

**VIOLENCE
REDUCTION
NETWORK**

PREVENTION THROUGH
CONNECTION

A Guide for:

**PERSON-CENTRED
COMMUNITIES**



**Trauma Informed
Partnership**

Leicester, Leicestershire and Rutland



What do we mean by trauma...

We all know that our life experiences can play a part in who we are becoming and the paths we may take in life. Whilst most of us have the tools we need to cope and manage challenges we face, not all of us do. Some traumatic events can leave lasting marks on us and our lives. We are all different and we don't always experience things the same way, however we do know from listening to people's stories that these events may include:



Trauma can be a one-off event, a series of events or an ongoing situation.

- Experiencing abuse or neglect.
- Feeling unsafe or threatened.
- Losing a loved one through death or being separated.
- Being exposed to violence or crime.
- Being involved in an accident, getting injured or having to receive lifesaving medical care.
- Being isolated.
- Being bullied or victimised because of who you are.
- Being shamed or humiliated.
- Not having access to basic things like food, warmth or a consistent place to live or chronic poverty.

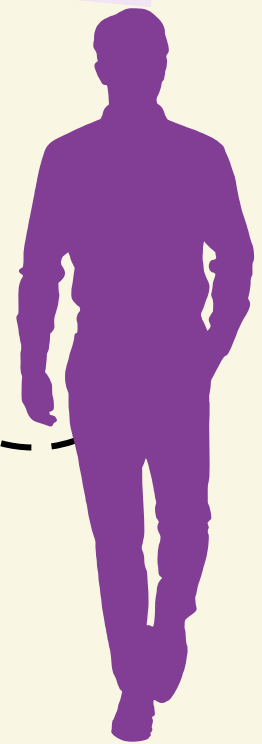


Our experiences can shape how we move through life by affecting:

- Our physical health and life expectancy.
- Our mental health and emotions.
- How we respond to situations.
- How our brain develops and learns.
- How we see ourselves, others and the world.
- Our relationships.



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what is a trauma informed approach?



Trauma Informed is a phrase that is used to describe a person centered approach to how we work and interact with people. In Leicester, Leicestershire and Rutland we have made the commitment to become an area which helps everyone lead the best life possible.

Our Approach



We recognise that everyone has the right to...

The opportunities and support to flourish.

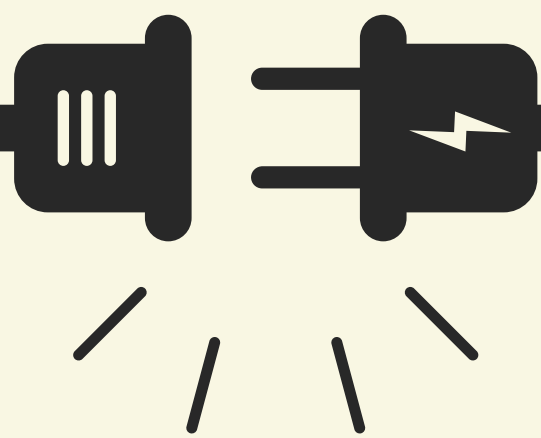
Be treated fairly without discrimination.

Connect

Belong

Feel safe and lead a happy, healthy life.

Have a voice and be heard.





