



# Bringing a Trauma Informed Care into the NHS

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Population 1,850,000

Staffing 6,500

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## Aims

- Trauma definition
- The awakening
- Early Trauma and mental illness
- The Brain & PTSD
- Trauma Informed Care
- Disclosure
- Grounding

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## Trauma definition

- “Traumatisation is defined as a person’s response to a discreet or prolonged circumstances which at some point is perceived by the person to be an uncontrollable, serious threat to physical and/or psychological integrity and which, at some point overwhelms or distorts emotional resources or capacity to function”

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# The Awakening

- What led to me becoming interested in Trauma Informed Care (TIC)



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## Early Trauma and Mental Health

- Schizophrenia 1 in 100
- People with Schizophrenia 2.8x more likely to have childhood trauma
- Population risk 33% - if no childhood adversity then number would reduce by 1/3

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# Personality Disorder



Normal thinking



Borderline thinking



Borderline Personality Disorder is characterized by polarized thinking...all or nothing, good or bad etc.

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# The Brain

Research which now spans different species of mammals shows clearly that early care affects the development of offspring's brains in enduring ways (National Scientific Council, 2010).



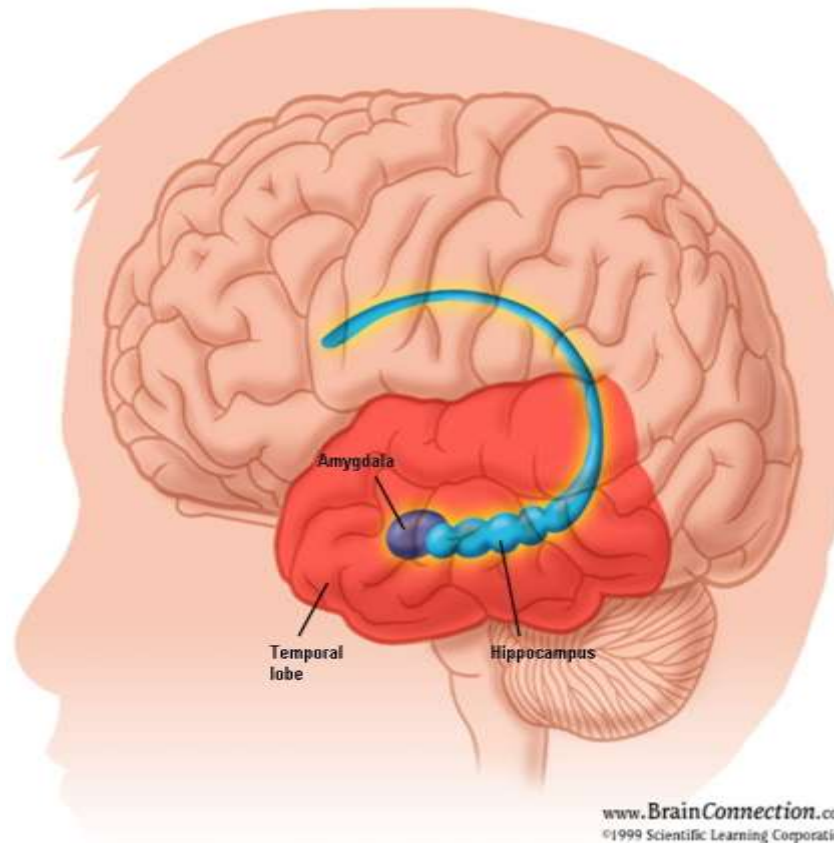
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# Brain and Trauma

