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| TITLE OF REPORT Childhood Adversity, Trauma and Resilience – Draft City & Hackney Approach | |
| HEALTH AND WELLBEING BOARD - 28th January 2021 | CLASSIFICATION: Open |
| WARD(S) AFFECTED All Wards | |
| Group Director Anne Canning – Group Director Children, Adults and Community Health | |

1. INTRODUCTION AND PURPOSE

This paper sets out a proposed approach to tackling and addressing the root causes and impact of Adverse Childhood Experiences (ACEs) in City & Hackney.

Addressing childhood adversity is one of the key transformational priorities for the Children, Young People, Maternity & Families (CYPMF) workstream, and in the context of the COVID-19 pandemic, the need to support the most vulnerable in City & Hackney is even greater than before.

‘An Approach to Childhood Adversity, Trauma and Resilience’ expresses a vision and key strategic objectives, and describes a programme of work for 2020-2025,

focusing on system approaches and enablers; the development of an ACE and trauma-aware workforce; and the development of specific interventions which aim to prevent or reduce the impact of ACEs and build resilience in individuals, families and communities. We aim to:

- Increase awareness of ACEs and their impact across the integrated health, education and care system at all levels to drive positive change;
- Equip front-line practitioners with the necessary understanding, resources and support to take action to tackle the prevalence and impact of ACEs.
- Tackle the root causes of ACEs and factors which we know to be harmful to children from conception through to adulthood (including the impact of neglect abuse, toxic stress and all factors which undermine parenting capacity).
- Create a community of practice to identify and utilise assets, resources and best practice to help us work with families, communities and each other to co-produce interventions and action that work to tackle adversity, build resilience and support recovery from trauma.

2 . RECOMMENDATIONS

The Hackney Health and Wellbeing Board is asked to **ENDORSE** the draft approach to Childhood Adversity, Trauma and Resilience.

3. BACKGROUND

A wide range of stakeholders across the system have worked on informing and shaping the approach over the past year, designing a coordinated local response to the international work on Adverse Childhood Experiences (ACEs), that has emerged over the past 20 years. City and Hackney has a broad range of innovative and trauma informed interventions and has developed resilience focussed ways of working in pockets. The approach brings this work together, and proposes widening it out across the whole system, implementing a cultural shift in our universal practice, and ensuring our focus has the inequalities in outcomes highlighted by COVID and Black Lives Matter at its core, and works for City and Hackney communities.

In July 2019 we held a stakeholder engagement event (including primary and

secondary care, social services, education, and voluntary and community sector organisations) which focused on identifying the challenges and needs, and beginning to think about how we can work as a system to make lasting positive change (**APPENDIX 2**).

Central to this discussion was the recognition that prevention and early intervention are crucial; that individual and community resilience are vital factors in mitigating the impact of adversity; and that we need to take a holistic, system approach, which is founded on enhanced understanding of ACEs and trauma throughout the health and social care workforce.

Building on the workshop and through ongoing system engagement and a needs assessment carried out through Autumn 2019, we have developed a strategic approach to addressing Childhood Adversity, Trauma and Resilience (ChATR), with a programme of work which will run from 2020-2025 in alignment with the CYPMF Emotional Health and Wellbeing Strategy. While this work has been developed through the CYPMF workstream, stakeholders working across all age groups, and with families, have been involved, and we will be working closely with the other system work stream, and the population health hub to roll this out.

4. KEY ELEMENTS OF THE APPROACH AND PROGRESS TO DATE

Developing a Framework (an 'ACEs' strategy)

In consultation with our stakeholders, we have drafted a City and Hackney needs analysis, position statement and vision for 2020-2025. This is outlined in the draft City and Hackney Childhood Adversity, Trauma and Resilience Approach attached (**APPENDIX 3**). This will be published in designed from after sign off.

Workforce Development (see *ChaTR Approach p.42-46*)

We are working to build our key areas of innovative practise that currently exist create a modular programme of training to raise the level of awareness and expertise across all services. This includes:

- A core training module covering ACEs definition and the impact of adversity and of trauma on health and wellbeing; exploring how this

applies to us as individuals and to how services interact with children, young people, adults and families (including some content on self-care and supervision).

- A series of multi-disciplinary training sessions bringing together practitioners from different disciplines who work with people of a particular age group (perinatal, 0-5s, 5-11s, etc.) to reflect on practice through case studies and sharing ideas, problems and best practice.

During November the project team worked with a group of 11 practitioners from different perinatal services to develop a model for multi-disciplinary workforce development. This pilot was met with great enthusiasm by the group and provided useful learning which will inform a wider roll-out in 2021.

A short evaluation of the workforce development perinatal pilot is included below (see **APPENDIX 4**).

Childhood Adversity, Trauma and Resilience Resource Portal (see *ChaTR Approach p.46-49*)

The development of awareness and best practice in City & Hackney will be supported by an online resource and networking hub which will include all training resources as well as other practical tools and resources that can be used by practitioners in their work with children, young people families and communities. The resource portal will also provide links to external resources (articles, videos, case studies, etc.) to enable further learning, professional development and awareness raising activity.

We hope to use the portal as a framework on which to continue to develop a community of practice. All trainees will be given access to the hub resources, and will also be invited to join a messaging and discussion forum on Slack; with the intention of fostering ongoing dialogue, to support the sharing of knowledge and encourage more joined-up ways of working between teams and agencies. We are continuing to test this approach with the perinatal pilot group, and a facilitated session with that group is being convened in February to check in on how the development sessions, resources and community forum have affected people's practice over the last two months.

Engagement

We are developing an engagement plan for the whole of the CYPMF workstream, which will include specific focus on Childhood Adversity, Trauma and Resilience, and will be informed by the recommendations of the Hackney Young Futures Commission.

Since November 2020 the workstream has been piloting a 'system influencer' model of engagement with young people, and it is hoped that this model can be used as a platform for engagement with young people in City & Hackney around ChATR to support the design and delivery of training, ensure we are using appropriate and inclusive language, and help us develop specific interventions.

Interventions (see ChATR Approach p.50)

Following the initial rollout of workforce development and the resource portal, the subsequent phase of the approach will be to develop specific interventions which aim to prevent, intervene early and mitigate against Adverse Childhood Experiences and build resilience in individuals, families and communities. Interventions will be informed by the strategic objectives and build on existing services or address gaps identified. Possible interventions could include, for example, universal domestic violence trauma-recovery service for families; passporting assessments between services to avoid re-traumatising people, or responding to the recommendations of young people in the Young Futures commission to develop a healing space in the community.

The project team is currently working with the LBH Change Support Team and the Safeguarding & Learning Team to develop a Trauma-informed Child Protection Conference pilot. This is in development and is scheduled to take place in February 2021.

BACKGROUND PAPERS

In accordance with The Local Authorities (Executive Arrangements) (Meetings and Access to Information) England Regulations 2012 publication of Background Papers used in the preparation of reports is required

Appendix 1 – Overview of CHATR programme

Appendix 2 - Illustration of outputs of system-wide ACEs workshop, July 2019

Appendix 3 – Childhood Adversity, Trauma and Resilience: A City & Hackney Approach

Appendix 4 – Workforce Development Programme : Update, including Evaluation of

ChATR Workforce Development Perinatal Pilot

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