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### Next Steps

- Promote CARE among professionals, communities and residents in Northumberland
- Further develop and extend the graduated learning model including mapping of existing learning opportunities against the framework
- Develop a central point for materials and resources related to CARE

### Developing CARE

A steering group has been set up with key partners from statutory services across adults and children’s social care, health, CCG, public health, education and the voluntary sector.

#### Achievements so far:

- Undertaken a training audit across services and sectors
- Developed a graduated learning framework to establish consistent approach to training /communication
- Created padlet of age-appropriate materials and resources for schools
- Introduced multi-agency CARE awareness training for statutory and non-statutory sector
- Provided multi-agency access to 3 Solihull e-learning modules on brain development, attachment and trauma

### Trauma and Trauma-Informed Practice

Trauma = overwhelming, uncontrollable experiences which have a psychological impact by creating feelings of helplessness, vulnerability, loss of safety and loss of control. This might be a one-off event or prolonged exposure to adversity

#### Trauma-informed practitioners

recognise an individual’s emotional vulnerability and how their present difficulties can be understood in the context of past trauma

#### Trauma-informed practice

focuses on thoughts and feelings rather than actions and behaviour and provides

Trust  
Choice  
Control

Parents, carers and family members play a significant role in developing children’s resilience. Enabling parents to make informed decisions about the care they provide and how they respond to any adverse situation is crucial to the prevention of negative impact of those experiences.

Formal and informal community networks and interventions can create a safe environment for growth and development, providing local services for the children themselves and also for parents, carers and wider family members.

*CARE includes ensuring we share our professional knowledge to empower individuals, families and communities to recognise and address difficulties early and prevent /avoid those adversities they are able to influence/control*

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### What is CARE?

Caring about Adversity, Resilience and Empowerment

**CARE** is Northumberland’s multi-agency approach to developing trauma-informed, resilience-focused services and communities. This includes increasing professional knowledge and expertise in line with emerging research and sharing this information with communities, families and individuals – empowering them to recognise and develop their own resilience to adversity .

It has developed from our understanding that Adverse Childhood Experiences (ACEs) can put children and adults at risk of disadvantage because of the impact of stress or trauma. However by experiencing safe, stable, nurturing environments and positive relationships, children and adults can build social and emotional skills and resilience to mitigate the potential impact of these adverse experiences.

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### Adversity

A strong body of research shows ACEs can lead to increased risk of long-term impact on physical and mental health as well as social consequences for some, particularly when several of these experiences are part of someone’s early life.

ACEs include:

- physical abuse
- emotional abuse
- sexual abuse
- physical and emotional neglect;
- parental/key carers’ substance misuse or mental health difficulties
- incarceration of a family member
- witnessing domestic abuse or violence
- divorce



### Resilience

A person is resilient when they “bounce back after enduring adversity, continue to function reasonably well despite continued exposure to risk.” (Gilligan)

“Normal development under difficult conditions” (Fonagy)

#### Key facts about resilience:

*You are not born with resilience – you develop it*

*It can be actively promoted and ‘grown’*

*No one single factor creates resilience – it is a complex interaction of many different elements*

*A child or adult may have resilience in one aspect of life but not in another*

### Empowerment

‘Knowledge is power’

A key resilience factor is the ability of the individual to address their own emotional wellbeing needs. This has implications for the development of self-care strategies and seeking appropriate and timely support