



**Humber and North Yorkshire**  
Health and Care Partnership

Children and Young People's  
Trauma Informed Care Programme

# Implementation Strategy





# Our Pledge

“We will work collaboratively to ensure that children and young people, who have or may have experienced trauma or adversity, are supported to thrive. We will do this by working across the system so everyone is supported to respond helpfully, consistently, and compassionately”

# Contents

1.0	Introduction	4
2.0	Why Trauma Matters (The evidence)	5
2.1	The Impact of Trauma	5
2.2	Trauma Informed Practice	6
3.0	Who We Are (Where are we now?)	8
3.1	The Humber and North Yorkshire Health and Care Partnership	8
3.2	Our Approach	9
4.0	Our Vision (Where are we going?)	13
4.1	Strategy Aims	13
4.2	Programme Objectives	13
4.3	The Framework for Integrated Care	14
4.4	Outcomes for Young People	14
4.5	Our Values	18
5.0	Next Steps	19
6.0	Appendices	20





Without support, such children and young people are more likely to experience poorer educational, physical, mental, and social outcomes. This may include lower school attendance and attainment or increase risk of exclusion, poor future employment opportunities, physical and mental health challenges such as low self-esteem, increased anxiety, post-traumatic stress disorder or suicidal ideation, speech and language issues or reduced cognitive skills, substance misuse, or poor attachment. These children and young people have lower social capital, meaning they are at greater risk of being drawn into child sexual exploitation/child criminal exploitation (CSE/CCE), County Lines or gang activity in search of connections they lack elsewhere. These circumstances increase the risk that children and young people will eventually encounter the criminal justice system - born out by the fact that 90% of the population of young offender's institutions have experienced adverse childhood experiences (Boswell, 1996). This is because these neurological differences can make them more impulsive or less able to regulate their behaviour. Trauma can also have a long-lasting impact on their physical health, effecting their metabolism and immune system and creating complex co-morbid health issues. As a result, children and young people who have experienced trauma need to access services that help them understand the impact of their past experiences and develop tools and strategies to overcome them rather than just addressing the presenting issue.

