

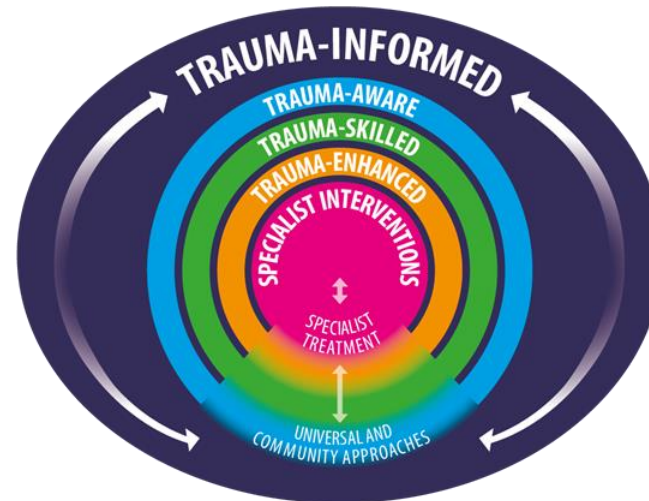
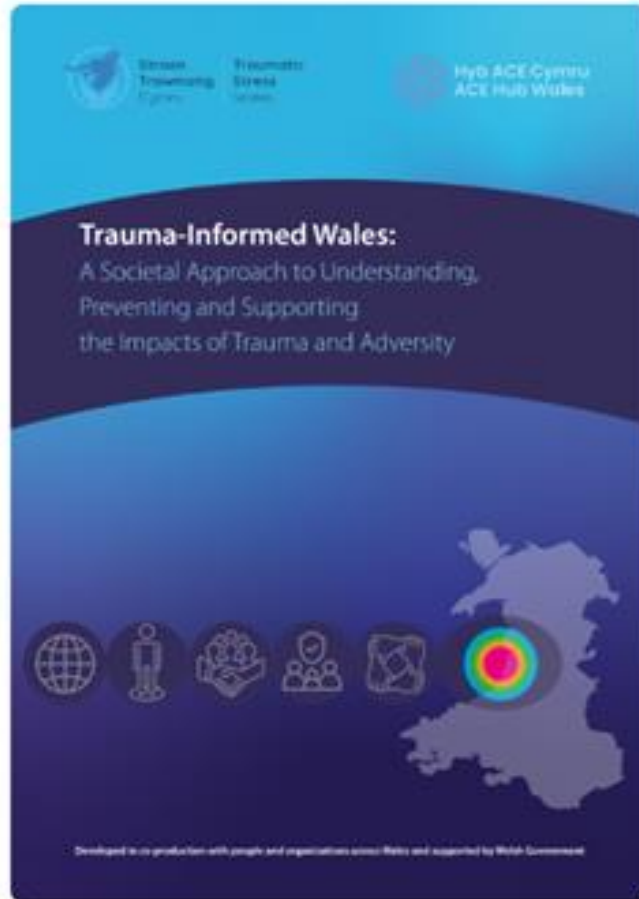


**Straen  
Trawmatig  
Cymru**

**Traumatic  
Stress  
Wales**



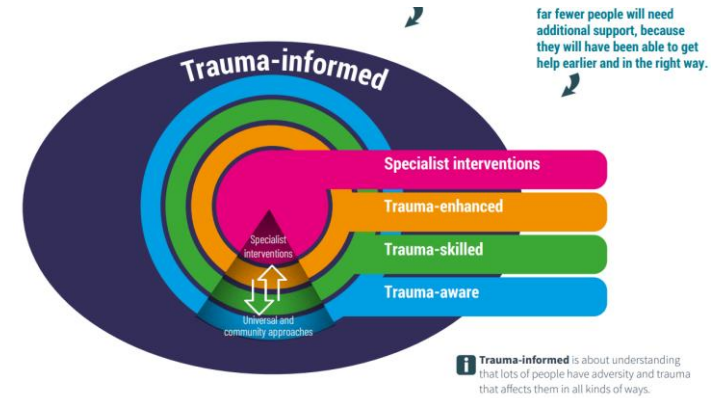
TIPSS TSW conference workshop 18<sup>th</sup> February 25



# Trauma-Informed Wales Framework

- The Trauma-informed Wales Framework sets out a set of **5 practice principles** which should enable a trauma-informed approach.
- It also defines **4 practice levels**; trauma aware being a basic understanding of trauma, at the skilled and enhanced levels this would be for people working with those may be impacted by trauma and those who are working at the enhanced levels working directly with those affected by trauma. This was a collaborative piece of work by TSW and the Ace Hub Wales.


# Welsh Government Deliverables for our CYP work 23/24



- To create resources and training at the Trauma-skilled level & Trauma Enhanced Level
- Who does this apply to?
- Why these levels?
- ACE Hub Wales covering Awareness Level

## Trauma-skilled level

**This level is for everyone who provides care or support to people who may have experienced trauma, whether or not the trauma is known about.** That includes staff and volunteers who work in health services, education, social services, organisations, community groups, faith-based groups, emergency services and the courts.



