

Trauma Informed Toolkit

This toolkit has been developed by Glasgow City Health Improvement Team to help start conversations around how best to support children and young people in Glasgow coping with the impact of childhood adversity/adverse childhood experiences (ACEs) and trauma. The toolkit encourages youth providers to work in a trauma-informed way to support children, young people and families. It also highlight ways in which staff can be that 'One Good Adult' for a child or young person. The toolkit provides some background information on ACEs, Trauma and Resilience and highlights useful resources and supports available in Glasgow.

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What is adversity?

ACEs are highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence.

These might be a single event or ongoing threats to a young person's safety, security, trust or physical welfare. These experiences have a direct effect on a young person and their environment and require significant social, emotional, neurobiological, psychological or behavioural changes.

What kinds of experiences are adverse?

Forms of ACEs include:

Maltreatment

i.e. abuse or neglect

Violence and coercion

i.e. domestic abuse, gang membership, being a victim of crime

Adjustment

i.e. migration, asylum or ending relationships

Inhumane treatment

i.e. torture, forced imprisonment or institutionalism

Prejudice

i.e. LGBT+ prejudice, sexism, racism or disablism

Adult responsibilities

i.e. being a young carer or involvement in child labour

Household or family adversity

i.e. substance misuse, intergenerational trauma, destitution, or deprivation

Bereavement and survivorship

i.e. traumatic deaths, surviving an illness or accident

How do ACEs impact the lives of young people?

ACEs impact a child's development and their relationships with others. They increase their risk of engaging in health-harming behaviours and experiencing poorer mental and physical health outcomes in adulthood. Vulnerable children people are at more risk of experiencing poor outcomes.

Compared with people with no ACEs, those with 4+ ACEs in the UK are:

2X more likely to binge drink and have a poor diet

5X more likely to have had underage sex

7X more likely to have been involved in violent crime

3X more likely to be a current smoker

6X more likely to have had an unplanned teenage pregnancy

11X more likely to have used illicit drugs

4X more likely to have low levels of mental wellbeing & life satisfaction

11X more likely to have been incarcerated



How common are ACEs?

Questions about childhood adversity were included in the 2019 Scottish Health Survey to try to gauge a more accurate picture of the extent of the issue.



15% of adults reported having experienced 4+ ACEs. Those who had experienced 4+ ACEs were more likely than those with no ACEs to:

- be obese
- smoke
- have a limiting long-term condition
- have cardiovascular disease
- have lower mental wellbeing.
- not meet the physical activity guidelines

The impact of ACEs?

The impact of ACEs can continue to affect us into adulthood and are linked to poor adult mental well-being. Critically, maltreatment and other stressors in childhood can have an impact on:

- Brain development
- Have harmful, lasting effects on emotional functioning
- Attachment difficulties
- Poor emotional regulation
- Lack of trust and fear of getting close to other people
- Negative self-image
- Lack of self-worth and suffer feelings of incompetence

The impact of ACEs and factors such as poor educational attainment and the development of health damaging behaviours can lead to those who have experienced ACEs to develop a range of risk factors for:

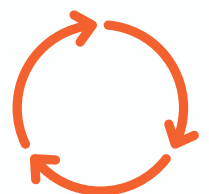
- Poor mental well-being in adulthood
- Poor health
- Low employment
- Social deprivation

Adversity and trauma can have a long-lasting impact on young people's mental health and well-being, and their relationships with other people in their lives. We should see a young person's reactions and responses to adverse and traumatic events as attempts to survive and make meaning in their lives.

Young people make these adaptations in an attempt to:

- survive in their immediate environment
- find ways of mitigating or tolerating the distress they are facing by using the resources available to them
- establish a sense of safety or control
- or to make sense of the experiences they have had.

These effects can contribute to cycles of adversity and poor mental well-being whereby individuals that grow up in adverse conditions are less able to provide optimum childhood environments for their own children.



What protects young people from ACEs?

