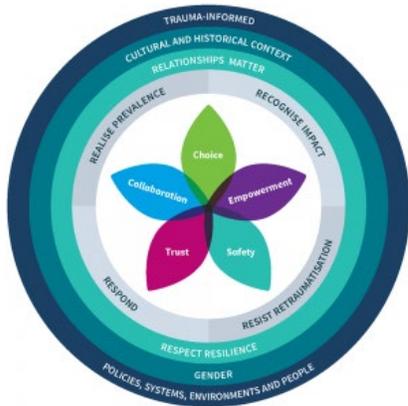


# Trauma Informed Week- Forth Valley

## October 26<sup>th</sup>- 30<sup>th</sup> 2020



### ‘Trauma is Everybody’s business’

Psychological trauma is more common than most people think, and we know that the impact of trauma can be a barrier to people receiving equitable services.

We can all help remove these barriers by being *Trauma Informed*. Join us in acknowledging the 5 principles of trauma informed practice and taking an action each day during our awareness week.

### Monday: Safety

Action: Watch [Opening Doors](#)/[Sewing Seeds](#) videos & plan a self- assessment of your service using the Trauma Informed Lens tool (available on our [webpage](#)). Email [fv.traumainformed@nhs.scot](mailto:fv.traumainformed@nhs.scot) to book a consultation to support your team using this tool.

### Tuesday: Trust

Action: Identify your teams training needs (using [NES training plan](#)) and commit to relevant training. Staff who have a duty to respond to the people they work with are likely to benefit from completing this free [Trauma Skilled e-module](#) \*. Contact [fv.traumainformed@nhs.scot](mailto:fv.traumainformed@nhs.scot) with all other training requests.

\* (Registration with Turas learn is necessary for access, but anyone with an email address, no matter what their location or role is, can register).

### Wednesday: Choice

Action: Staff wellbeing is essential to a trauma informed environment. Check in on your colleagues today and think about how you support each other. Consider the Staff Wellbeing & Manager e-modules, listed on our [webpage](#).

### Thursday: Collaboration

Action: Including the perspective of lived experience is key to being truly trauma informed. Today, consider how the voice of experience is heard in your team, and how meaningful coproduction can be included in your service planning & decision making.

### Friday: Empowerment

Action: Reflect and commit to making changes to become a more trauma informed service. Keep an eye on our [webpage](#) for updates and details of live, locally based events. And contact [fv.traumainformed@nhs.scot](mailto:fv.traumainformed@nhs.scot) for any further queries around support and consultation to help your team become more trauma informed.