

# Islington's TRAUMA INFORMED PRACTICE: Community Project (C-iTIPs)

Trauma Informed Practice is a strengths-based approach, seeking to understand and respond to the impact of complex, developmental trauma on people's lives. It considers the exposure to multiple, often interrelated forms of traumatic experiences (e.g. domestic violence, neglect, abuse, parental mental health needs) and how these can create survival instincts, impact on skill development and be displayed in behaviour. Challenging behaviours (including overt, indirect, withdrawal, etc) are often a survival response and form of communication.

Trauma Informed Practice (TIP) involves approaches in working with individuals as well as an organisational framework to inform service systems and practice. A key principle of TIP is for children (and adults) to be able to learn and develop, they need to feel safe enough to move out of the survival response. Therefore, it is important to create a nurturing, predictable environment where all adults, from across the organisation, respond in a consistent and attuned manner.

These adults need to be aware of their own responses and regulate in order to helpfully engage the child. TIP encourages the organisation to focus on staff welfare and develop mechanisms for reflective practice. Having clear organisational systems and practice, that are routinely applied, support staff in their work.

CiTIPs



Islington Trauma Informed  
Practices in the Community

## TRAUMA INFORMED PRACTICE (TIP) – Where to Start:

**BRIEFING - Organisation Leaders, Managers & Key Influencers attend a half hour Briefing to find out more about the TIP Project and then stay for the Introduction to Trauma training outlined below (scheduled immediately after Briefing) .**

### Organisations can engage in Initial or Enhanced Offer based on their needs

#### INITIAL OFFER: DEVELOPING TRAUMA AWARENESS

**INTRODUCTION to TRAUMA training** - 2.5 Hour Online. Considering complex, developmental trauma and how to recognise and understand associated behaviour. Exploration of Trauma Informed Practice and what this involves.

Open to:

- Leaders, Managers and Key Influencers of organisations wanting to develop Trauma Awareness and potentially join the project to embed Trauma Informed Practices within their organisation.
- Staff from organisations that have expressed an interest to develop Trauma Awareness across their organisation (and registered with the C-iTIPs team). (Not involved in Enhanced Offer)
- Staff from organisations involved/ previously involved in the Enhanced Offer – e.g. new and sessional staff and those that have missed or not been involved in whole service training.

Training offered once a quarter (4 times a year).

#### ENHANCED OFFER: ADOPTING TRAUMA INFORMED PRACTICES

**2 Year Offer** supporting organisations to embed Trauma Informed Practice (TIP) into their organisation with direct support from a CAMHS C-iTIPs clinician.

Following Introduction, organisation leaders submit an Expression of Interest. Community iTIPs (C-iTIPs) CAMHS clinician allocated to organisation.

OFFER:

- 2 day, Trauma Informed Practice training – Tailored: can be full day or split half days (modules) at times to suit organisation. Whole service involvement.
- Formation of a working group & identified champions within the organisation – To lead on developing regular structures to promote TIP conversations - e.g. embedded into existing meetings, holding separate meetings if beneficial.
- Needs Assessment – supported by C-iTIPs to assess current level of TIP in organisation and prioritise and develop actions.
- Membership of the Community of Practice sessions – occur every 6 weeks

# Introduction to Trauma training

Throughout the year, there are four Introduction to Trauma Trainings offered with an half an hour briefing offered to leaders, managers and key influencers prior to each training. You are welcome to attend any one of these trainings dates.



Islington Trauma Informed Practices in the Community

29 <sup>th</sup> June 2022	28 <sup>th</sup> September 2022	18 <sup>th</sup> January 2023	19 <sup>th</sup> April 2023
9:30am – 10:00am Briefing for leaders, managers, key influencers	10:30am – 11:00am Briefing for leaders, managers, key influencers	3:30pm – 4:00pm Briefing for leaders, managers, key influencers	9:30am – 10:00am Briefing for leaders, managers, key influencers
10:00am – 12:30pm Introduction to Trauma Training	11:00am – 1:30pm Introduction to Trauma Training	4:00pm – 6:30pm Introduction to Trauma Training	10:00am – 12:30pm Introduction to Trauma Training
<u><a href="https://www.eventbrite.com/e/344217292187">Register Here: https://www.eventbrite.com/e/344217292187</a></u>	<u><a href="https://www.eventbrite.com/e/348678535887">Register Here: https://www.eventbrite.com/e/348678535887</a></u>	<u><a href="https://www.eventbrite.com/e/348689368287">Register Here: https://www.eventbrite.com/e/348689368287</a></u>	<u><a href="https://www.eventbrite.com/e/348697933907">Register Here: https://www.eventbrite.com/e/348697933907</a></u>