

If you would like to find out more information about the work of the Children & Young People's Trauma Informed Care Programme please get in touch.

Email: hnf-tr.hnymhpmo@nhs.net
Visit our Programme website here

ARC Training Offer

Children and Young People's
Trauma Informed Care Programme



Half Day with Half Day follow up

Senior Leadership Training

Aims:

- Have a scientific understanding of what trauma is and how it lives in the nervous system of people who use our services and the staff we are managing
- To understand the impact of trauma on organisational systems, including the signs and symptoms of trauma in staff and clients and what the system is doing to traumatise the staff
- Be confident in the value Trauma Informed leadership and Trauma Informed care will add to your service
- Know how to move beyond offering trauma treatment services to leading Trauma Informed organisations
- Be able to integrate knowledge about trauma into your policies, procedures, and practices
- Understand how to monitor the effectiveness of a Trauma Informed care system

Target Audience:

Two half day training sessions aimed at Senior Leaders from our Stakeholder and Partnership Organisations across the 6 places of the Humber and North Yorkshire region, who can really effect organisational change. Once Leaders have attended the ARC training, we hope that this will give them a greater understanding of the ARC Framework, to enable them to support their staff in implementing a Trauma Informed approach and some of them becoming ARC Champions

45 Minute Online Session

E-Learning Training

Aims:

- Define Trauma and Adverse Childhood Experiences (ACEs) and the potential impact of it on people
- Understand Trauma Informed practice and care and how we can respond more effectively to support people
- Identify sources of support for yourself and professional colleagues

Target Audience:

A short targeted 45 minute training session for anyone who has direct or regular contact with Children and Young People, who may be affected by trauma (even if this is not known about)



Half Day Training

Developmental Trauma Introduction

Aims:

- Define the meaning of trauma
- Explore how early trauma can impact on development
- Explore the key principles of Trauma Informed practice
- Make sense of behaviour through a Trauma Informed lens
- Consider how Trauma Informed practice can be applied within your role

Target Audience:

A slightly more in depth training session for all staff who have direct or regular contact with Children and Young People, who may be affected by trauma (even if this is not known about). This level of training will be relevant to most staff delivering care across statutory services e.g. Health and Social Care, Youth Justice, Emergency Services and VCS Organisations



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