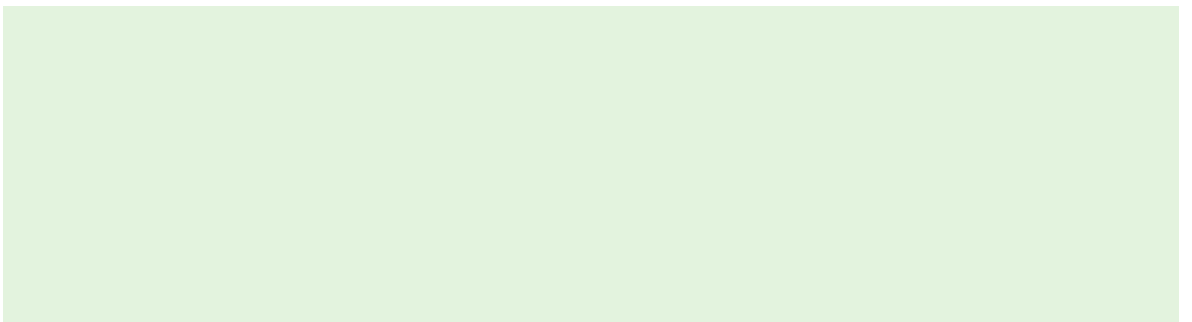
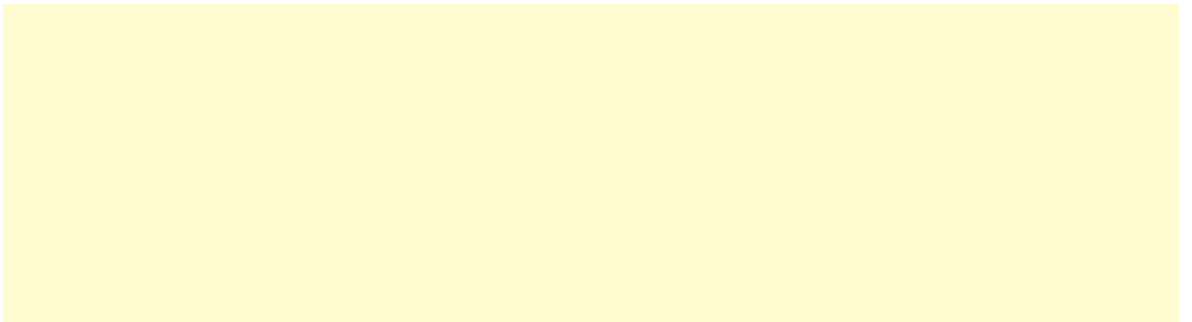
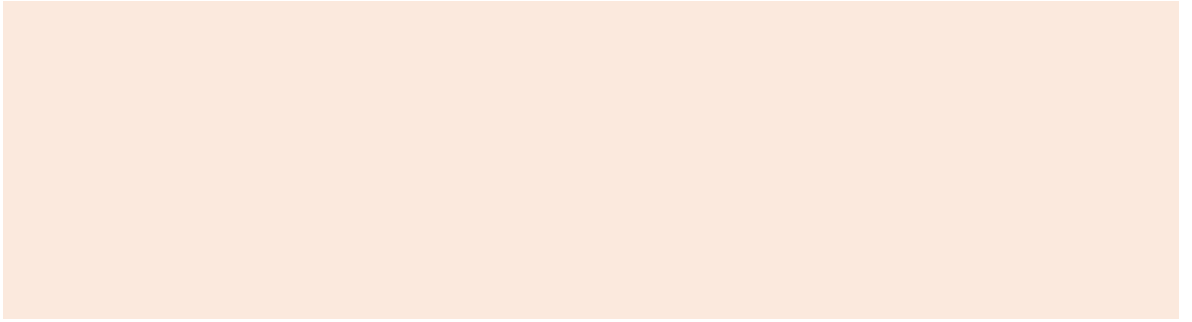
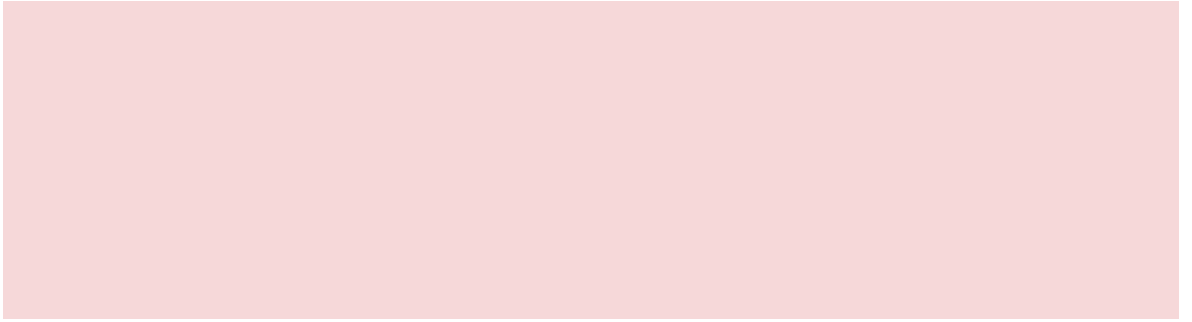
We also know that children and young people in the north of England are more likely than those elsewhere to live in poverty and have experienced toxic stress as a result of parental mental health, substance misuse or exposure to domestic violence. This means additional support is needed to ensure our children and young people have equal opportunities to thrive as adults. (Northern Health Science Alliance, 2020).

## 2.2 Trauma Informed Practice

Trauma Informed practice means organisations and individuals delivering services in ways that recognise and respond to how traumatic experiences have affected children and young people's development. It is about asking how a child or young person's presentation and behaviour makes sense in the context of their past experiences and what response is appropriate from professionals as a result. In essence, it is about asking:

- **'What happened to you?', not 'what is wrong with you?'**
- **'What need is being met by this behaviour?' OR**
- **'What danger are you avoiding'? AND**
- **'What does this child or young person need from adults to be able to regulate their emotions and manage daily life themselves?'**

