

EMPOWER

Building Resilient and Connected Communities Through Trauma Awareness.

Priesthill Househillwood and Nitshill Trauma-Informed Neighbourhood

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Background

In collaboration Sanctuary Housing and Health Improvement were successful in securing £240,000 in funding from the UK Government Shared Prosperity Fund. The funding has allowed for the thriving place community connector post to be retained and to employ an administrator to support the development of work. The funding has allowed us to build on the progress made through the Priesthill and Househillwood Thriving Place Programme and continue to enhance the efforts of the thematic groups; (children and young people, mental health and social isolation, poverty and food insecurity).

A new area of work within the application was to create a trauma-informed neighbourhood. Collaborating with the Resilience Partnership, Trauma Informed Parenting, Out the blue and Sarah Lathan, we are aiming for Priesthill, Househillwood and Nitshill to become the first trauma-informed neighbourhood in Glasgow.

Trauma-informed approaches have become increasingly cited in policy and adopted in practice to reduce the negative impact of trauma experiences and supporting mental and physical health outcomes. The National Trauma Transformation Programme (NTTP) was formed in partnership with the Scottish Government with the ambition of a trauma informed and responsive workforce, that is;

- Capable of recognising where people are affected by trauma and adversity,
- Able to respond in ways that prevent further harm and support recovery,
- Can address inequalities and improve life chances.

The programme states that Trauma is 'everyone's business' and every member of the Scottish workforce has a role to play in understanding and responding to people affected by trauma. We aim to incorporate this ethos not just within the local workforce, but also among community members.

Creating a trauma-informed neighbourhood helps individuals understand and address the impacts of trauma, fostering resilience and support among community members. By creating an environment where people feel informed and supported, we can build a resilient neighbourhood that enhances overall well-being and mutual understanding. This approach promotes understanding, empathy, self-care, and healing, benefiting both the individual and the community as a whole.

Partners

Sanctuary Housing

Sanctuary Scotland is a leading housing association managing over 11,000 homes across 11 Local Authorities. They have been the anchor organisation for Priesthill and Househillwood since the development of Thriving Places taken an Asset Based Community Development and Trauma Informed and responsive approach to working with the communities they serve, recognising and celebrating their diversity and their right to drive the changes they wish to see in their own neighbourhoods.

Health Improvement

The Health Improvement staff have pro-actively been involved in the Thriving Place area since its inception. They lead the thematic groups and have played a crucial role in shaping the initiatives within this area.

Resilience Learning Partnership (RLP)

Resilience Learning Partnership is a lived experience led organisation, they work alongside organisations to help them explore and understand the role of lived experience when implementing Trauma Informed Practice (TIP). Their work includes; strategic and leadership support, education and training, awareness raising sessions and various types of project work. In 2023 RLP become national partners alongside the Scottish Government, NES, COSLA & Improvement Services in the National Trauma Transformation Programme (NTTP)

Trauma Informed Parenting (TIP)

TIP is a national charity who offer workshops and support for parents, carers, teachers and anyone living or working with children with challenging behaviours due to trauma or additional needs to apply a “trauma lens”. These parenting techniques are for all children. Not only children with trauma. The workshops aim is to improve mental health and wellbeing, change generational patterns of behaviour by giving parents and caregivers an awareness of the trauma informed approach and how we can reduce challenging behaviours with curiosity, calm and connection.

Out the Blue

Out of the Blue with Lee is a community-centred therapeutic practice dedicated to meeting individuals where they are—both physically and emotionally. As a community therapist, Lee understands the profound impact of trauma and the importance of creating spaces where safety, trust, and connection can flourish. Through compassionate, trauma-informed care, Out of the Blue foster empowerment, and resilience, helping people regain their sense of agency and wholeness.

Sarah Lathan

Experience SEN teacher and author of the Trauma informed classroom; Based on research and real-world experiences, creating a Trauma-informed Classroom equips

teachers of both primary and secondary phases to create compassionate and trauma-sensitive learning environments by suggesting and explaining up to date and practical strategies. Sara holds a vision for Scotland's teachers, children and policymakers: "I truly believe that all classrooms can and should become trauma responsive."

