



**Straen
Trawmatig
Cymru**

**Traumatic
Stress
Wales**

An Introduction

Professor Jonathan I Bisson

Director



**GIG
CYMRU
NHS
WALES**

Pwyllgor Gwasanaethau Iechyd
Arbenigol Cymru (PGIAC)
Welsh Health Specialised
Services Committee (WHSSC)

Traumatic Stress Wales

- National initiative funded by Welsh Government
- Aims to improve the health and wellbeing of people of all ages living in Wales at risk of developing or with post-traumatic stress disorder (PTSD) or complex post-traumatic stress disorder (CPTSD)
- Co-produced, co-owned and co-delivered by all relevant stakeholders, including people with lived experience of PTSD and CPTSD

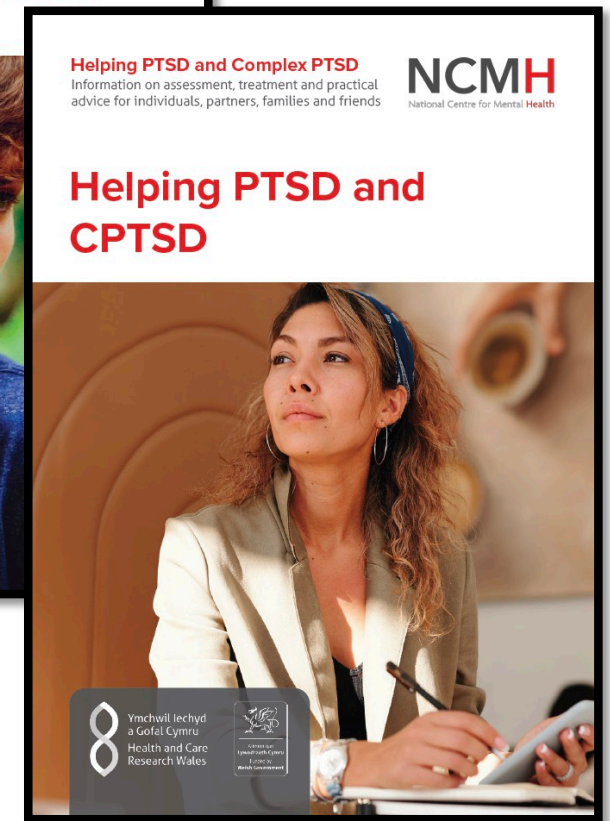
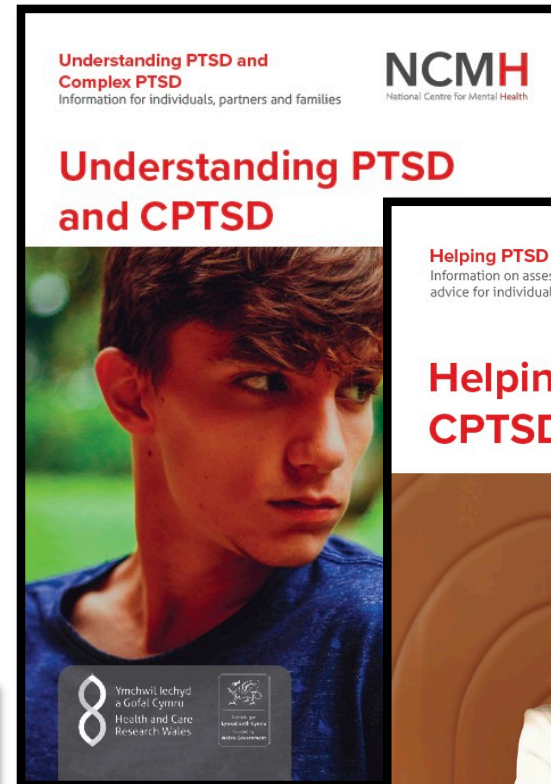
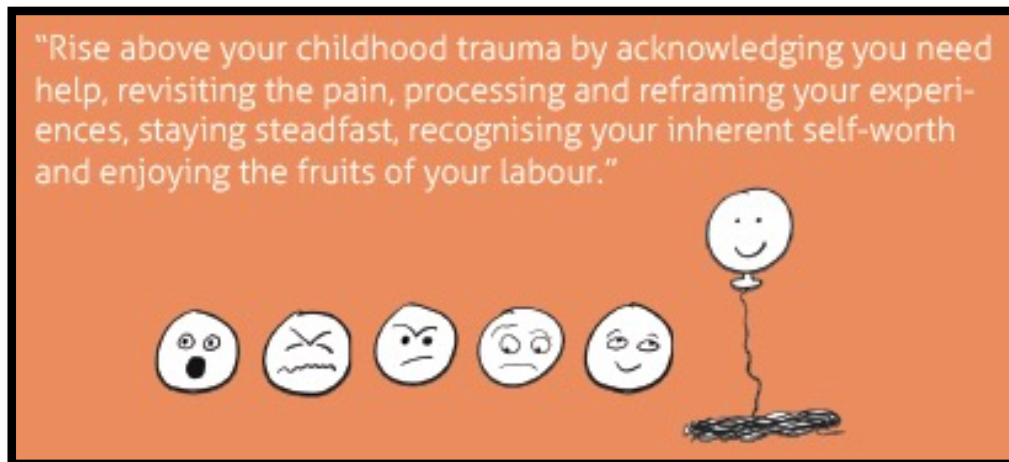