Trauma Informed approaches are about how an organisation's processes and values



## 3.0 Who We Are

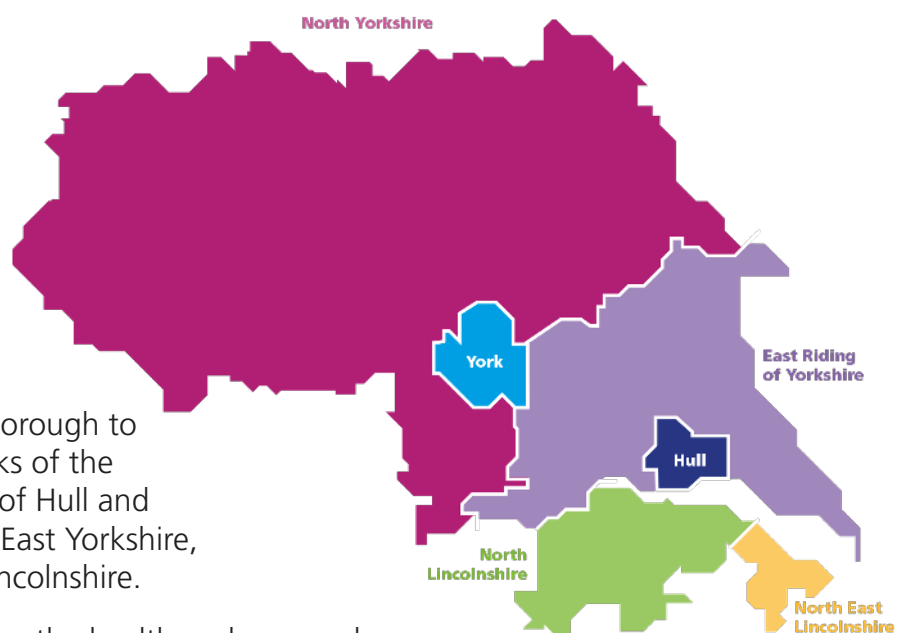
This section sets the scene for where this programme of work will take place and how services currently work with vulnerable children and young people (CYP) who have or may have experienced trauma or adversity and therefore may have poorer outcomes throughout their lives.

### 3.1 The Humber and North Yorkshire Health and Care Partnership Integrated Care System

Humber and North Yorkshire Health and Care Partnership covers a geographical area of more than 1,500 square miles taking in cities, market towns and many different rural and coastal communities. This area stretches along the east coast of England from Scarborough to Cleethorpes and along both banks of the Humber, incorporating the cities of Hull and York and large rural areas across East Yorkshire, North Yorkshire, and Northern Lincolnshire.

Different organisations from across the health and care and voluntary sectors in our region have come together formally through the Humber and North Yorkshire Health and Care Partnership, to organise, plan, pay for and provide health and care services to more than 1.7 million people. Partners from prevention and early intervention services, public health, education, police etc will work with statutory services to improve outcomes for all, but especially for the most vulnerable.

In 2021, an opportunity arose to bid for funding from NHS England's National Health and Justice Team, to develop a systems approach to enhancing support for vulnerable children and young people who have or may have experienced trauma or adversity and those at risk of encountering the youth justice system. Partners from across the Humber and North Yorkshire Integrated Care System (formerly known as Humber Coast and Vale) including Health, Local Authorities and the VCS worked together to develop this bid and ensure that its aims and implementation aligns with - and compliments - the broader transformation work already underway across the geography. Once the bid was confirmed as successful by NHSE in November 2021 an ICS wide steering group was established to progress the implementation of this work. This work will be a 10-year programme commencing in 2022.





