

Trauma Informed Lens Tools & Guidance

There are 2 options when considering a trauma informed review of your service;

1. Self-assessment rating and planning tool for use by individuals/teams. This document summarises how to use this tool.
2. Or a Video led workshop for discussion with accompanying planning tool (see details on how to access below).

Self-assessment rating and planning tool

The self led 'Trauma Informed Lens tool' can be used in an actual or visualised walkthrough of your service. Ideally multiple team members (and perhaps even people who use your service) will be invited to rate and flag different elements of your organisation's practice.

The tool can be accessed here;

<https://transformingpsychologicaltrauma.scot/resources/national-trauma-training-programme-online-resources-summary/> under the STILT Taking a Trauma Informed Lens to your Organisation Workshop section, entitled 'Trauma Informed Lens tool'.



Guidance*

- Decide who will rate the tool and set aside 1-2 hours to do an actual or visualised walkthrough of your organisation from the perspective of someone using your service. You may do this across different shifts/times/days and by different staff. Please review the full form before beginning as you may find it useful to go back and forth through the tool to make notes (Pages 3-5) or find prompts (Page 6).
- Page 1 can be used to consider the different elements of a person's journey through the service, from access (for example, the referral process) to the environment, to their experience of support. You may think about all of these, or just some in your walkthrough.
- Page 2 provides a list of each element and invites you to 'rate' each element as it applies to your service as it is now. **Green indicates trauma informed (i.e. adheres to the principles of offering choice, collaboration, trust, safety, control & empowerment), Amber indicates some areas for improvement and Red indicates something is not trauma informed. A red flag by contrast indicates that something is actively likely to traumatise/re-traumatise people using your service.** Include details about policy/practice/behaviours you have identified from your reflection/discussion to evidence why you gave that rating.
- Page 3 focuses on the Green, things to continue and do more of. Here you can go into detail about what is going well.
- Page 4 provides a place to consider the Red Flag and Red ratings, things to Stop or Change. You may consider the Amber ratings here too to think about what could be improved.
- Page 5 provides spaces to consider new practices, things to add in. These may arise from; consideration of gaps in your current practice, new approaches to doing things or indeed be inspired by the Amber, Red and Red Flag ratings.

* Created by 'NHS Forth Valley trauma informed prisons group' members. Please share any suggested changes with fv.traumainformed@nhs.scot