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Co-production and Public Involvement

- Public Advisory Group
 - Chaired by Sarah Cosgrove
 - Meets every two months
- Other public involvement
 - E.g., children and young people

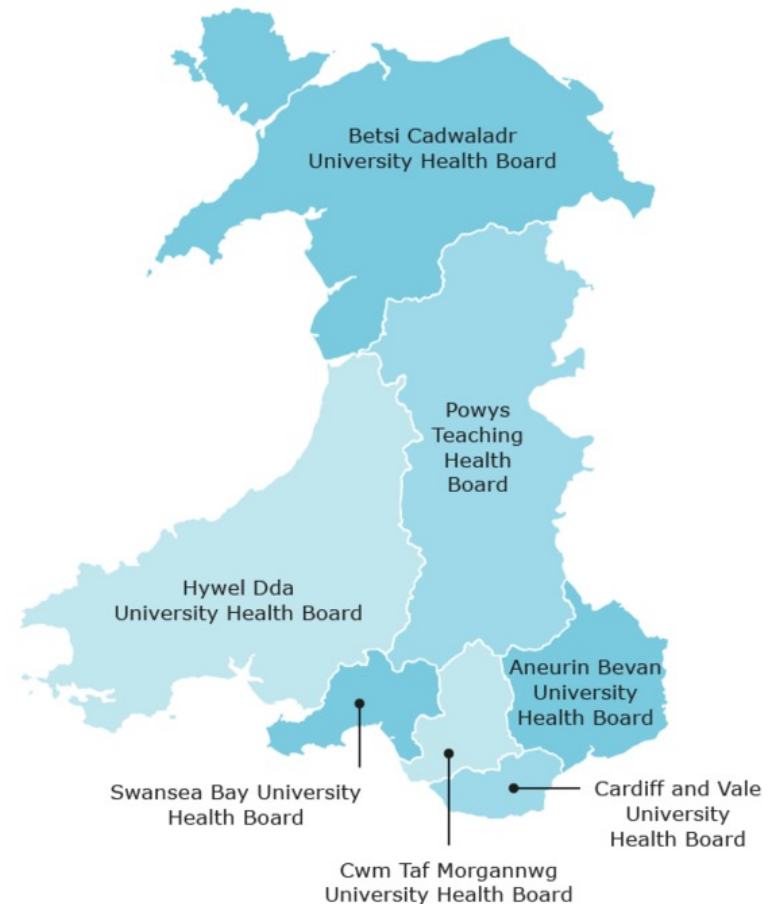


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Traumatic Stress Wales

- National hub within WHSSC
- Network of easily accessible, locally based services centred around the people they are trying to help
- Streamlined, cross-sector care pathways that avoid unnecessary repeated referral and assessment

