

An introduction to Trauma-informed youth work practice



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Session overview

1

- Understand what a trauma-informed approach is and the relationship to effective youth work practice

2

- Identify how young people may display behaviours that indicate they may require additional support

3

- Explore the role and boundaries required of youth workers to effectively support young people

4

- Develop and expand our own tool kits in knowing how to support and signpost young people

What is trauma?

“

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or life threatening. While unique to the individual, generally the experience of trauma can cause lasting adverse effects, limiting the ability to function and achieve mental, physical, social, emotional or spiritual well-being.

(UK Government –November 2022)

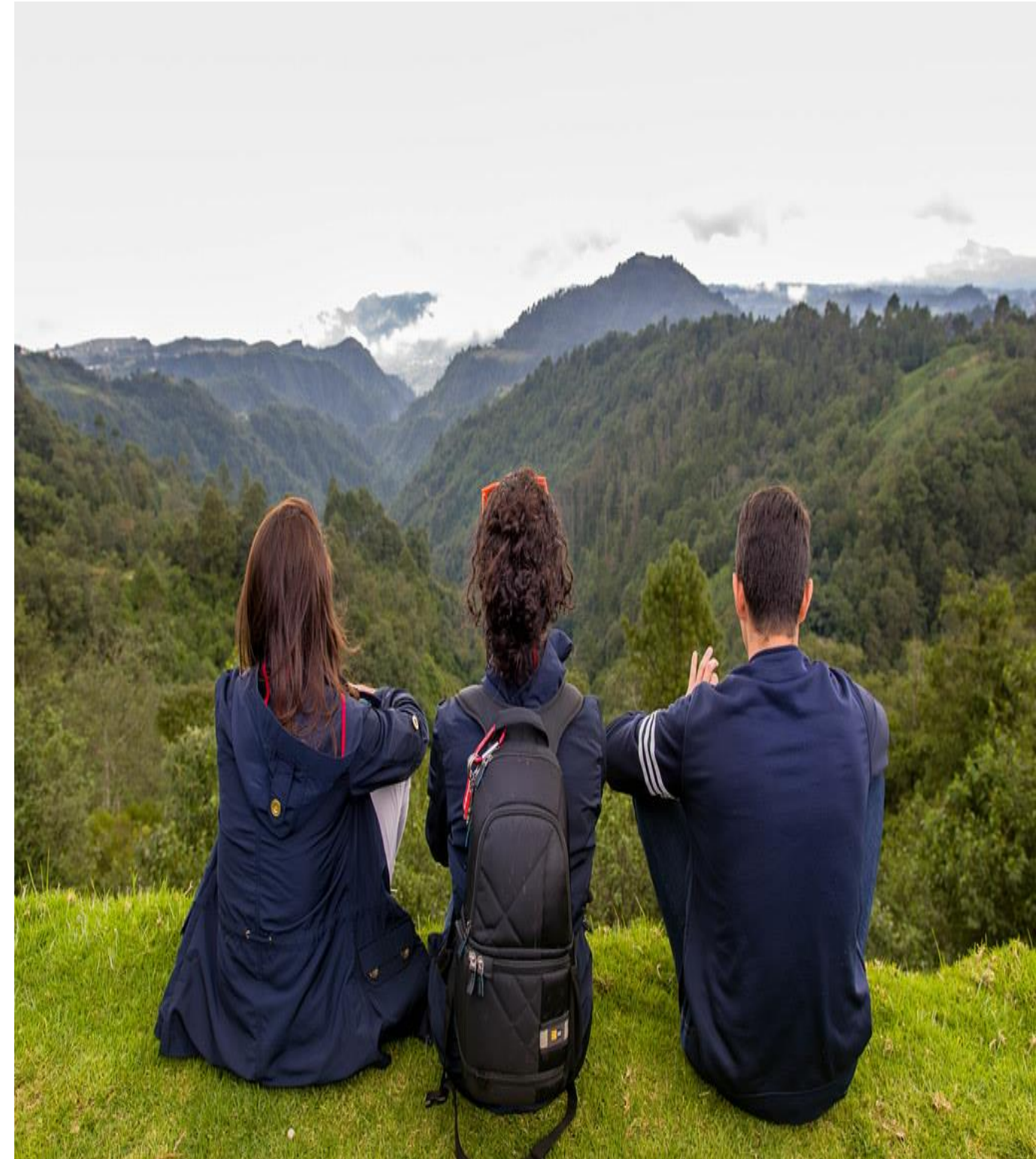
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Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.”

