

# City & Hackney's Childhood Adversity, Trauma and Resilience (ChATR) Programme

**Our vision is a community in which children who are at risk of or have experienced trauma receive the right support at the right time, giving them the best possible opportunity for a healthy future.**

Adverse experiences during childhood (including neglect, abuse or household dysfunction) can impact on people's physical and mental health through their whole lives.

Health and social care services and local communities can work together to reduce the impact of adversity (and in some cases to prevent it altogether) by working in ways that are psychologically and trauma-informed and resilience-focused.

Across City and Hackney we are working to deliver a shift in how we address and mitigate the impact of ACEs, and maximise the resilience of our children and families.

**We are implementing this in three different ways:**

- **Workforce Development**
- **Our System Approach**
- **Testing Intervention**

## Contact Us

Please get in touch if you are interested in taking part in the workforce development programme or wish to discuss any other aspect of the ChATR Programme.

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**NHS**  
City and Hackney  
Clinical Commissioning Group



## Workforce Development

**Raising awareness and expertise about childhood adversity, trauma and resilience in City & Hackney and what we can all do to drive change:**

- Understanding of how to recognise and support children, families and practitioners in a psychologically and trauma-informed way and work towards greater consistency in our approaches;
- Clarity on the pathways and services available for supporting children and families at an early stage and reducing the need for escalation to specialist or statutory services;
- Collaboration - enabling practitioners from different contexts to establish working relationships and draw on multiple perspectives;
- Sharing of best practice, principles, tools and resources to enable practitioners to provide holistic and integrated relational care;
- Continuous dialogue to continually improve pathways, processes organisations and systems to enable transformation that is systematic and trauma-informed.

### Support and development for our Workforce:

**ChATR Training Courses** – A series of in-depth, multi-disciplinary professional development courses focused on the challenges facing children and families at specific stages in their lives; and a range of light-touch training materials covering ChATR principles and contexts.

**ChATR Resource Portal** – An online hub of videos, articles and tools that can be used by practitioners in their work with children, young people families and communities.

**Community of Practice** – Building on the training, an ongoing forum for practitioners working with children and families to share resources and experiences and provide mutual support.

## Our System Approach

**We are building a coherent system-wide approach across City & Hackney based around shared principles and a commitment to tackling Adverse Childhood Experiences and building resilient communities.**

**Leadership Commitment** – Our strategic approach is endorsed by the leadership of the London Borough of Hackney, the City of London Corporation, City & Hackney Clinical Commissioning Group, and the City & Hackney Safeguarding Board.

**Service Buy-in** – This programme has been developed in partnership with more than 50 local service providers, clinical and practice experts representing a wide range of services. The project team will continue to engage with services to ensure real cultural change.

**Co-produced in partnership with our children and families** – The lived experience of our residents is essential to our understanding of how to drive change. We are developing an engagement plan informed by the recommendations of the Hackney Young Futures Commission, and are using the System Influencer project to engage with young people in our community.

## Testing Interventions

**Developing 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 strategic objectives and build on existing services or address gaps identified.

**Trauma-informed Child Protection Conferences** – Working with the Safeguarding & Learning Team and the Change Support Team in the London Borough of Hackney to develop and pilot a new approach to child protection conferences – understanding current issues, ensuring clear, sensitive and personalised communications with families, etc.

**Further interventions to be developed through 2021**