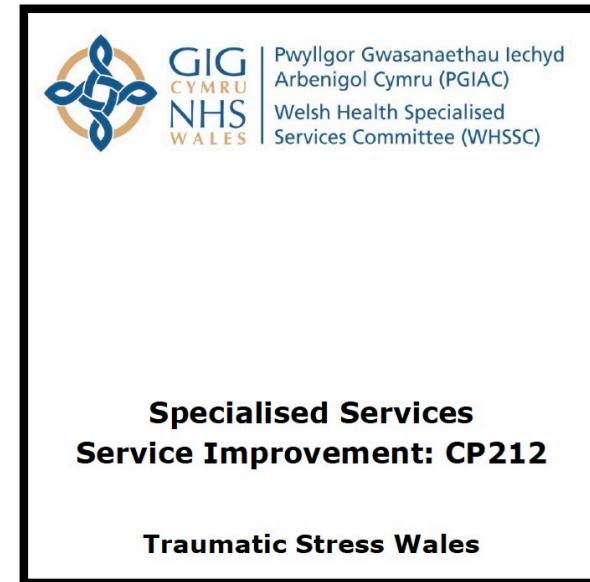


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Traumatic Stress Wales Principles

- Equitable access to evidence-based services
- Nationally agreed model of care and practice framework
- Functions and outcomes consistent, form of services may differ
- Continuously improving national approach
- National dataset to monitor and facilitate improvement



