

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

Full Day Training

Trauma Informed Training

Aims:

- To guide in how to address developmental trauma in children and young people
- Build on thoughtful practices that are already part of an organisation
- Explore the principles of the ARC Framework
- Support in giving you the tools to intervene in Children and Young People's lives in a meaningful way to address their need for; a sense of safety, skills to regulate their emotions/physical experience
- Support to help you identify gaps in competencies needed for healthy development

Target Audience:

A 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. This level of training will support those working on a daily basis with Children and Young People

Two Day Training

ARC Training

(Pre-Requisite to becoming an ARC Champion)

Aims:

- Define complex trauma and identify at least 3 consequences of early complex trauma exposure
- Define Trauma Informed practice
- Identify and briefly describe the 3 domains of the ARC framework
- Identify and briefly describe the 8 core targets of the ARC framework
- Identify the importance of engagement with service user and identify ways in which engagement can be built
- Identify and briefly describe the role of routines and psychoeducation in Trauma Informed practice
- Identify key members of the caregiving system within the participant's own system and/or with their client population
- Identify at least one way that the core attachment targets apply to the participant and/or providers within the participant's system
- Identify one way to support safe caregiving systems for trauma impacted youth
- Identify the skills needed to make meaning of Children and Young People's behaviours
- Identify the ways in which caregivers can respond to Children and Young People's behaviour to meet needs and address the needs for felt safety
- Identify at least two key targets of intervention for supporting youth regulation
- Identify at least 2 activities that can be used to support regulation
- Identify and describe at least one aspect of self and identity that may be impacted in trauma exposed youth
- Describe one "entry point" for supporting decision-making in youth
- Identify at least one strategy or activity that can be used to target executive functioning
- Describe at least one phase of trauma experience integration, as defined by the ARC framework

Target Audience:

An in depth 2 day training course for all staff who have direct or regular contact with Children and Young People, who may be affected by trauma. This level of training will support those working on a daily basis with Children and Young People. This training is delivered by national trainer Kati Taunt and offers the opportunity for those attending to become ARC Champions within their own service areas