the field including those with experience of trauma, highlighted how when organisations come together to support people at the right time in their life, they

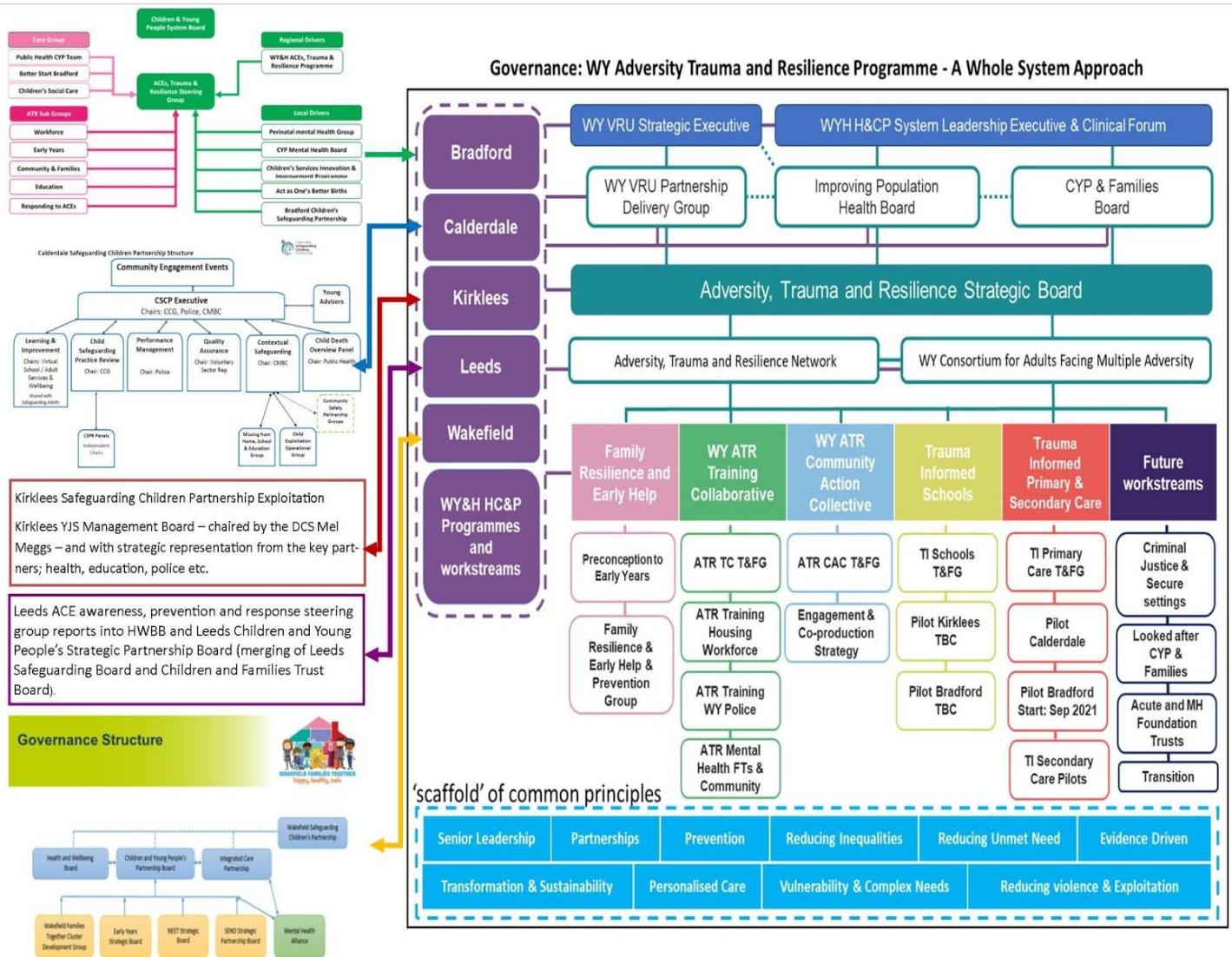
can support them better to lead a long, healthy life where possible free from the impact of trauma. There was an emphasis on how grassroots expertise can underpin the shifts in culture and practice needed to achieve our vision of an area which is trauma informed and responsive to people's needs.

**Adversity, Trauma and Resilience (ATR) Programme Structure and Governance**

The Programme is led by the senior managers from the WYHCP Improving population Health Programme, CYP and family's programmes and the WYVRU. Kersten England CBE (Chief Executive of Bradford Council) is our System Executive lead and chairs the Adversity, Trauma and Resilience Strategy Board.

Overall responsibility for the success (monitoring, progress, performance against system agreed KPIs and evaluation) of the WYATR Programme sits with the WYHCP and WYVRU as the lead organisations.

WYATR Strategy Board, formal decision-making group, will; manage any third-party providers, monitor, and mitigate slippage identified in the timeline and milestones, report and escalate risk through the governance structures of the WYHCP System Leadership Executive, WYVRU Strategic Executive Group and via governance structures in each 5 places. The Strategy Board will delegate responsibilities and delivery to the WYATR Network and day to day decision making via the Senior Programme Managers.



### Demonstrating impact and effectiveness

WY will embed a sustainable programme of collaborative working and culture change, prevent and respond early to adversity and trauma, ensuring:

- all organisations across WY are trauma informed and responsive
- a workforce that is therapeutic, skilled, confident, trauma informed and responsive, where every interaction matters
- staff are trained to ask in a routine or targeted way about adverse and traumatic experiences as part of an appropriate assessment process
- support for CYP who experienced adversity/trauma may/may not yet have, however, their environment (social and economic) increases their level of vulnerability and risk; CYP who:
- live in the most deprived areas,
- live in areas with high prevalence of serious violence and crime,
- are experiencing inequalities,
- have learning disabilities /ADHD/ Autism/ SEND,
- are adversely affected by covid-19 and measures
- are vulnerable/at risk but don't meet thresholds for specialist support

Fundamentally our approach is relationship-driven and based on the assumption that with appropriate training, supervision and crucially, permission - all our staff can make a therapeutic impact. We recognise the strength of the working alliance, the compassion expressed and the trust that is cultivated between our staff and the young people being fundamental to the success of our approach.

### Examples of Progress to date includes, but not limited to:

Trauma Informed Training: WY Police, WY Housing Providers, Primary Care

Trauma Informed Organisations: South and West Yorkshire Mental Health Foundation Trust, Bradford University,

Trauma Informed Education Setting Workstream

Adversity Trauma and Resilience Navigators: Calderdale and Huddersfield Foundation Trust