



09 November 2023

Nourish to Flourish

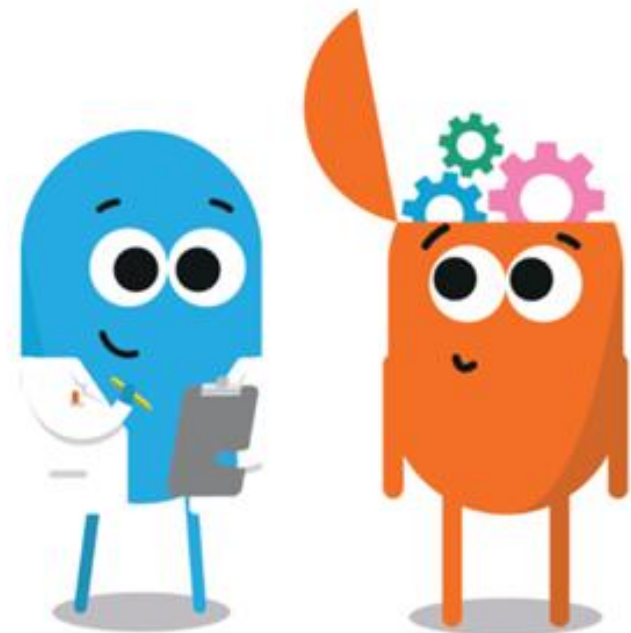
Regulate through
the senses

Believe in
children
 Barnardo's

Trauma Informed Partnership in Leicester, Leicestershire and Rutland

- Initially, the local Violence Reduction Network (VRN) secured Home Office funding for a trauma-informed training programme for the multi-agency workforce and partnered with Barnardo's to design and deliver the training.
- Public health is now funding the delivery of the training to reduce health inequalities and tackle the underlying issues such as mental health deterioration, substance misuse and homelessness.
- We are also developing a toolkit on Trauma Informed Practice for Midwives and Health Visitors.

**TAKE
CARE**



Trauma in the workplace



Trauma

An event that overwhelms our ability to cope and results in changes in the way we feel; behave; see the world and others.



Secondary Trauma

It happened to somebody else, and we are exposed by hearing the story or working with trauma survivors and seeing/feeling the impact it had on them.



Some symptoms and signs:



Anxiety without a specific reason

Lack of empathy

Irritable/ Quick to anger

Inflexible

Difficult to fall asleep

Nightmares

Avoiding time with family and friends

Feeling tired all the time

No self-care

Difficulties in concentrating

Not interested in attending training

Unusual aches and pains in the body

Numbness

A change to the way you feel and behave

What can help?





