

# Traumatic Stress Wales Children & Young People - future planning workshop

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# Welcome!

- ▶ Recap
- ▶ Where we have come from where are we going?
- ▶ We are keen to hear from you with regards to a number of themes going forward, which align with the TSW objectives and aims.
- ▶ In your groups we will be asking you to populate the sheets of paper, which will be used to inform the TSW workstream for children and young people.
- ▶ The feedback (in the room and on paper) will be collated into a report and will be discussed in the next CYP workstream.

Health Boards


Education  
Services

Local Authority

Cardiff  
University

Public Health  
Wales

Third Sector  
Charitable  
organisations



Delegates – an opportunity for engagement & brainstorming

# The Story So Far - overview

- ▶ TSW is a National quality improvement initiative funded by WG
- ▶ Aiming to improve health & wellbeing of people of all ages living in Wales who have been exposed to traumatic events.
- ▶ Co-produced, co-owned and co-delivered by all relevant stakeholders including people with lived experience of traumatic events.
- ▶ National Hub within WHSSC.
- ▶ Developing streamlined, cross-sector care pathways.
- ▶ TSW Leads appointed across Health Boards.



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# The Story So Far - for children and young people

- ▶ Website / Twitter
- ▶ Recruitment - Band 7 post specifically for CYP workstream.
- ▶ Trauma-Informed Wales Framework: A Societal Approach to understanding, preventing and supporting the impacts of Trauma and Adversity. Framework out for public consultation co-produced by ACE support hub and TSW.
- ▶ Collaboration with Mind re: big lottery funding bid.
- ▶ Matrics Plant evidence tables for the prevention and treatment of PTSD in children and young people.
- ▶ NCMH resources and Afghanistan leaflets
- ▶ Outcomes & dataset working group- all age approach.
- ▶ Working with partner streams and programmes
- ▶ Guided self help for Children and young people
- ▶ Co-production with children and young people
- ▶ Today focus on agreeing the task (s)
- ▶ Also joining the dots and identifying the gaps

# Considerations and drivers...

- ▶ Trauma-Informed Wales: A Societal Approach to understanding, preventing and supporting the impacts of Trauma and Adversity. Framework out for public consultation co-produced by ACE support hub and TSW.
- ▶ HEIW consultation on the strategic mental health workforce
- ▶ From universal to evidence based therapies, inclusive approach
- ▶ PTSD and CPTSD
- ▶ Age Specific resources



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# Product - 'A'

- ▶ Age appropriate on line tools (targeting 11-15 year olds initially) eg guided self help for mild to moderate PTSD
- ▶ De-escalation programme/ safety and stabilisation programme
- ▶ Evidence Based Specialist Interventions
- ▶ Outcomes



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## Discussion 1-

(re guided self help, de-escalation programme, evidence based specialist interventions)

- ▶ **Who do you think needs to be in the ‘room’ to contribute to discussions?**
- ▶ **What resources would help in the ‘system’?**



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## Discussion 2 - outcomes

- ▶ **What are the outcomes?**
- ▶ **How do we know we are a trauma informed society that enable people to overcome and recover from trauma?**

# Products - B

## Creating a specialist Team - some considerations

- ▶ All Wales
- ▶ Advice
- ▶ Consultation
- ▶ Treatment
- ▶ Supervision
- ▶ Training
- ▶ Resource



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# Next Year -Creating a specialist Team - some considerations

- ▶ **Building the expertise**
- ▶ **Designing the form of service**
  - ▶ What have we already got?
  - ▶ Hubs?
  - ▶ Sites?
  - ▶ Accessibility of vulnerable groups?
  - ▶ Links to key services

## Discussion 3 - a specialist team

- ▶ **Ideas to deliver the specialist team**
- ▶ **Anything else?**

**Thank You for all your helpful feedback and suggestions  
which will be taken forward to the CYP hub for further  
discussion and exploration.**



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