November 2020

Version 1.0

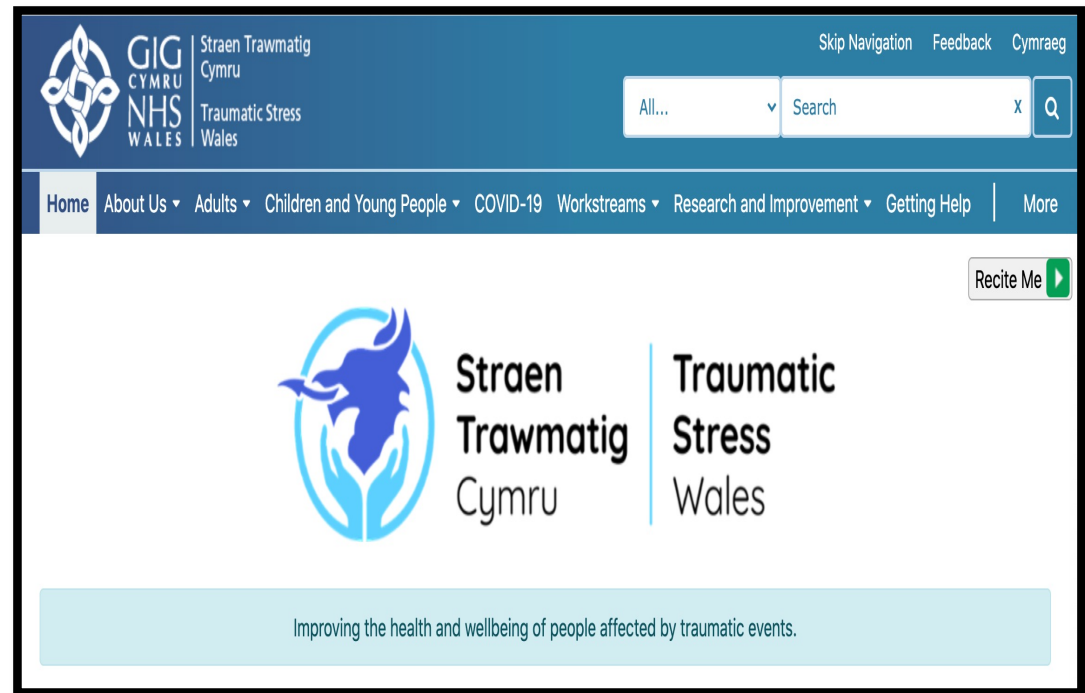


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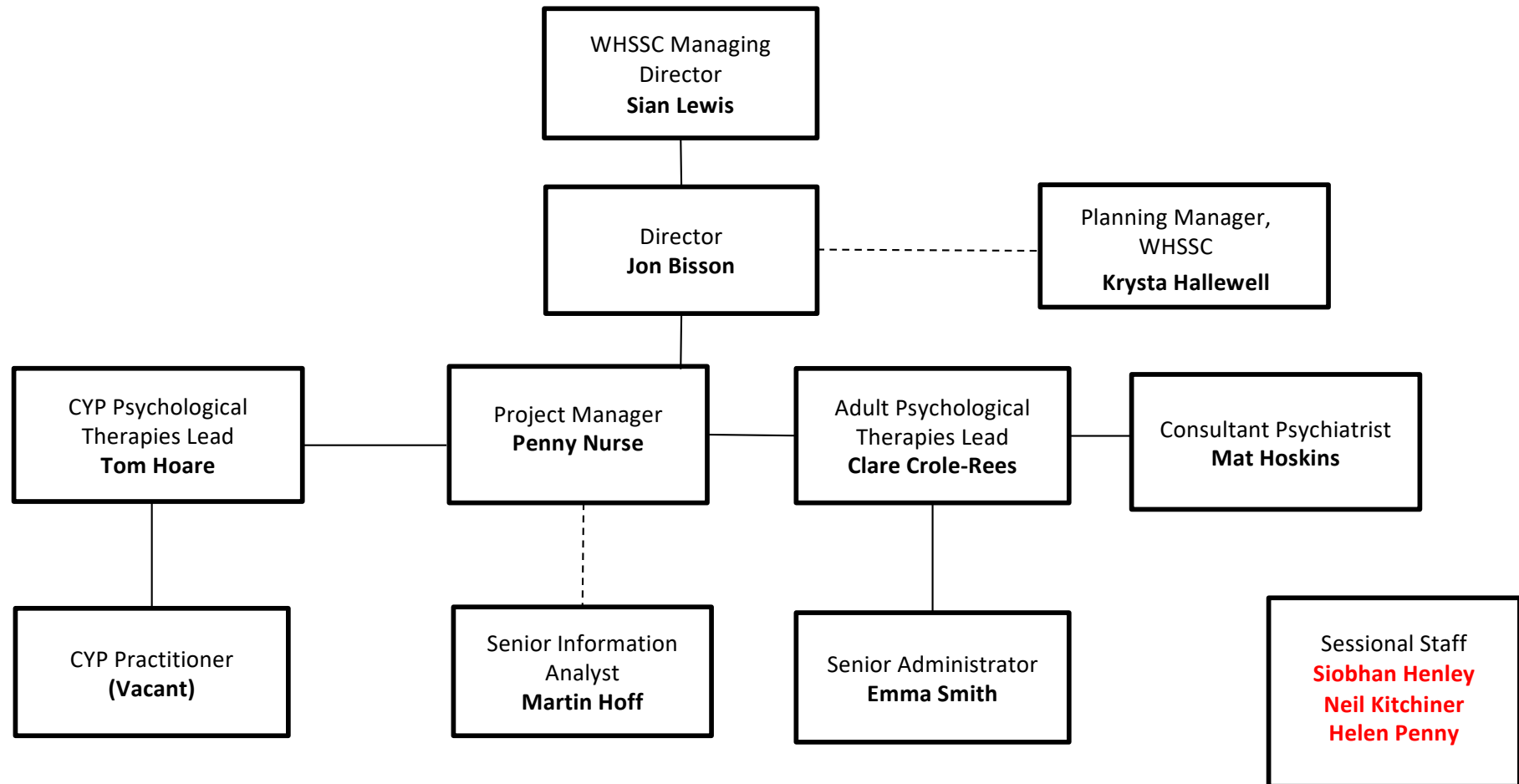
Traumatic Stress Wales Hub

- Leadership
- Co-ordination
- Communication
- All Wales materials
- Data processing and reporting
- Benchmarking
- Training
- Knowledge management
- Consultation
- Second opinions



<https://traumaticstress.nhs.wales/>

Traumatic Stress Wales Hub



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Workstreams

- Children and Young People
- Perinatal
- Criminal Justice and Prisons
- Refugees and Asylum Seekers
- Sexual Assault
- Assessment and Outcomes



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Children and Young People

- Chaired by Dave Williams
- Cross-sector, multidisciplinary group established, with representation across Wales
- Examples of work
 - Matrics Plant evidence tables
 - Computerised guided self-help programme
 - Collaboration with young people, *Mind* and other partners on a big lottery bid
 - Website content



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Perinatal

- Multidisciplinary group with representation from the Birth Trauma Association, mental health, midwifery, health visiting and obstetrics
- Feeds into the all-Wales Perinatal Mental Health Board
- Focusing on developing an integrated pathway to improve identification and access to evidence-based interventions



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Criminal Justice and Prisons