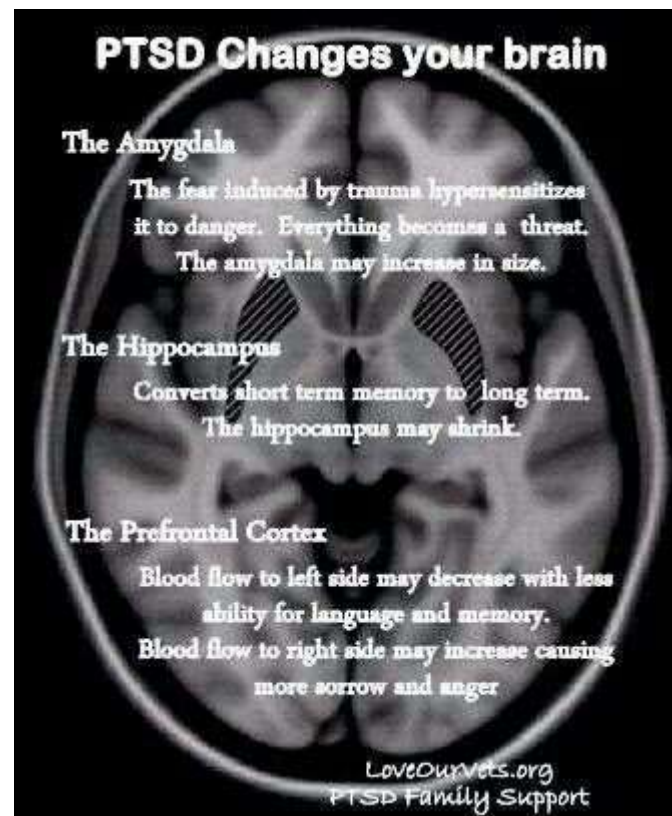


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## Effects on the Brain



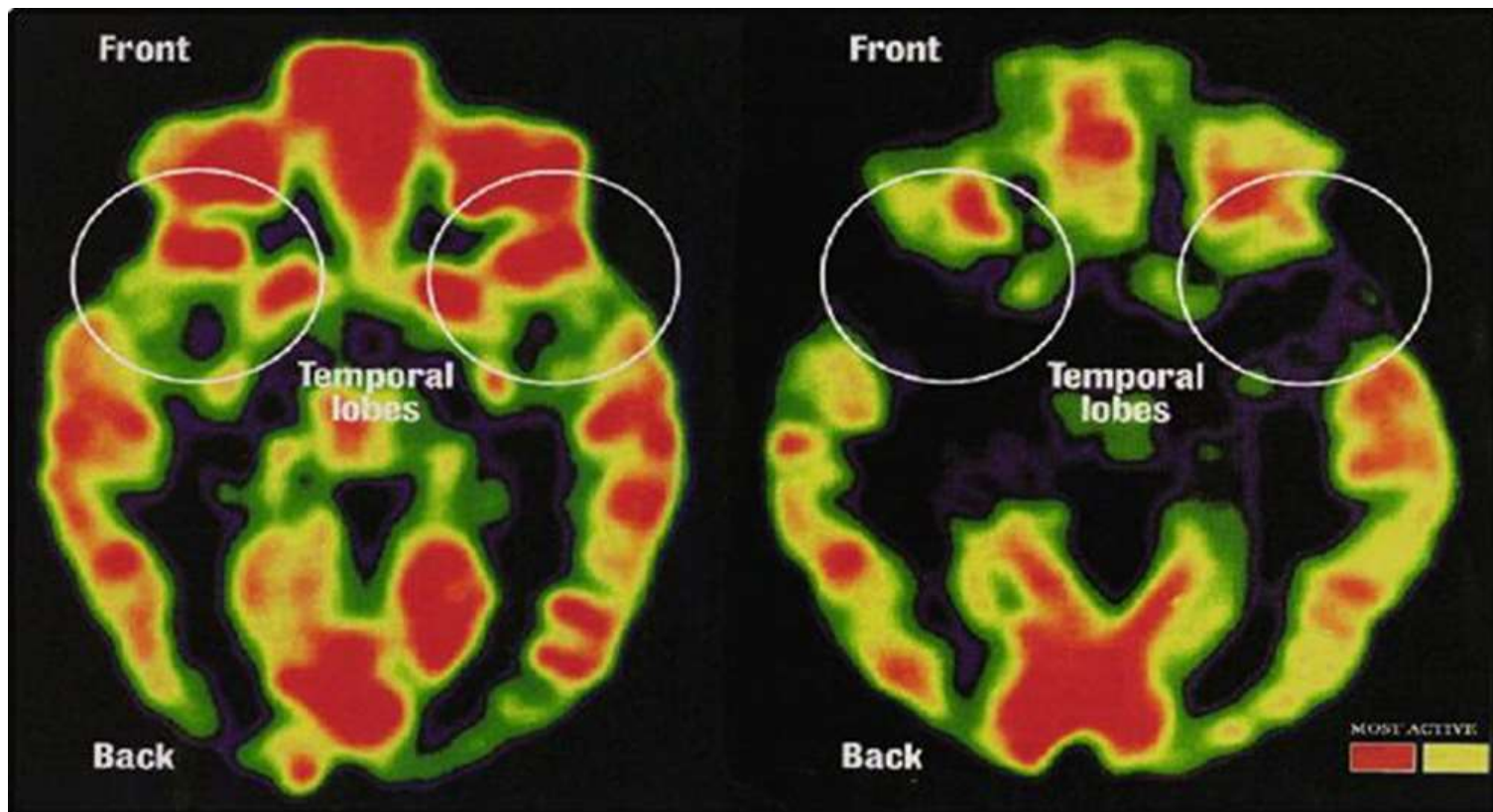
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## Effects on the Brain



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## Trauma Informed Care

- Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.



