

Trauma informed system: progress

What is Changing Futures?

Changing Futures Cambridgeshire & Peterborough is about improving outcomes for people with multiple disadvantage. Multiple disadvantage means someone experiencing three of five of homelessness, mental health issues, substance misuse, domestic abuse and offending behaviour, at any one time. Changing Futures does this by encouraging involvement of people with lived experience at all stages of our system and service design and looking at how our partnerships affect people.

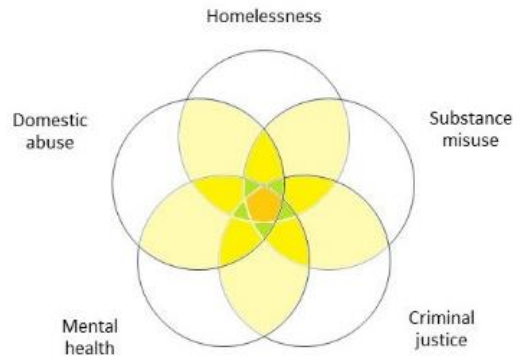
What is the trauma informed part of Changing Futures about?

There are four key areas of activity for Changing Futures. These are

- Embed the Trusted Person approach
- Share learning and successes and overcome barriers
- Support co-production and co-design
- Help develop a more trauma informed system

The role of Changing Futures in helping develop a more trauma informed system is one of supporter and enabler, not replacing the work already being done by individuals and organisations across Cambridgeshire and Peterborough who are already using or working towards becoming more trauma informed.

Rather, CF’s role is to help partners work TOGETHER and make sure they way they deal with each other is trauma informed. So the approach has been to organise workshops with numerous agencies and people with lived experience coming together to share their thoughts, ideas and suggestions on how to create a trauma informed system. This thinking has gained momentum and is even attracting partners from outside the world of multiple disadvantage, which will help with a genuinely system-wide trauma informed approach.



What happened at Workshop 1?

We asked:

1. What do we mean by Trauma Informed Practice?
2. What are the barriers to applying Trauma Informed Approaches?
3. What do we need to consider?
4. What should we do next?

We summarized the outcomes of WS 1 into 4 “paths” which we may travel down at different speeds, but all heading towards the same goal...

Establish our Network

- What does our Network (or whatever we agree to call it) look like?
 - How does it operate? (structure/set-up)
 - What is its purpose? And how do we approach our purpose?



- Co-production and Trauma informed approaches
- Consistency and process around TIA
- Feedback, staff support and learning
- What is our membership?

Consistency around trauma informed approaches: framework

- We heard from areas developing their local frameworks around trauma informed approaches. Through our network can we establish...
 - What do we need, to develop consistency around trauma informed approaches?
 - What is our shared definition of trauma?
 - What are our principles related to trauma informed approaches e.g. minimum practice standards?
 - How do we achieve these?
 - How do monitor improvement, change and journeys?

All in the context of

Embed coproduction

- We believe our work should be informed by collaborative working and lived experience voice. Can we establish via our Network:
 - What do we mean when we do co-production?
 - What co-production exists locally and where is there good practice?
 - What do we need to improve in our system? For example contact points, service user journey mapping
 - How can co-production support our Network and our trauma informed working?

Explore, design and pilot support systems for staff

- Our Network can come together to help:
 - How do we learn and sharing learning?
 - How do we discuss cases and share good practice, and how that is enabled by the system? What does that look like?
 - What topics could we benefit learning more about? What are the current training provisions and where are the gaps?
 - How do we approach the gaps? For example for workforce development, what training standards do we want included: could be practical skills, training for different parts of the system, diversity and trauma.

What happened at Workshop 2?

We recapped on the 4 paths, and asked

1. What does a local network and framework look like?
2. What do we want from it?
3. What can we commit to?
4. What do we need?

A huge number of suggestions were made, and from these we have produced outcomes which we can develop together at Workshop 3. *(Do we want to add anymore on this, here?)*

Plans for Workshop 3

In outline, at workshop 3 we plan to

- Make sure everyone is caught up on progress so far by circulating this note
- Share personal and organisational definitions of “Trauma Informed” so we can learn from each other, and compare our similarities and differences. Can we and do we want to agree a shared definition, or is it better to agree we use a spectrum of definitions?
- Look at examples of services developing with a trauma informed lens
- Present the themes from Workshop 2 around developing our trauma informed framework and network
- Identify which areas to start work on
- Work on these areas on small tables with a view to setting up working groups to progress the agreed action areas, which can then bring progress back to the next workshop.

Senior buy-in

Since Workshop 2 there have been developments round senior level buy-in for this work, which is a point raised at both workshops.

A separate roundtable event took place in May 2024, run by the Integrated Care System, to look at “Becoming a Trauma Informed Care System”.

The purpose of the workshop was:

“To bring together leaders and influencers from across the local health, social care and wider community economy of services in order to garner strategic ownership and support, to commence the design of a road map towards the local achievement of a “Trauma Informed System and Practice Approach”.



A number of pledges were made by people round the table around becoming a trauma informed care system. Another outcome was to set up a senior steering group, some of whom are coming to the Changing Futures workshop 3 to make the links.

To find out more about Changing Futures

You can e-mail the team at changing.futures@cambridgeshire.gov.uk or visit our [web page](#)