- Chaired by Andrew Forrester
- Representation from prisons across Wales, youth custody, probation, police, third sector
- Separate WG funding
 - Mapping trauma pathways and evidence-based treatments in prisons
 - Identifying barriers and facilitators
- Planned development of an integrated care pathway



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Refugees, Asylum Seekers and Migrants

- Chaired by Anne Hubbard
- Cross-sector, multidisciplinary group
- Examples of work
 - Task & Finish Group proposal to support mental health and wellbeing
 - People with lived experience reference group established
 - Translation of resources into multiple languages
 - Collaboration with Welsh Government on circulars for primary care providers



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Sexual Assault

- Chaired by Jo Williams
- Cross-sector, multidisciplinary
- Feeds into the SARC Programme Board at NHS Collaborative
- Examples of work
 - Development of Welsh guidelines for pre-trial therapy
 - Quality indicators for the provision of trauma-focused therapies
 - Integrated sexual assault trauma pathway development



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Assessment and Outcomes

- Chaired by Julian Willett
- National core dataset
 - *Improvement in my wellbeing*
 - *Being able to set, agree and achieve my own goals/outcomes*
 - *My experience and satisfaction*



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Trauma-Informed Wales

THE 5 PRACTICE PRINCIPLES

A universal approach that does no harm and encompasses community-led approaches, prevention initiatives and specialist therapies to enable transformation within systems



Person centred: the person is always at the centre of a trauma-informed approach. It takes a co-productive, collaborative cross-sector approach to identifying, understanding and supporting the person's needs. It promotes psychological and physical safety by promoting choice, collaboration, transparency and empowerment.



Relationship-focused: safe, supportive, compassionate and trusting relationships are central to a trauma-informed approach



Resilience and strengths focussed: a trauma-informed approach builds on the natural resilience of individuals, families and communities



Inclusive: a trauma-informed approach recognises the impact of diversity, discrimination and racism. It understands the impact of cultural, historic and gender inequalities and is inclusive of everyone in society.