Not all young people who face childhood adversity or trauma go on to experience these negative outcomes. There are personal, structural and environmental factors that can protect against adverse outcomes:

Positive & supportive family environments

Safe and mutual relationships with peers

Access to wider supports & understanding community

Ability to regulate emotions
manage emotional distress

Development of practical problem-solving skills

Compassionate, attuned & supportive responses from professionals

Trauma-informed policies & systems that address bullying, harassment or victimisation

'One Good Adult' to protect & support mental wellbeing

Early intervention from support, therapeutic or safeguarding services

NHSGGC Child and Youth MH framework to support MHWB and build resilience

What can youth organisations do?

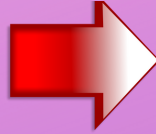
Youth organisations can help by becoming more trauma-informed. They can support children, young people and their families in building resilience and creating opportunities for more positive life outcomes. Below are some ideas of practical things that youth organisations can do to enhance and promote some of these protective factors.



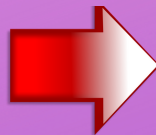
Parents and Families

Many different people play a parenting role in young people's lives. Their resilience is greatly affected by parental expectations, their style of discipline and the quality of attachment and communication between them

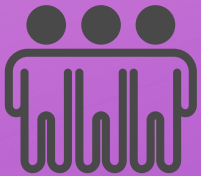
Families that are resilient and function well give young people a positive identity, a sense of connectedness and an environment in which they can flourish. Family includes anyone a young person sees as important because of a strong enduring connection, whether related by blood or not



Provide information about parenting programmes and other services that can support parents and carers

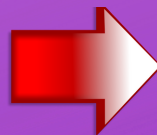


Engage young people in activities to identify family values, strengths and rituals



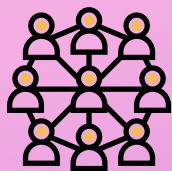
Relationships with peers

Relationships with peers are important in adolescence. Friends and other peers provide social support and a sense of belonging



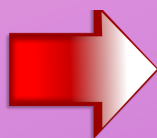
Use group management techniques that recognise the power and impact of the peer group.

Avoid negatively labelling groups of young people. Engage young people in discussions about peer groups and moral dilemmas.



Wider Community

Resilient young people have links to their community and have opportunities to be meaningfully involved. A strong community nurtures a sense of belonging and connectedness and engages in constructive activities that benefit them and others



Encourage young people to get involved with community organisations and volunteering opportunities.

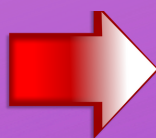
Involve young people in advocating for needed resources in their community.

Work with community partners to help develop a youth friendly community.



Economic & Financial

Belonging to an economically secure household affects the health and wellbeing of young people. Young people need to understand how money works and have the skills needed to earn and manage their own money.



Develop financial literacy classes and workshops.

Provide services to support young people in finding and retaining employment.

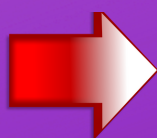
Promote open communication about finance.

Encourage youth participation in budgeting processes.



Cultural Identity

A strong cultural identity is an important part of how young people see and value themselves.



Provide opportunities for taking part in cultural traditions and celebrations.

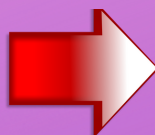
Provide opportunities for young people to learn about stigma and discrimination and to critically reflect on how this impacts their lives



Skills Development

Young people need many skills to be resilient, healthy, successful in life and active in their communities. Personal skills include:

- self-awareness and self-monitoring
- adaptive, coping and management
- Interpersonal communication
- Relationship and social skills
- Critical and creative thinking skills



Adapt environments so that young people with learning and physical disabilities can take part and fully benefit.

In group work sessions use learner-centred approaches such as drama activities to help young people learn about and practice living and learning skills.

Provide a sounding board, mentor or coach young people who are trying to get through a problem or conflict.

Encourage young people to spend time with people who like them and make them feel good about themselves.

Help young people set realistic and achievable goals.

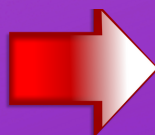
Encourage young people to share their opinions so they good practice at communicating their views.

Provide opportunities for young people to challenge themselves.