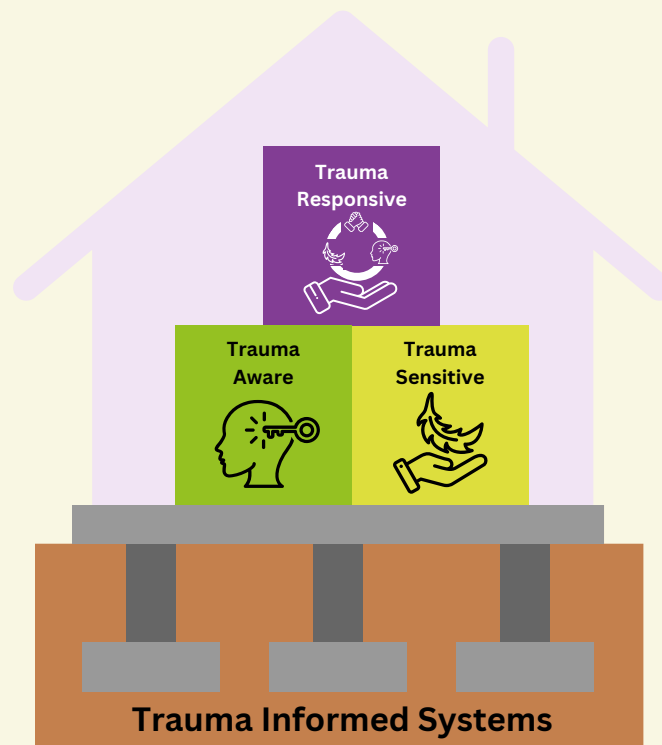
How it Works

This tool is for everyone and not just for those we see as having a professional role or belonging to a large organisation. This guide helps to set out what being trauma informed might look like for each of us and gives us a place to strengthen our practice from.

For everyone
in society.

For everyone
giving direct
support.

For everyone
interacting
with others.



For services to have the systems in place
to support a person-centred way of
working.

The Principles of a person-centred approach?



A person-centred approach is a way of being and doing that puts people at its core. It isn't about excusing harmful behaviour but trying to understand its roots to empower change. It encourages us to respond in a kind, considerate and compassionate way to build healing communities.

Working together for everyone's best interest.

Being person-centred means:



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Trauma-Aware

I know that adversity and trauma can affect us all at anytime of our lives and that I don't need to know someone's experiences to help them.

I understand that people might present differently because of their past experiences in life and this can make it hard for them to ask for what they need from me.

I treat everyone with understanding, respect and kindness as I know it can make a big difference.

I speak up and challenge when I see injustice or discrimination.

I recognise when someone needs help or might be distressed and know how to signpost them to the right place to get support.

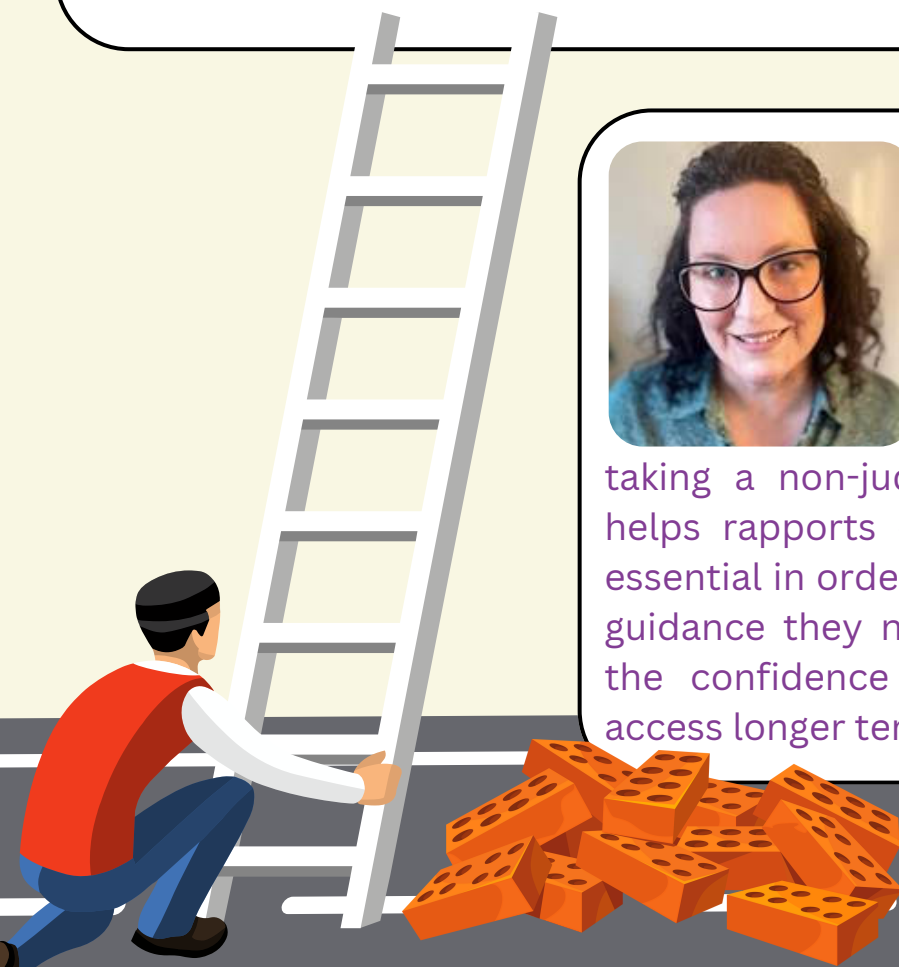
I recognise how my own experiences in life might affect how I see and respond in situations and I know when I need to ask for support.