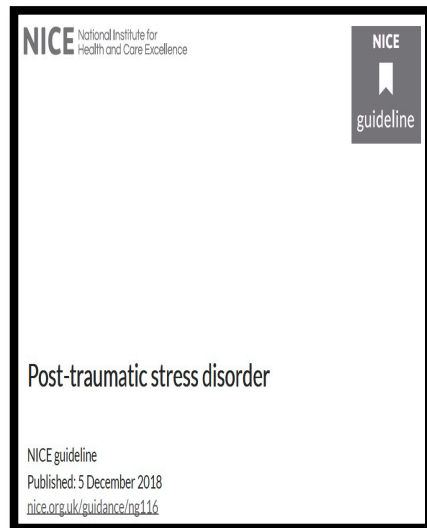
PROFIADAU NIWEIDIOL MEWN PLENTYNDOD
ADVERSE CHILDHOOD EXPERIENCES



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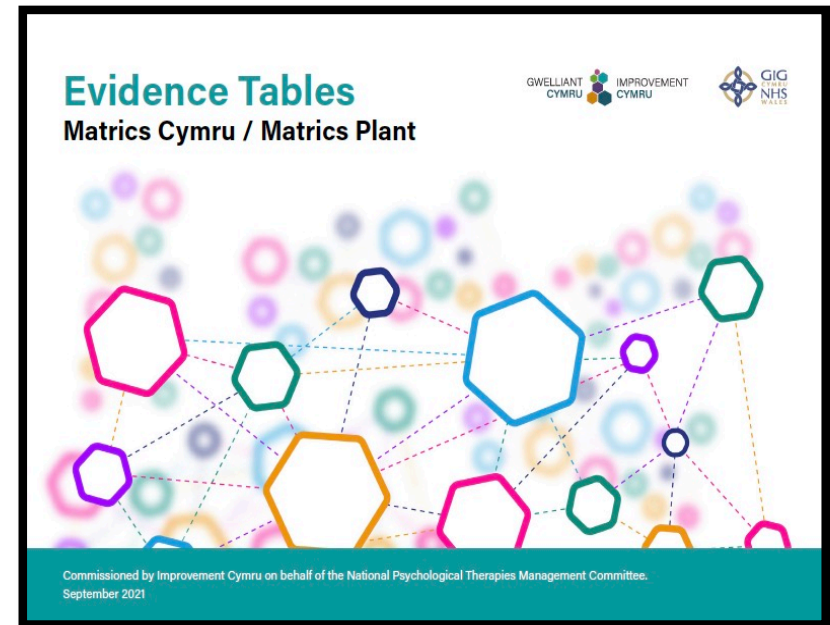
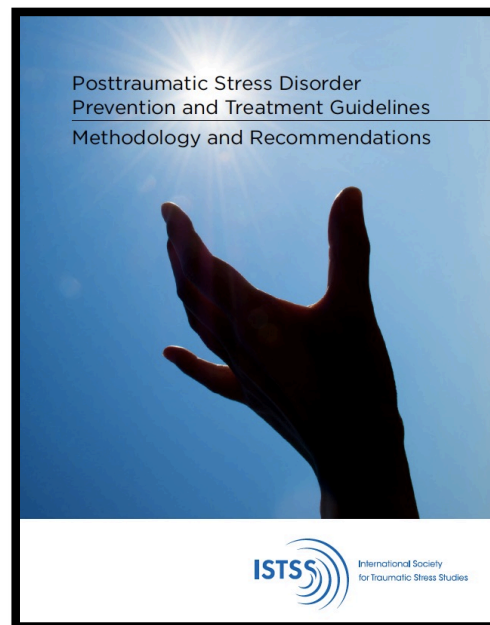
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Evidence-Based Services



<https://www.nice.org.uk/guidance/ng116>

<https://www.istss.org/treating-trauma.aspx>



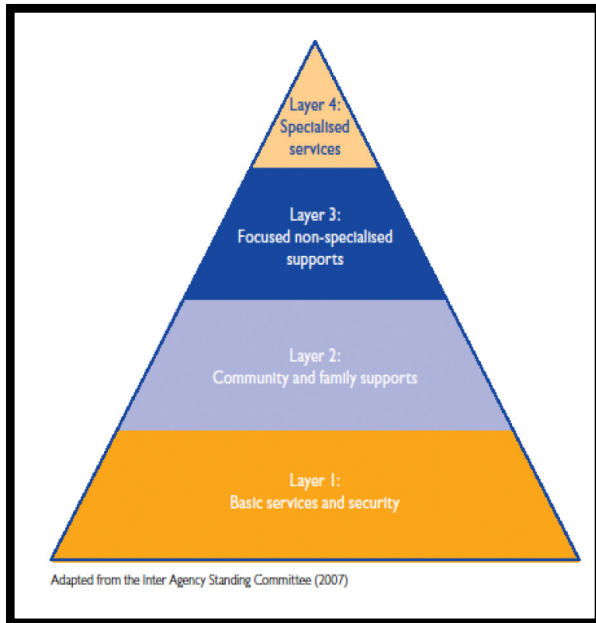
<https://phw.nhs.wales/services-and-teams/improvement-cymru/our-work/mental-health/psychological-therapies/resources-psychological-therapies/evidence-tables-evidence-tables-matrix-cymru/>