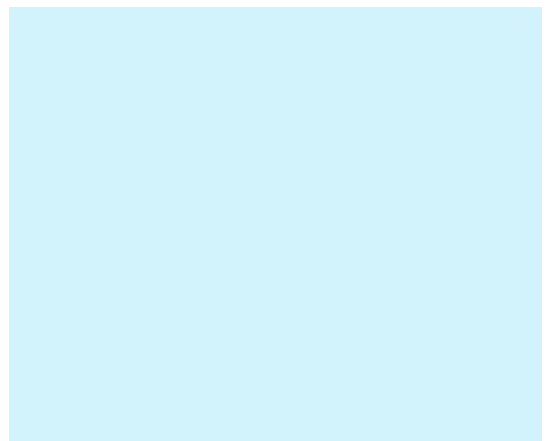
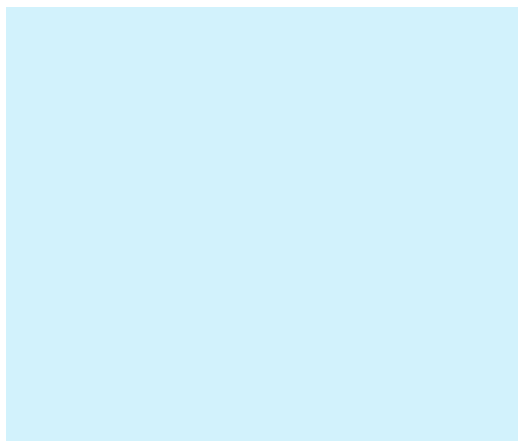
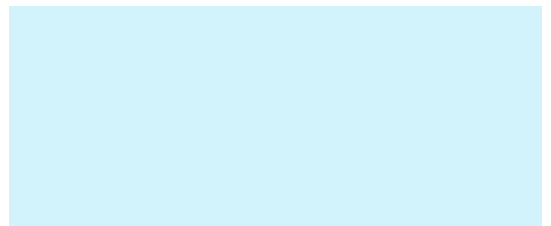
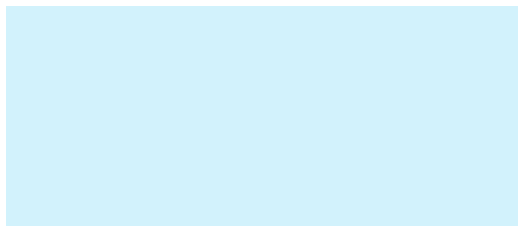
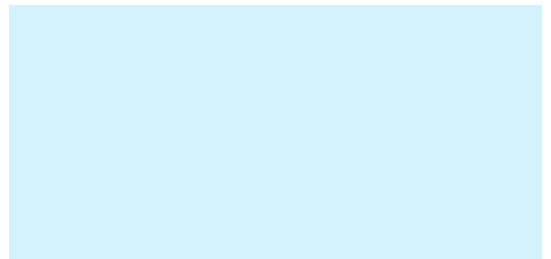
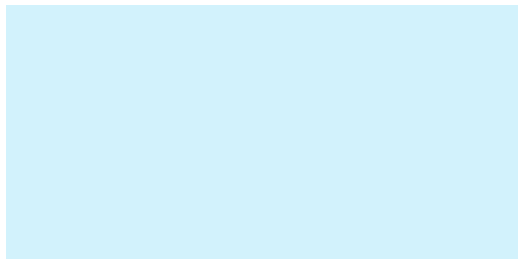


## 3.2 Our Approach



















## 4.5 Our Values

The purpose of our underpinning values is to ensure that all professionals involved in this programme of work recognise and respond appropriately to signs and symptoms of trauma, resist re-traumatisation and acknowledge the differences between and within communities. These values should be embedded within each programme strand to support a culture where children and young people, (and their parent/carers), benefit from and are actively engaged in developing and improving services.

**Safety** - Individuals and organisations supporting our children and young people recognise and respond to the signs and impacts of trauma, resist re-traumatisation and provide physically and psychologically safe services.

**Choice and Control** - Interventions are strengths based, empowering children, young people, and their parent/carers to take ownership of their care plans and develop self-advocacy skills. Children and young people can have their needs met when, where and how they need it, based on their individual circumstances ensuring right care, in the right place at the right time.

**Trust and Transparency** - The way that services are delivered enable strong, trusting relationships between children and young people and adults in their lives.

**Collaboration** - Staff co-ordinate and integrate the support they provide to children, young people, and their parent/carers, sharing information when appropriate and taking responsibility for improving outcomes, even for the most complex or vulnerable children and young people.

**Co-production** - Staff actively engage children, young people, and their parent/carers in developing and improving services, so that they are accessible and acceptable to them.





## Appendix 1: Alignment with wider Strategic Priorities

--	--	--

--	--	--

--	--	--

--	--	--

**Our Pledge**

We will work collaboratively to ensure that all professionals working with children and young people who have or may have experienced trauma, can be supported to respond appropriately, consistently, and compassionately, so that the support these children and young people receive helps them to thrive.

**Priority 1**

Ensure strong programme governance and clear, effective programme management

**Priority 2**

**Priority 3**

**Priority 4**

**Priority 5**

**Priority 6**

**KPI 1**

Collaboration across the system takes place. Demonstrate proactive partnership engagement in the high level, multi-agency strategy group (Alliance),

**KPI 2**

**KPI 3**

**KPI 4**

**KPI 5**

**KPI 6**

/P Lang (en-GB)/MCID BDC BT 5 BT5e