I actively seek out opportunities for self-development.



Hi, I'm Emma and I volunteer in a wellbeing cafe. Working in a wellbeing cafe you never know exactly who will walk through the door and what they will bring to the table. I believe

taking a non-judgmental and empathetic stance helps rapport develop and builds trust. This is essential in order to give individuals the support of guidance they need and will hopefully give them the confidence to return in future weeks and access longer term support.





Trauma-Sensitive

I put people's wellbeing at the heart of my interactions with them.

I understand what barriers can stop someone accessing help and find ways to reduce them.

I know the power communication has and I try to use language free from blame or shame.

I ask how people like to be supported and adapt my approaches to meet their needs.

I create physical and psychological spaces that help people feel safe and cared for.

I involve people in decisions about their care and support.

I am sensitive to the values and beliefs of others and challenge any hidden biases I may have.



My name is Ajada and I work with young people and adults who are involved in serious criminal activity and want to change. Many of the people I support have had difficult

upbringings and challenging parental relationships. Often they have not felt heard or acknowledged. I try and ask open ended questions to help me understand and support them better. Making sure I give them time and space to explore their thoughts and feelings so they feel heard, seen and valued.



Trauma-Responsive

I know that trauma can impact multiple areas of people's lives and I need to take a holistic view to support their recovery.

I can recognise when someone is in distress and know how to respond in a helpful way.

I understand that a good assessment and plan involves listening and working with others.

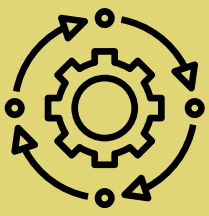
I communicate all the options available to people so they can make an informed decision about what is right for them.

I work in partnership with people to set realistic goals that can be measured.

I can recognise when my approach isn't working and can adapt to try something different.



We are Charlie and Jorjia and we offer a therapeutic programme at our gym, working with 12-17 year olds involved or at risk from serious violence. We take a holistic view by thinking about the full picture of a persons health. Our consistent routines help them to feel in control and safe in the space. By using the principles of PACE, we can offer acceptance and empathy to try see things from their perspective. We recognise the value of short-term and long-term goals and we work alongside the young people to set these to reflect their current lifestyles. Starting small, with achievable and realistic goal to help empower them and build their confidence.



Trauma-Informed Systems

We have policies and guidelines that support people working in a person centred way.

We provide training opportunities that equip everyone with the understanding and skills they need.

Our service is a safe place for everyone.

We share our good practice with others to help build a stronger community.

We are part of a network of services working together to support people in all areas of their life.

Our service understands what really helps by knowing the evidence base.

We continually ask and listen to everyone to help improve our service.

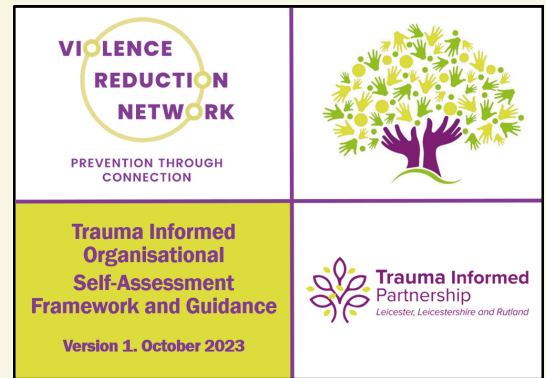


My name is Lisa and I work alongside communities to understand the risks and protective factors associated with violence and co-produce the solutions in partnership with

them. My organisation belongs to a much wider network of statutory and community partners who are working together to improve our responses to violence. We involve communities in decision making to empower them to play a role. Our aim is to create a safe and cohesive Leicester, Leicestershire and Rutland.

GET INVOLVED

Click below to read our full framework here.



**Trauma Informed
Partnership**
Leicester, Leicestershire and Rutland

Thank you to the Community Oversight Group in their support to co-produce this document and those who provided examples of their practice.