Schools

Most young people spend much of their time in school. Of particular importance to a young person's resilience is the feeling of belonging and acceptance at schools



Establish working relationship with local schools to ensure consistency of support and development of young person

Useful resources

We have included details of some Health Improvement resources which can help youth organisations to raise awareness of ACEs within their organisations. These resources can help encourage conversations around ACEs and help young people build resilience and develop effective coping strategies.

Resilience Toolkit and Top Ten Tips Poster

Brief Description of Project

Emotional Resilience Toolkit with top ten tips for resilience poster provides a visual aid and practical guidance for promoting the resilience of young people as part of an integrated health and wellbeing programme. The visual resource and toolkit includes 20 interactive session plans and is designed to be used by workers and volunteers working with young people aged 10 and over.

Main Aims & Objectives

- To provide practical guidance in developing resilience in young people as part of an integrated health and wellbeing programme.
- To provide an accessible, easy to use and interactive resilience resource that can be used by adults working with young people.
- To encourage a consistent approach to resilience work across organisations working with young people.

Website Link

<https://live.nhsggc.scot/downloads/resilience-toolkit/>

One Good Adult Session

Brief Description of Project

The concept of 'One Good Adult' is to emphasise the importance of a dependable adult who can support and protect the mental wellbeing of a child and/or a young person. A study in 2012 confirmed that the presence of 'One Good Adult' is important to the mental health of young people. It has a positive impact on their self-belief, confidence, coping skills and optimism about the future. The absence of 'One Good Adult' is linked to higher levels of distress, anti-social behaviour and an increased risk for suicidal behaviour. This session looks in more detail at the research findings and how we can all be that 'One Good Adult'.

Main Aims & Objectives

1. Discuss the 'One Good Adult' concept and its impact on mental health
2. Describe the qualities and skills of a 'One Good Adult'
3. List a range of resources, including digital resources that can help support young peoples' mental health

Website Link

<https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/healthy-minds-resource/>

Watch the 'One Good Adult' video clip [HERE](#)

Where can you get support in Glasgow?

If you're in need of immediate help, there are many services and organisations that you can talk to:

NHS 24: Call for free on 111

NHS 24 provides comprehensive up-to-date health information and self-care advice for people in Scotland. They can be contacted for advice and information when a GP service is unavailable.

The Samaritans: Call for free on 116 123

Offer emotional support 24 hours a day.

Childline: Call for free on 0800 1111

Offer emotional support 24 hours a day. Support also available via online chat & message boards: <https://www.childline.org.uk/>

Breathing Space: Call for free on 0800 83 85 87

A confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed. 24 hours at weekends (6pm Friday – 6am Monday). 6pm to 2am on weekdays (Monday – Thursday).

NHS Inform offers a wide range of health information and details on where you can access support. Visit the website and service directory:

NHS Inform Website: <https://www.nhsinform.scot/>

NHS Inform service directory: <https://www.nhsinform.scot/scotlands-service-directory>

Where can you get support in Glasgow?

These directories contain a number of services that can offer support on the range of issues mentioned above.

Health Improvement Directory
<http://infodir.nhsggc.org.uk/>

The NHS Greater Glasgow and Clyde Health and Wellbeing Directory is a gateway to information about a wide range of health improvement and wellbeing services provided by NHS Greater Glasgow and Clyde and our partner organisations.

Glasgow Helps
<https://www.glasgowhelps.org/>

Glasgow Helps has been developed to provide an online directory of organisations to ensure that people can find the support they need. Initially set up to provide information on what was available during COVID 19, the directory has now evolved to provide a wider range of supports and services

Your Support Your Way Glasgow
<https://www.yoursupportglasgow.org/homepage>

Your Support Your Way Glasgow provides information, advice and guidance about local services and sources of help that can support people to maintain their lifestyle and independence.

Glasgow City Youth Health Service

Glasgow City Youth Health Service – 0141 451 2727
Facebook.com/GlasgowCityYHS <https://www.nhsggc.scot/GlasgowCityYHS>

Holistic, confidential health and wellbeing service for young people aged 12–19 years with services throughout Glasgow City. Evening appointments available with Nurses, GPs, Counsellors and Multiple Risk workers.

Please phone for more information or to make a referral.