Key Components of the Project

Raising awareness about trauma and its impacts is the first step in building a resilient supportive neighbourhood. Understanding how trauma affects individuals can lead to more compassionate interactions and reduce stigma.

Educating the Community:

- Workshops to inform the community about trauma, its signs, and how it manifests in behaviour.
- Engagement: Encouraging conversations around trauma to normalise discussions and promote healing.

Connecting Communities - Creating a network of support within the community is crucial. This involves:

- Community Breakfasts/Lunches, Community Events and Activities to bring people together to share experiences and resources.
- Parent support groups, and bereavement support groups: groups where individuals can connect and support each other in a safe environment. – Parent support groups, bereavement support groups
- Building partnerships with other organisations to provide comprehensive support services for individuals and families affected by trauma.

Trauma-Informed Leadership

- Leadership Training: Leaders need to model trauma-informed practices and encourage a culture of empathy and understanding.
- Policy Development: Implementing policies that support trauma-informed approaches within organizations and institutions.

Trauma Awareness Sessions for Staff

The initial focus will be on staff members at Pollok Civic Realm, Silverburn Centre, and local voluntary and statutory organisations. The sessions include:

- What is Trauma-Informed Practice
- Understanding Trauma: the basics of trauma, including its causes and effects.
- Practical Skills: Equipping staff with skills to recognise and appropriately respond to trauma-related behaviours.

Teacher Training

Educational staff play a pivotal role in developing a trauma-informed neighbourhood. By integrating trauma awareness into educational settings, we enable teachers to recognise and address trauma in the classroom and create classroom settings where children and young people feel secure and supported, allowing for better learning and personal growth. This will also help develop strong, supportive relationships between Teachers, pupils, and parents.

Parent Sessions

All educational institutions in the area will have the opportunity to participate in a 4-hour Trauma-Informed Parenting Workshop (delivered over 2 sessions), followed by a 4-week support group that meets for one hour each week to explore tools and practical applications further. These will;

- Foster stronger therapeutic relationships between parents and children, enhancing overall wellbeing, conflict resolution and Improve relationships and engagement.
- Create a safe environment for children to express negative emotions appropriately.
- Increases awareness among adults of their own triggers and stress reactions.
- Helps reduce stress, enabling children to feel safer and calmer.
- Boosts children's confidence and resilience.
- Reduces instances of challenging behaviours in children.

Parents are also invited to join a social media support group operated by Trauma Informed Parenting which adds to the sustainability of the initiative.

Feedback so far

The initial sessions delivered have been received positively and appreciated.

- Thank you so much for everything you have taught us. We've all appreciated everything over the past few weeks and have all found our home lives a little easier to deal with.
- Thank you for opening our eyes to a whole new world of emotions.
- We have all taken so much from the last few weeks which has helped us build a healthier relationship and connection with our kids.
- Positive reinforcement's have been a hit in my house.
- The workshops helps see things from a different perspective and understanding why behaviours happen.
- It's a work in progress but we are trying our best to deal with things more calmly
- Life has changed, small steps but very very happy with my new approach to parenting.
- I've noticed a difference in my relationship with my child. Thank you.
- I have found the workshop very helpful. I have took on board so many tips and strategies learned there.
- 100% notice a difference with both of my children, knowing their triggers and signals. I know now how to navigate how to deal with certain situations. Learning how to love them a little extra even when times get tough.

This positive response highlights the community's readiness to embrace trauma-informed practices and suggests a strong foundation for future initiatives.

A trauma-informed community is not just beneficial for individuals who have experienced trauma, but it also strengthens the community as a whole. Incorporating trauma-informed practices across various sectors, such as health, housing, education, and community organisations, not only aids in the healing process for those affected but also promotes a culture of empathy and resilience. As more Organisations and individuals embrace these practices, the potential for positive change and growth increases, leading to a healthier, more cohesive, resilient Neighbourhoods.

In conclusion, the Trauma Informed Neighbourhood area serves as a powerful model for other communities aiming to implement transformative initiatives. By prioritising health and resilience, it not only addresses the immediate needs of its residents but also fosters a supportive environment that encourages long-term well-being. This approach highlights the importance of community cohesion and proactive strategies in overcoming challenges, paving the way for a healthier future for all.