

Supporting Children and Young People Impacted by Trauma

(from domestic abuse)



**Hosted by Dr Ruth
Smith, High Sheriff
of North Yorkshire**

**November 5th
10am - 3pm**

WHY IS THIS IMPORTANT FOR PEOPLE WORKING WITH CHILDREN AND YOUNG PEOPLE?

- You can play a pivotal role in a child's life to making a huge difference to their life outcomes
- Being exposed to abuse, violence and coercive and controlling behaviours has a devastating and life-long impact on children and young people
- This impact includes from poorer educational attainment, attendance and behavioural issues at school to significant mental health issues including suicide, depression and self-harm, and ending up in the criminal justice system
- Research by the NSPCC shows that at least one in five children are exposed to domestic abuse; that is around 6 children in an average classroom and for trauma overall it rises to 9 children in each classroom
- The World Health organisation reports around 70% of people globally will experience a potentially traumatic event during their lifetime
- According to the Department of Education, domestic violence is the most common factor identified at the end of social care assessments for children in need
- Children living with domestic abuse are under stress and can present with dysregulated behaviour.

This is a free webinar but we would welcome a small donation to further support those Charities working in this area. Further details are available on page 6



AGENDA FOR THE DAY

10.00am Introduction from the Chair: Dr Ruth Smith, High Sheriff of North Yorkshire

10.15am David Trickey: Neuroscience and Trauma

- The way in which traumatic events (and domestic abuse in particular) can affect children and young people
- How children's brains adapt to ongoing threats in ways which might be useful at the time, but may cause difficulties later on when the threat has reduced
- The nature of traumatic memories and the importance of the meaning that a child or young person makes of events
- How everyone involved in the lives of children can play a role in creating an environment that will maximise their chances of recovery

10.50am Questions to David

11am - Kay Turner - Embodied Education

- Why it is important to radically rethink how we educate
- Why *embodied education* as a model, which centres body-first and bottom-up perspectives alongside nervous system education and co-regulation, is vital for classrooms and schools to become trauma-informed
- *Embodied Education: Creating Safe Space for Learning, Facilitating and Sharing* and relational, neuro-inclusive, and creative strategies and approaches for learning environments, as a way of supporting the shaping of non-abusive, positive and trauma-informed school culture, safeguarding student and staff wellbeing and educational outcomes

11.25am- Questions to Kay

11.35 am Comfort Break

AGENDA FOR THE DAY

11.45am Lindsay Oliver and Kirsty Bentley, New Beginnings Peer Support: Life After Domestic Abuse

- Common trauma behaviour we witness within our families, including the traumatised parent parenting traumatised children
- Understanding how DA affects children
- Barriers to children being supported appropriately. (e.g. labelling them 'naughty/badly behaved'/ being a A* student and flying under the radar)
- What can you do to support families you are working with?
- Communication: Considering behaviours as the symptom, the importance of emotionally available adults, trust and teaching children emotional language
- The importance of reflective practice and clinical supervision
- Recognising burnout, vicarious trauma and trauma triggers within staff

12.15pm Questions to Lindsay and Kirsty

12.25pm: Understanding what Young People Want and Need for Effective Support, in their Own Words: Teesside Mind

- In Spring 2023, Teesside Mind undertook a project using Service Design methodology to understand what else could help young people
- A core commitment was to involve young people with lived experience from the start and two young people were employed as peer designers working with Mind's staff to lead the design process
- Teesside Mind will give:
 - An overview of the co-design process of a dedicated service for young people
 - The value of peer designers' leadership and how this is reflected in the service
 - The methodology to help understand what could help young people via increased and improved support based on lived experience

12.50 pm Questions to Teesside Mind

13.00 LUNCH BREAK



AGENDA FOR THE DAY

13.30pm - Gail Donnan, The Wellness Gateway

- Considering how children's behaviour could be presenting as trauma stemming from adverse childhood experiences
- What it might look like and how to avoid re-traumatisation
- How to support children to emotionally regulate
- Neurological safety: the dysfunctional nervous system, the Autonomic Nervous System, The Vagus Nerve, Polyvagal Theory and Neurosequential healing
- The overlap of ADHD, behaviours, trauma and cognitive stacking