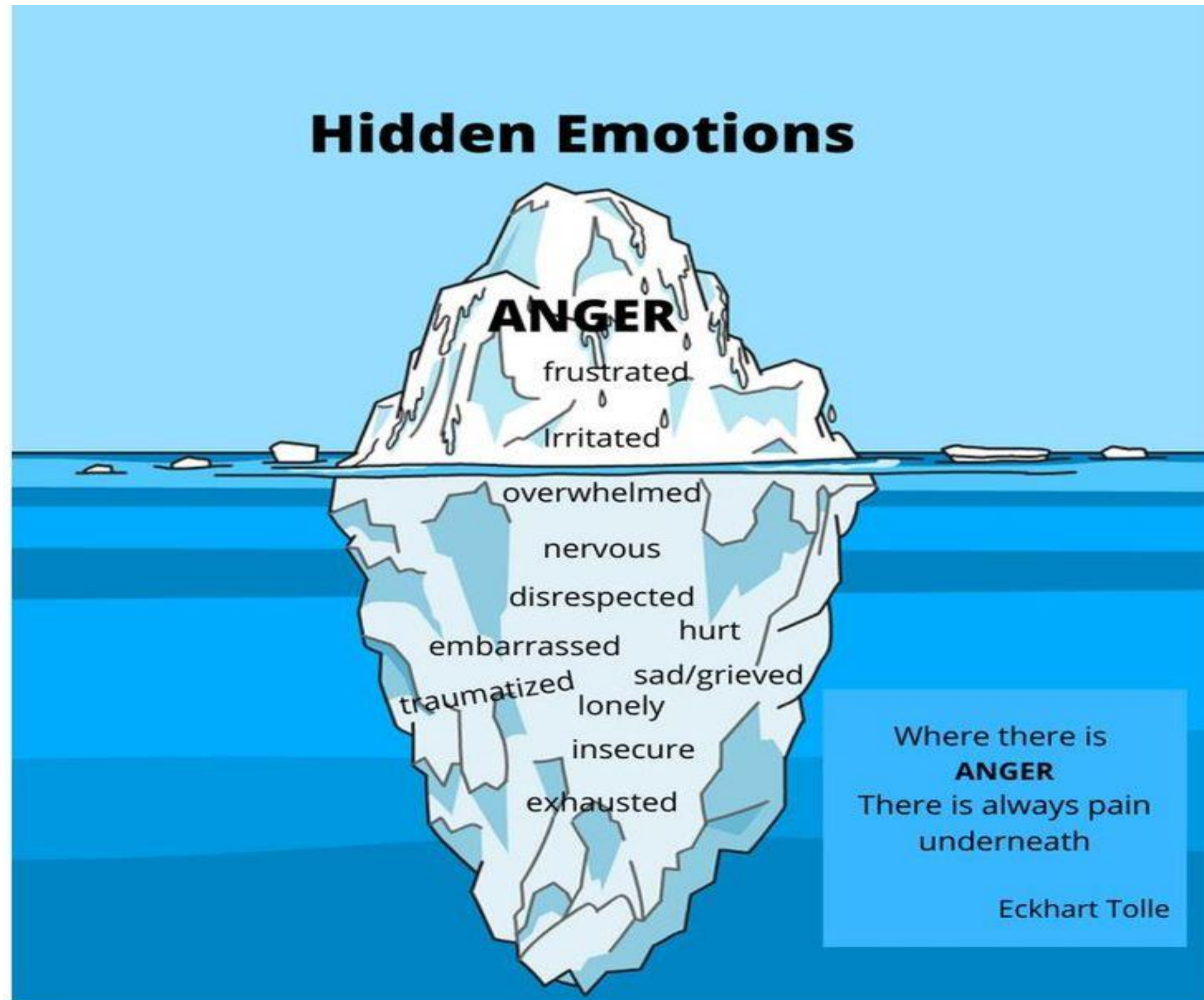
(Young Minds, 2018)

Trauma can affect individuals, groups and communities

Trauma-informed practice is an approach to health and care interventions which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development



What behaviours may indicate a person has experienced trauma?





What stood out for you
from that video?