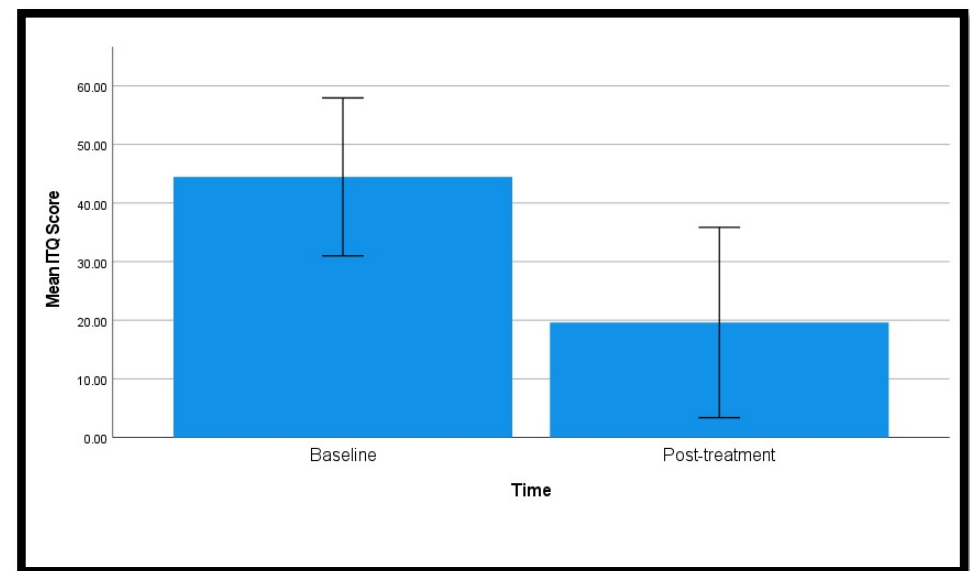
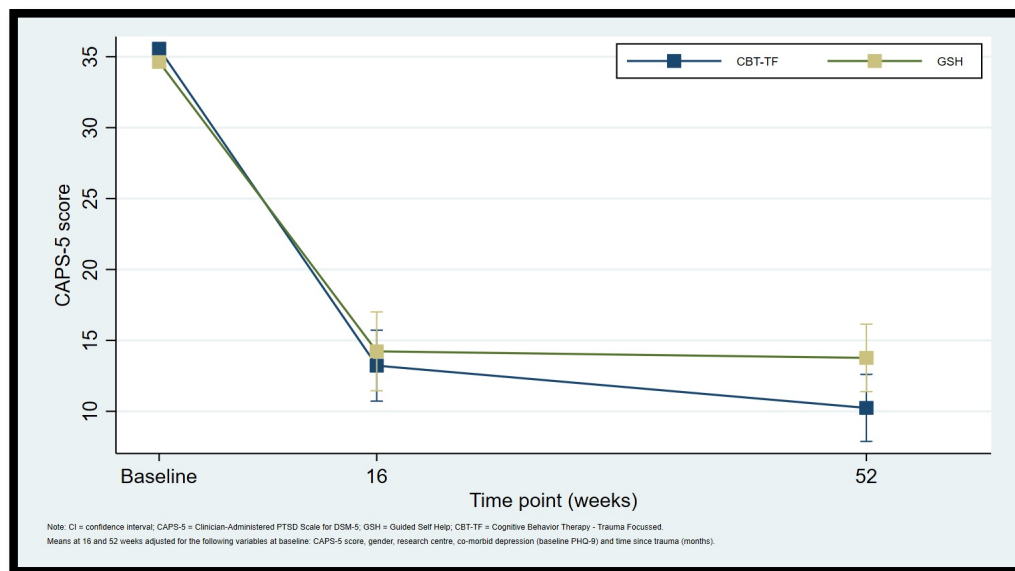
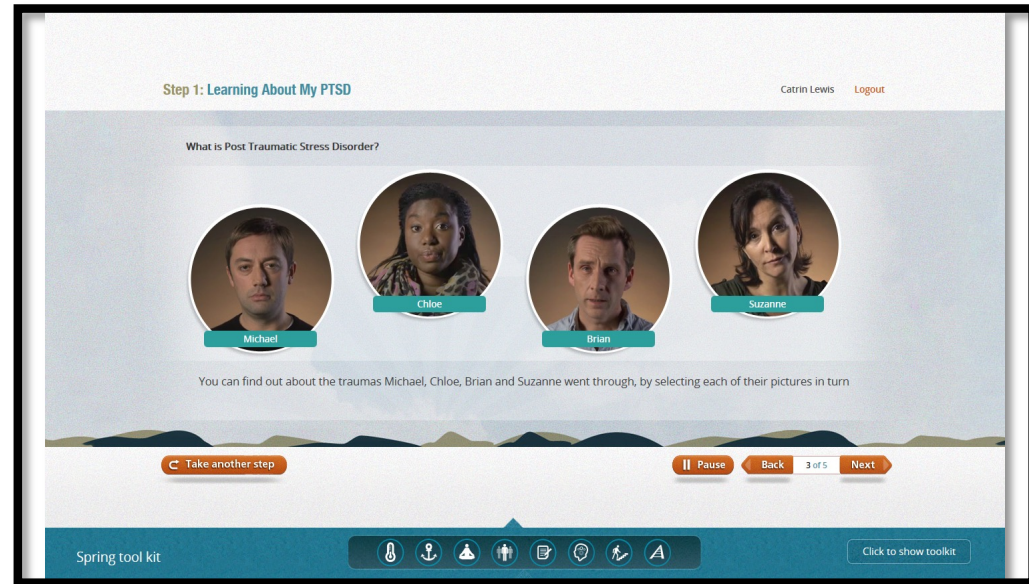
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Training in Evidence-Based Interventions