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## Trauma Informed Care Assumptions 4R's

- **Realise** how pervasive trauma is and understand the paths to recovery
- **Recognise** the sign and symptoms of Trauma in clients, families, staff and others involved in the system
- **Respond** by fully integrating knowledge about trauma into policies, procedures and practice
- **Resist** re-traumatising

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## TIC vs Trauma specific

- **Trauma Informed Care**
- All people at all levels of the organisation or system understand how trauma can effect families, groups, organisations and communities as well as individuals
- Refers to organisational culture
- **Trauma Specific**
- Refers to specific interventions for trauma such as EMDR

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## 8 specific goals for TIC

1. An emotional and physically safe environment
2. Outreach and engagement
3. Screening and assessment
4. Parent skills training
5. Resource coordination and advocacy
6. Crisis intervention
7. Peer run services
8. Specialist Trauma Services

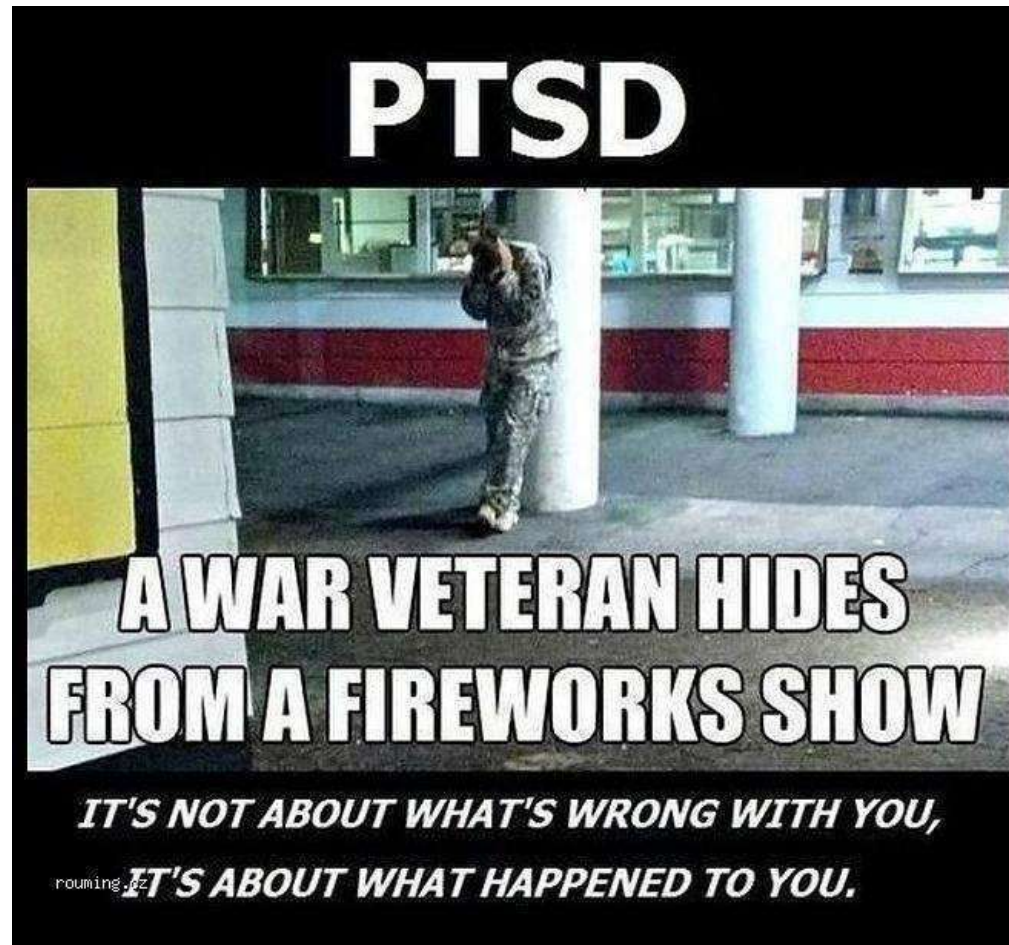
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# PTSD



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## Our words have power

What is wrong with you?	What happened to you? How did you cope?
This person is being manipulative	They are trying to get their needs met
They want attention	They are trying to connect the best they can
They'll never get over it, or they are permanently damaged	People can continue to learn effective coping strategies and can recover from trauma
I shouldn't raise the issue of trauma or they will get upset	Talking about trauma (without forcing disclosure) gives opportunity to discuss, normalise & learn coping strategies. Failing to ask may reinforce society's denial of either prevalence or impact of trauma



## How to respond to disclosure

- Check current safety of the person
- Validate and acknowledge what has been told
- Affirm that disclosure was a good thing
- Don't gather details but listen
- Ask if they have disclosed before and how that went
- Ask if the person relates trauma to current circumstances

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## Grounding

- Breathing exercise
- Breathing rhythm
- Breathing standing
- 3 blue objects
- Adjust how you are seated
- What can you hear

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