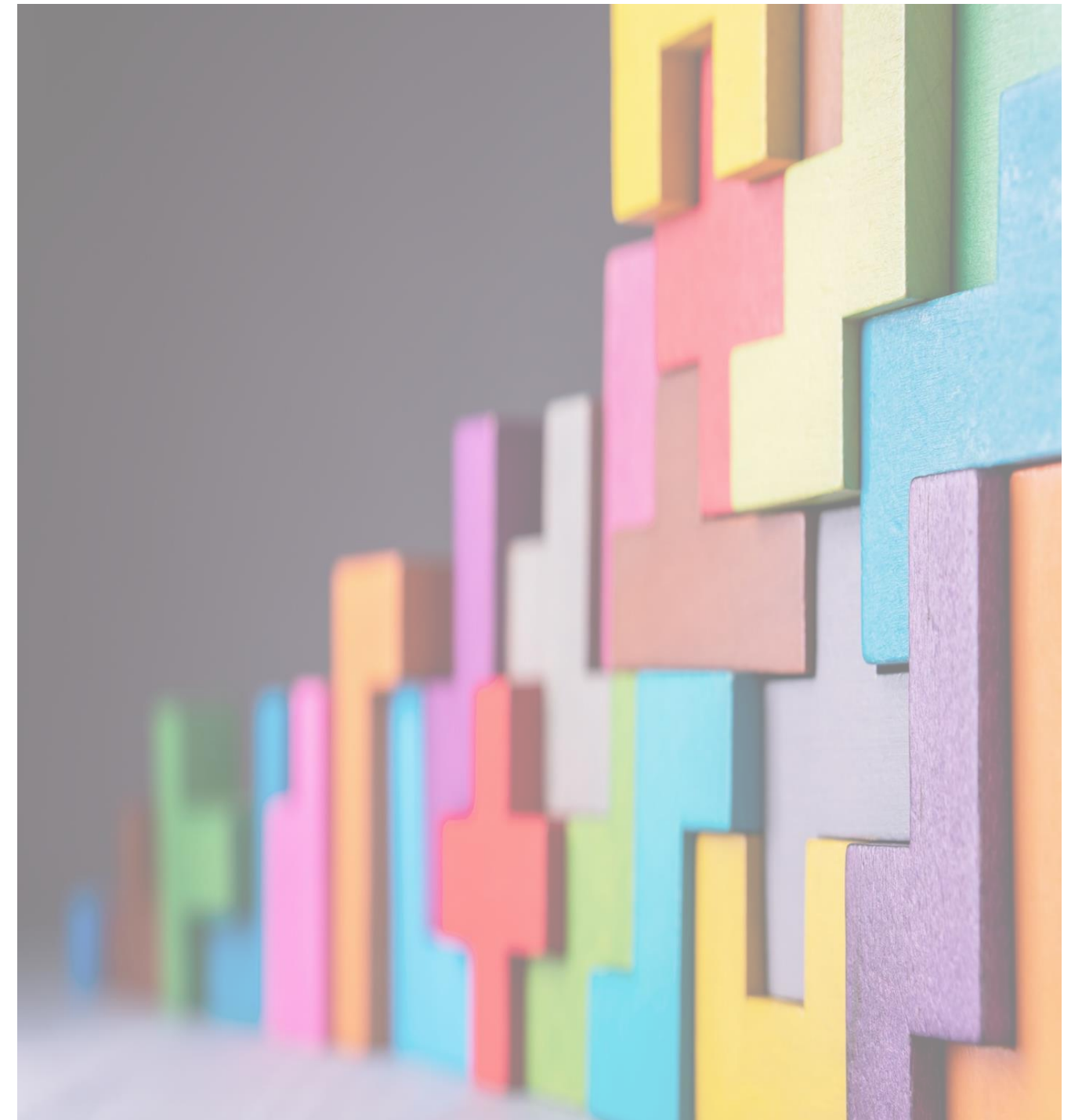
As youth workers how should we work with a young person displaying these behaviours?



Youth work is underpinned by a clear set of values. These include:

- Young people choosing to take part.
- Utilising young people's view of the world.
- Treating young people with respect.
- Seeking to develop young people's skills and attitudes rather than remedy 'problem behaviours'.
- Helping young people develop stronger relationships and collective identities.
- Respecting and valuing differences.
- Promoting the voice of young people.

•- Source: National Youth Agency



There are 6 principles of trauma-informed practice

- safety,
- trust,
- choice,
- collaboration,
- empowerment
- cultural consideration



Safety

The physical, psychological and emotional safety of service users and staff is prioritised, by:

- people knowing they are safe or asking what they need to feel safe
- there being reasonable freedom from threat or harm
- attempting to prevent re-traumatisation
- putting policies, practices and safeguarding arrangements in place



Trustworthiness

Transparency exists in an organisation's policies and procedures, with the objective of building trust among staff, service users and the wider community, by:

- the organisation and staff explaining what they are doing and why
- the organisation and staff doing what they say they will do
- expectations being made clear and the organisation and staff not overpromising