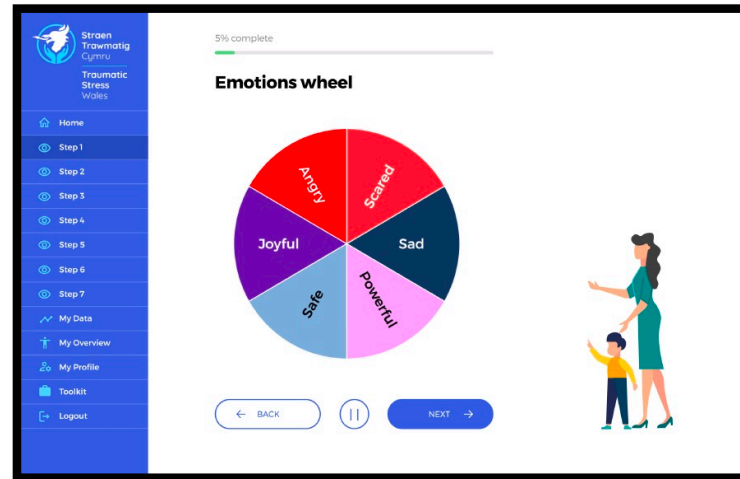


Guided Internet Based CBT-TF

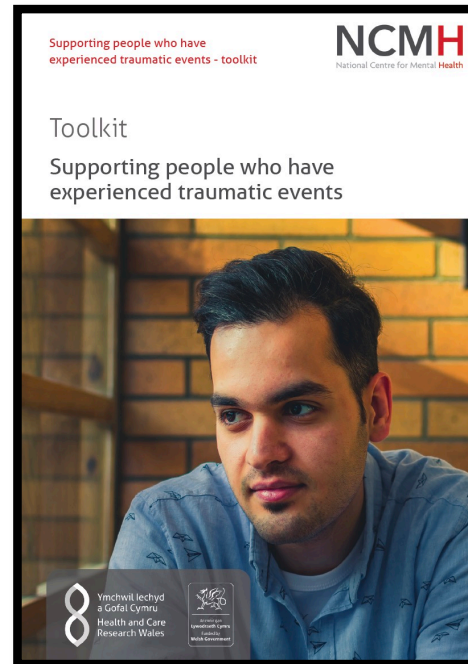
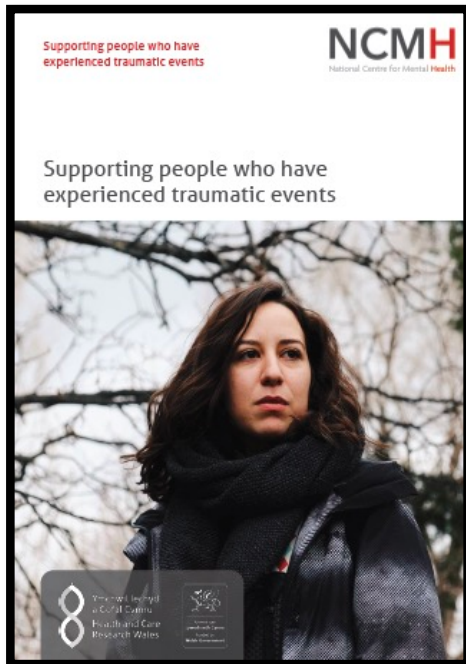


Research Collaboration with NCMH

- Interventions
 - PTSD
 - CPTSD
 - Prolonged Grief Disorder
 - CYP
- Evaluation
 - ITI, ITQ
 - Data Linkage



Resource Development



- Booklets, Website, Twitter - #TSW2022, Videos, E-learning



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2022/23 Planned Activities


- Continuing and developing current activity
- Community of practice/clinical network(s)
- Psychosocial response to major traumatic events/disasters
- Improving the health and wellbeing of people affected by traumatic events
- Contributing to national goals



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Improving the health and wellbeing of people affected by traumatic events.



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