



**Straen
Trawmatig
Cymru**

**Traumatic
Stress
Wales**

An Introduction

Professor Jonathan I Bisson

Director



**GIG
CYMRU
NHS
WALES**

Pwyllgor Gwasanaethau Iechyd
Arbenigol Cymru (PGIAC)
Welsh Health Specialised
Services Committee (WHSSC)

Traumatic Stress Wales

- National initiative funded by Welsh Government
- Aims to improve the health and wellbeing of people of all ages living in Wales at risk of developing or with post-traumatic stress disorder (PTSD) or complex post-traumatic stress disorder (CPTSD)
- Co-produced, co-owned and co-delivered by all relevant stakeholders, including people with lived experience of PTSD and CPTSD

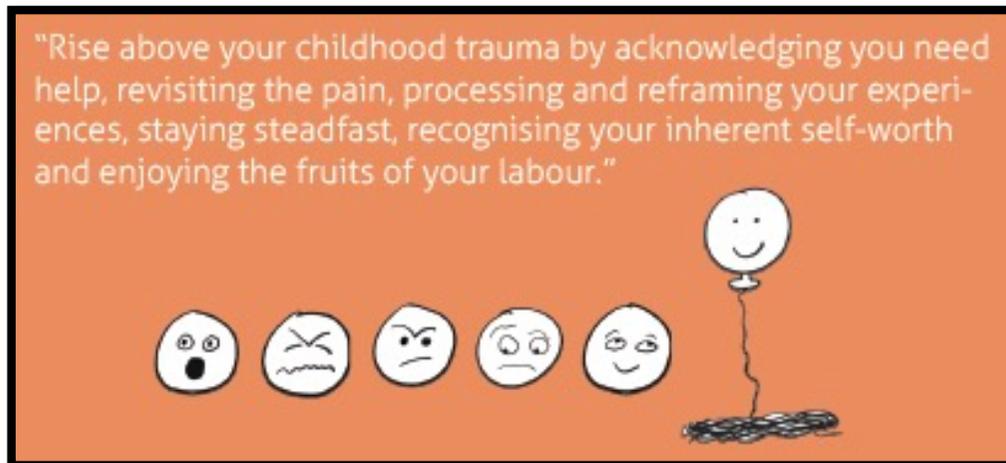
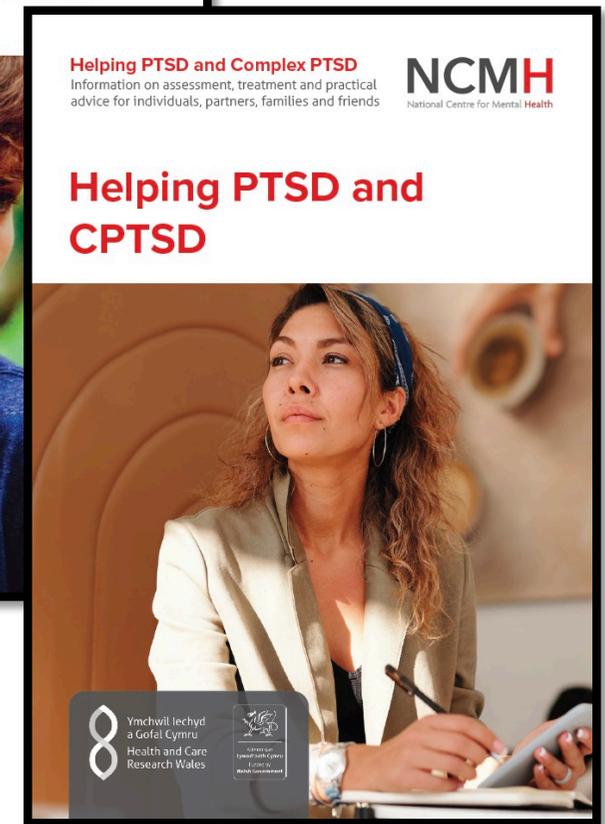
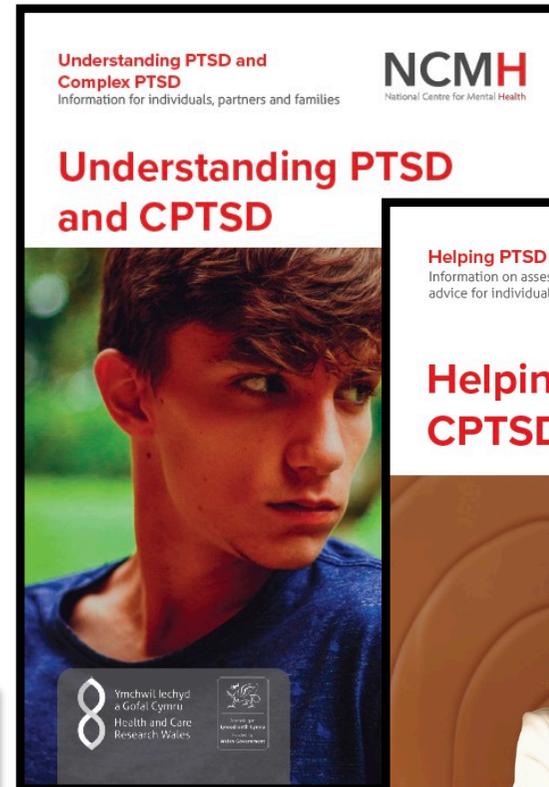