13.55pm Questions to Gail

14.00 pm: Kerri Rose and Brigid O'Reilly- IDAS

- Focus on understanding the effects of domestic abuse on children and young people
- Develop knowledge, including understanding the impact of trauma on the brain, on how children respond to fear and feeling unsafe, and how this can continue to have longer term implications on children and young people, even once the threat has been removed
- Look at valuable information on the brain and nervous system to understand how trauma is stored in the body and how or why it can be triggered
- Discover effective strategies and techniques to provide essential support to children and young people impacted by domestic abuse
- Understand the importance of trauma informed practice, being professionally curious and how this is key to supporting recovery.
- The importance of multi-agency working, and how by working together, safe adults around the child can create opportunities that will allow children to process, recover and continue to develop and thrive

14.30 Questions to Kerri and Brigid

14.40pm Closing questions and synopsis by Dr Ruth Smith. Panel discussion

3pm Close



WORKSHOP OBJECTIVES

- Have a better understanding of the impact of trauma (specifically Domestic Abuse) on children
- Understanding more about how the impact presents itself in children and young adults
- Looking behind the presenting behaviour and responding accordingly
- To give some practical tools and techniques to support children in the moment
- To provide information and signpost to the relevant services in the County
- Understanding what further support schools and agencies need





TO RESERVE YOUR PLACE

- Please e-mail deborahlarder-shaw@pm-management.co.uk to reserve your place
- If you have any questions which you would prefer to send in advance of the session, please send these to Deborah who will field them on the day
- We will be recording the session and will also provide an evaluation survey/ future areas of need questionnaire
- *If you would like to receive a recording of the session, please let us know*
- We would rather have your attendance than you be put off with a paid event so the event can be free of charge to attend. However, we would appreciate a voluntary contribution to the Two Ridings Community Foundation /High Sheriff fund, this will be shared among the charities represented within the workshop*
- Please do send your objectives for attending to Deborah with any detail of what you would like to take-away from the workshop - we can then ensure the content is tailored to our participants

- **Bank Details: Two Ridings Community Foundation. Sort Code 050994, Account Number: 25313088. Ref: High Sheriff 2024)*
- *Registered Charity Number 1166471*

SPEAKERS

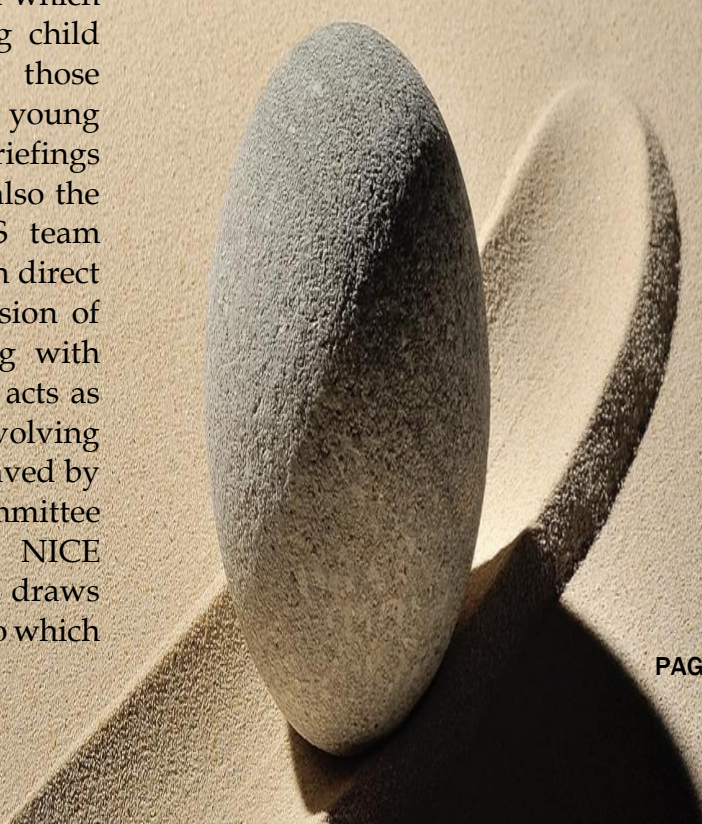
Facilitator - **Dr Ruth Smith** is the High Sheriff of North Yorkshire and sits on the Boards of Refuge and Teesside MIND. Ruth has 30+ years' experience as an Executive Coach and leadership facilitator and brings a wealth of experience around behavioural change.

As part of her commitment to the role of High Sheriff of North Yorkshire, Ruth has pledged to highlight the role of organisations that support domestic abuse victims, particularly children. She also pledged to support organisations and charities that help those of all ages who have suffered domestic abuse and to raise awareness of their work.