## Trauma-enhanced level

**This level is for workers who give direct or intensive support to people who've experienced traumatic events and help them cope with the effects.** That includes staff with specific roles in health services, education, social services, charities, emergency services and the courts.



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# Our process

- Survey 200 responses- mixed representation
- Draft modules created
- Consultation January-July
- 40 plus people consulting on work
- Training package created
- Pilot sites set up- 8 sites
- Champions identified

## Trauma-informed Practice, Skills & Strategies for (those working with) Children and Young People - **TIPSS-4CYP**

A comprehensive toolkit designed to provide professionals with a variety of ideas, information, techniques, and strategies to aid in their work with children and young people who have experienced trauma.



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# What the modules/training covers

## Skilled Level

- Understanding the trauma-informed Wales Framework
- Trauma/PTSD and CPTSD
- Working relationally/power of relationships
- Impact of trauma/responses
- Skills to manage/cope
- Self-care for the helper

## Enhanced Level

- Considering attachment, ACEs and Trauma and the impact of these
- Further enhanced skills for coping
- Ideas for relaxation, mindfulness, managing flashbacks
- Keeping well- further ideas to maintaining wellness





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## Structure of TIPSS roll out

Traumatic Stress  
Wales have developed  
this TIPSS resource  
and training



The champions will  
deliver training to the  
team/  
organisation/  
setting, either at a  
Trauma- Skilled level, or  
with the addition of  
Trauma-Enhanced level  
training

Reflective practice  
sessions- or  
feedback/focus groups  
will take place supported  
by facilitators and  
champions

Trainers/facilitators  
will be the chief  
**champions** who will  
develop a training  
plan within their  
setting



The champions will  
support the integration  
of TIPSS-4CYP ethos  
and way of being with  
CYP

Further champions will  
be identified within  
different teams, roles  
or parts of the  
organisation



# Pilot sites

- We have 8 pilot sites who are going to be starting the training between September 24-February 25.
  1. Platform
  2. New Pathways
  3. Foster Wales Cardiff
  4. Flintshire residential homes
  5. Pembrokeshire residential homes
  6. Educational psychology service (EPS) for local authority (LA) Merthyr
  7. EPS LA Monmouthshire
  8. EPS LA- Rhondda Cynon Taff (RCT)



# Second Phase pilot sites 2025

- CTM CAMHS
- Cardiff EPS
- PRU Swansea Bay
- Football Association for Wales
- Social Care Workforce Cardiff and Vale
- Careers Wales
- Paediatrics CTM
- Paediatrics Swansea Bay



We are looking to do a single collective training/consultation with these sites during March- sites will then pilot over Summer 25.



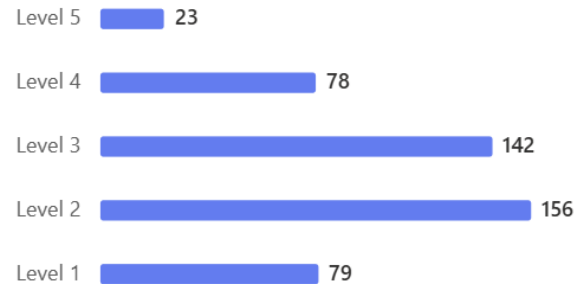
# How many people have begun training?



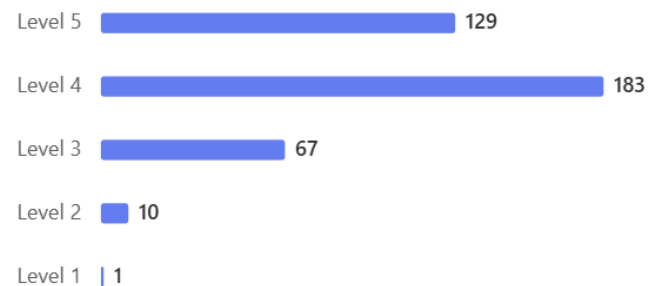
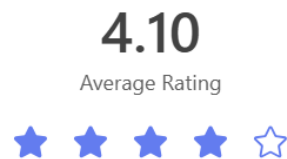
- So far 496 people have started the training
- These are across the 3 local authorities so far plus Foster Wales, New Pathways, & Flintshire residential homes.
- Of these people we have been able to get averages across their initial confidence trackers
- Confidence trackers are completed before starting training
- At the end of training and repeated again 3/6 months post training once people are actively using skills/ways of being with CYP
- Anyone completing training also completes a training evaluation

# Confidence in offering strategies for coping with trauma impact to CYP

6. How confident do you feel in being able to offer quick strategies (such as supporting CYP with flashbacks, or regulating their emotions) for managing the effects of trauma?



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When we completed the scoping survey back in December 2023 people suggested the most crucial important aspect they wanted training to offer was practical skills and strategies for supporting CYP affected by trauma.

This is the lowest confidence tracker average across all questions. This highlights an area most needed. **50% were within level 1-2.**

By the end of the training people had shifted to **80% being within level 4-5** post training.