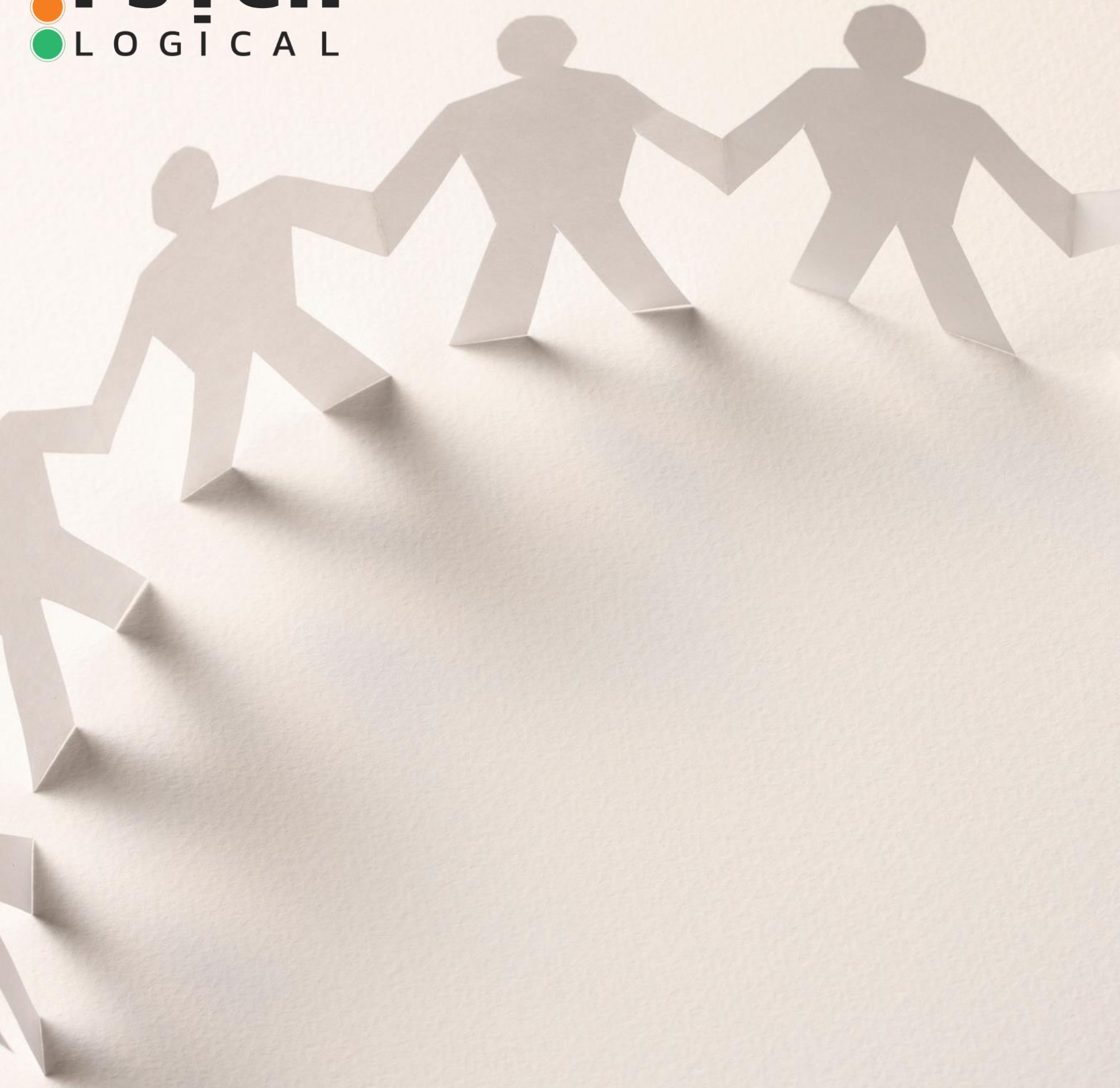


Choice

Service users are supported in shared decision-making, choice and goal setting to determine the plan of action they need to heal and move forward, by:

- ensuring service users and staff have a voice in the decision-making process of the organisation and its services
- listening to the needs and wishes of service users and staff
- explaining choices clearly and transparently
- acknowledging that people who have experienced or are experiencing trauma may feel a lack of safety or control over the course of their life which can cause difficulties in developing trusting relationships





Collaboration

The value of staff and service user experience is recognised in overcoming challenges and improving the system as a whole, by:

- using formal and informal peer support and mutual self-help
- the organisation asking service users and staff what they need and collaboratively considering how these needs can be met
- focusing on working alongside and actively involving service users in the delivery of services

Empowerment

Efforts are made to share power and give service users and staff a strong voice in decision-making, at both individual and organisational level, by:

- validating feelings and concerns of staff and service users
- listening to what a person wants and needs
- supporting people to make decisions and take action
- acknowledging that people who have experienced or are experiencing trauma may feel powerless to control what happens to them, isolated by their experiences and have feelings of low self-worth



Cultural consideration

Move past cultural stereotypes and biases based on, for example, gender, sexual orientation, age, religion, disability, geography, race, or ethnicity by:

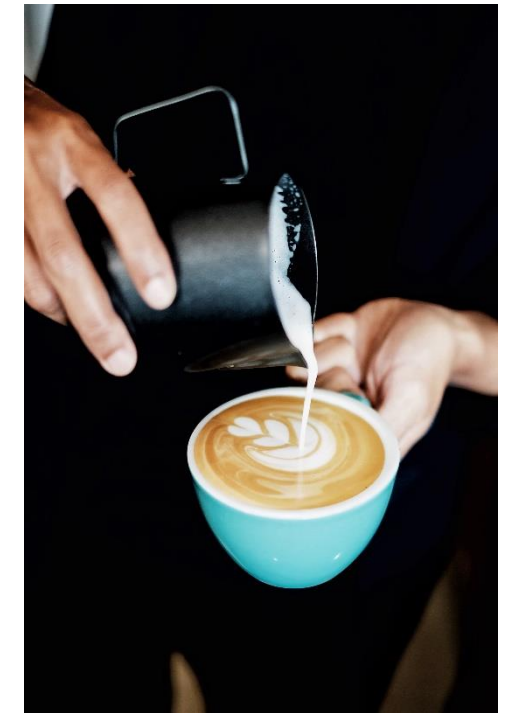
- offering access to gender-responsive services
- leveraging the healing value of traditional cultural connections
- incorporating policies, protocols, and processes that are responsive to the needs of individuals served



**As youth workers what
is our role and what
boundaries do we need
to consider?**



The role and boundaries required of youth workers to effectively support young people





#simplifyingsafeguarding
Recognise. Respond. Refer

Developing our own toolkit and resources to support young people

The More than Mentors team would like to ensure young people and their families can access support when needed.

ORGANISATIONS OFFERING FREE SUPPORT

COMMUNITY
LINKS

shout
85258 here for
you 24/7

Free crisis messenger, 24/7 support for all ages
www.giveshout.org | Text SHOUT to 85258

kooth

Online counselling support for ages 11-25
www.kooth.com

stem4

supporting teenage mental health
Free service & apps supporting mental health
for ages 11-19
www.stem4.org.uk

NHS

NHS talking therapies supports with common mental
health problems like stress, anxiety and depression
www.nhs.uk

ChildLine
0800 1111

Free and confidential helpline for
young people under the age of 19
www.childline.org.uk | 0800 1111
Everyday, 9am-5pm

Whatever
you're facing
We're here
to listen.
116 123
Samaritans

Free 24/7 call service for all ages
to talk about your issues
www.samaritans.org | 116 123

mind
for better mental health

Free advice and support to anyone
experiencing a mental health problem
www.mind.org.uk | 0300 123 3393

Believe in
children
Barnardo's

Provides support for vulnerable young people and
their families
www.barnardos.org.uk | 0208 558 8822

**Anna Freud
National Centre for
Children and Families**

Provide support for infants, children, young people
and their families from conception to 25
www.annafreud.org | 0207 794 2313

THE MIX

Provides support for anyone under the age of 25
www.themix.org.uk | 0808 808 4954

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Provide confidential support and advice to young people
under the age of 35 struggling with thoughts of suicide
www.papyrus-uk.org | 0800 068 4141
Everyday, 9am-midnight

**citizens
advice**

Online free advice from Citizens Advice
to help you find a way forward
www.citizensadvice.org.uk | 0800 144 8848
Mon-Fri, 10am-4pm

myh muslim
YOUTH
helpline

Free and confidential counselling service for young Muslims,
available nationally via the telephone, email, live chat
www.myh.org.uk | 0808 808 2088

YOUNG MiNDS

Provides advice & support to young people affected by mental health
www.youngminds.org.uk | 0808 802 5544
Mon-Fri, 9:30am-4pm

Beat
Beating the Odds

Provides support 365 days a year to people who
have or are worried they have an eating disorder
www.beateatingdisorders.org.uk | 0808 801 0677

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

Confidential support to people
experiencing difficulties
www.thecalzone.net
0800 58 58 58
Everyday, 5pm-midnight

COMMUNITY
LINKS



Barking &
Dagenham



Additional support

We offer a complete package of safeguarding, behavioural and youth work training and consultancy from audits, policy development, training and DSO coaching

Join our mailing list for details of our safeguarding forums, funded resources and news letters

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