Ruth has worked in corporate organisations, as well as running her own business, and offers clients strategic business and leadership knowledge. Her qualifications include a Psychology degree, an MBA from a leading UK business school and a PhD. Ruth is a published author on the topic of Authentic Leadership.

David Trickey is a Consultant Clinical Psychologist who has specialised in working with traumatised children, young people and their families since 2000. He is Co-director of the UK Trauma Council which harnesses the expertise of the UK's leading child trauma experts to produce resources for those working with traumatised children and young people, as well as guidance and policy briefings based on the best available evidence. He is also the Clinical Team Lead for a specialist NHS team working with children in care. His focus is on direct clinical work, and the training and supervision of other clinicians around the world working with traumatised children and young people. He acts as an expert witness in civil court cases involving children and trauma, particularly those bereaved by family homicide. He was a member of the committee responsible for the 2018 revision of the NICE Guidelines for PTSD. In all of his roles he draws heavily on the published research literature, to which he has made a small contribution.

Kay Aldred is an experienced teacher (PGCE), theologian (MA), and eight times published author, who specialises in embodied education, embodiment spirituality and the 'fleshy knowing' of lived experience. She is a freelance consultant and Lived Experience Development Lead at Neurodiverse Connection. She offers neuro-inclusive, creative, and embodied perspectives and approaches, which are nervous system-friendly and trauma-informed, to support individual and collective well-being and to positively shape organisational culture and outcomes.



Lindsay Oliver is the CEO New Beginnings Peer Support & Director Visionary Actions Trauma Informed & Responsive North Yorkshire & Humber network - Lived-experience Lead.

With over a decade of experience, working with gang affiliated teens, adults with learning differences/disabilities and those recovering from substance misuse, Lindsay founded a charity supporting women and their children who have previously been subjected to domestic abuse.

New Beginnings Peer Support was born from her own lived experience, fleeing back to Yorkshire from North London with an 8mth old child.

Lindsay has since gone on to develop Visionary Actions, a recently launched social enterprise, taking action towards a new societal vision of trauma-informed systems for all. Delivering domestic abuse training and awareness across sectors through a trauma-informed lens to improve the health and well-being of employees, volunteers and clients.

Sinéad Murphy has worked with Teesside Mind since 2019. For the past two years she has worked on designing and developing services to meet the needs of the people in the community such as: Off the Scales, Money & Me, Help through Hardship and most recently a young people's drop-in service - Be Heard.

Prior to working for Teesside Mind, she worked as a Psychological Wellbeing Practitioner in York & North Yorkshire IAPT services. It is this experiences of working within the IAPT model that motivates Sinéad to work for an organisation that prioritises person-centred support along with values which ensure the voices of people with lived experience is weaved through all the work that they do.

Gail Donnan is the founder and Chief Executive Officer of The Wellness Gateway. She has twenty-seven years' experience in Integrative Health Care both within the corporate and therapy fields. She is the author of two mental health and wellness books, is a keynote speaker on trauma and childhood adversity along with being an external trainer for NHS on trauma-informed practice. She is a qualified teacher, assessor and IQA having taught in both primary schools and further education.




She has a Postgraduate Masters Degree in Interdisciplinary Psychology (specialising in trauma - Leeds Beckett), is a registered Trauma-focused EMDR therapist with The National Council for Integrative Psychotherapists (NCIP) and is a Postgraduate Clinical Supervisor. She is interested in using a blend of cognitive and somatic approaches through trauma-informed

Brigid O'Reilly is an experienced children and family domestic abuse practitioner and has supported families impacted by domestic abuse for over 14 years. Including working in schools and education, supporting SEN children and their families, working in the criminal justice system; supporting women and their children and then supporting children, young people and families subjected to domestic abuse and domestic violence, including working in local refuge facilities. Brigid is passionate about working in a trauma informed way, using therapeutic skills and interventions to support families to release the capacity they have within them for change.

Kerri Rose has been working as a Children and families domestic abuse practitioner since 2023. Kerri describes her role as being multidimensional, whilst recognising that each part plays a key role in supporting children to recover from trauma. This includes direct intervention work with children and their families, offering support to schools and other professionals and working with the families, and recognising that support does not always start directly with the child, using models such as Maslows Hierarchy of Needs to identify a path of support for each family.





The aim of the session is not to give Heads, Teachers, Safe Guarding leads (and anyone working with children and young people) more work to do but to hear from a panel of experts who will share the latest thinking, research and tools and techniques to help you best support children and young people who have experienced, seen or are dealing with trauma from domestic abuse