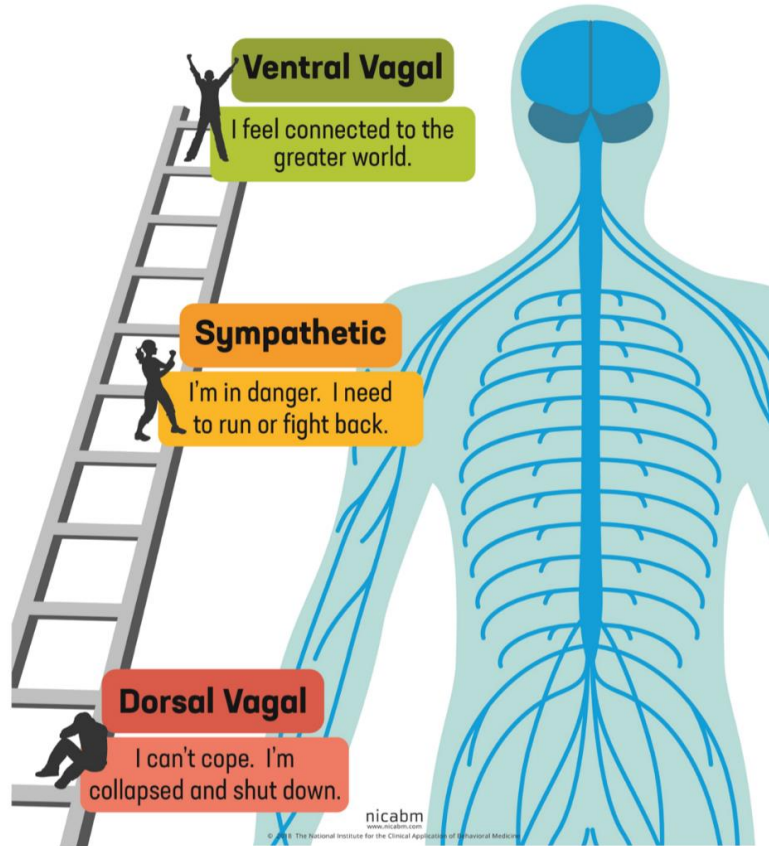
Polyvagal Theory

**What happens
when we feel
unsafe**

Polyvagal Theory: The Autonomic Ladder

Understanding the Nervous System

Adapted from Deb Dana, LCSW



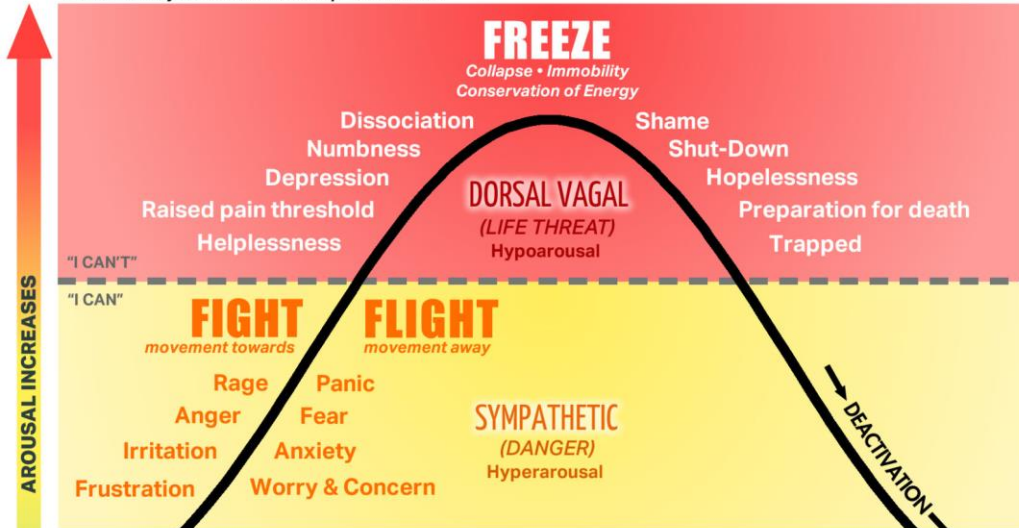
Polyvagal Theory

Stephen Porges

- Hierarchy
- Neuroception
- Co-regulation

POLYVAGAL CHART

The nervous system with a neuroception of threat:



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



VVC is the beginning and end of stress response.

When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

Trauma: Shark Infested Waters



Transitioning someone who has experienced trauma into a safe environment isn't going to immediately resolve their difficulties.



A traumatised child is likely to continually be in survival mode, until the trauma has been processed or resolved in some way.



Self-regulation is:

Coming back to feeling safe

Overcoming challenges that might come our way



Co-regulation comes before Self-regulation



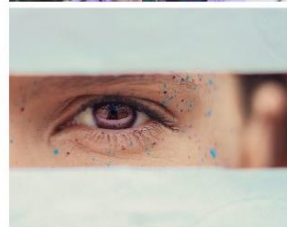
Polyvagal practices

- Extending exhales longer than inhales for a period
- Playing an instrument
- Movement
- Meditation
- Focusing on a peaceful image
- Reminiscing a peaceful memory
- Playful experiences
- Calm and soothing environment

**Anchor your
nervous
system to
support
Co-regulation**



Regulate Through the senses



smell

Down
Regulate

Texture

movement

Memories

Sensation

Feeling

UP Regulate

Temperature


Taste

sounds

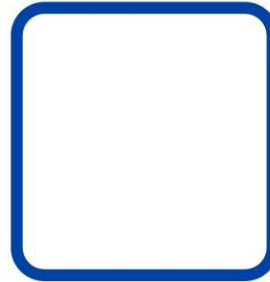
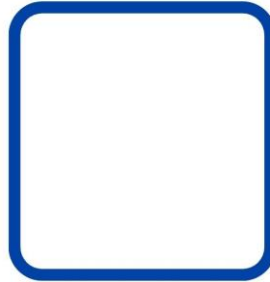
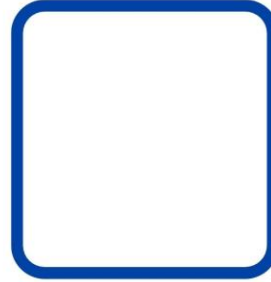
what it looks like



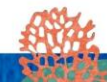
Believe in
children

 Barnardo's

MY ANCHOR



Adapted from Touch Base



If you have been affected by any issues discussed in this session, please contact someone.

- Call a colleague or your line manager
- Discuss any issues/reflections during supervision
- Find out what support is available in your organisation. Some organisations offer Employee Assistance Programme
- If it is urgent call Samaritans any time day or night for free on 116 123; email on jo@samaritans.org or visit their website where they have useful information <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- Contact your GP or NHS Mental Health Central Access Point on: 08008003302
- or visit Mind's Website for additional services that can offer support: <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

Other places that can offer support:

[TIP Wellbeing Support | LeicsVRN \(violencereductionnetwork.co.uk\)](#)

Quetzal - childhood sexual abuse (Women) <https://quetzal.org.uk/>

First Steps – Childhood Sexual Abuse (men) <https://firststepleicester.org.uk/>

Victim First –Living without abuse <https://lwa.org.uk/>

Juniper Lodge – Sexual assault and Rape <https://juniperlodge.org.uk/>

Ebb – Family support for those affected by imprisonment For more information visit [The Ebb Leicester's Facebook page](#) or email ebbleicester@gmail.com.

LGBT Centre <https://www.leicesterlgbtcentre.org/>

The Bridge - <https://www.bridgeleicester.org/>

Crisis Cafes - <https://www.leicspart.nhs.uk/wp-content/uploads/2023/08/V4-AUGUST-2023-Neighbourhood-Mental-Health-Cafe-Booklet.pdf>

The Bridge – wellbeing support for those affected by homelessness <https://www.thebridge-eastmidlands.org.uk/>

Thank you

www.barnardos.org.uk

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**For more information please
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