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Co-production and Public Involvement

- Public Advisory Group
 - Chaired by Sarah Cosgrove
 - Meets every two months
- Other public involvement
 - E.g., children and young people

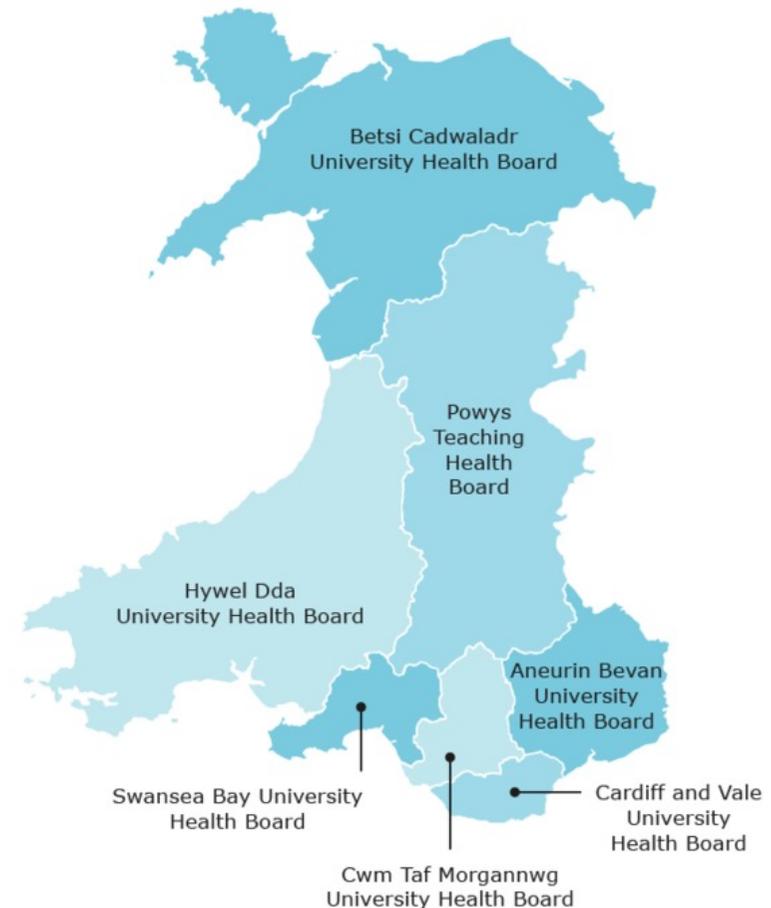


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Traumatic Stress Wales

- National hub within WHSSC
- Network of easily accessible, locally based services centred around the people they are trying to help
- Streamlined, cross-sector care pathways that avoid unnecessary repeated referral and assessment

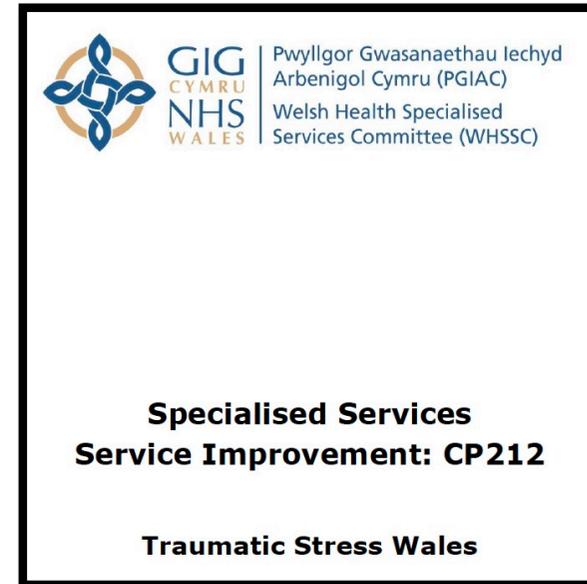


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Traumatic Stress Wales Principles

- Equitable access to evidence-based services
- Nationally agreed model of care and practice framework
- Functions and outcomes consistent, form of services may differ
- Continuously improving national approach
- National dataset to monitor and facilitate improvement



November 2020

Version 1.0

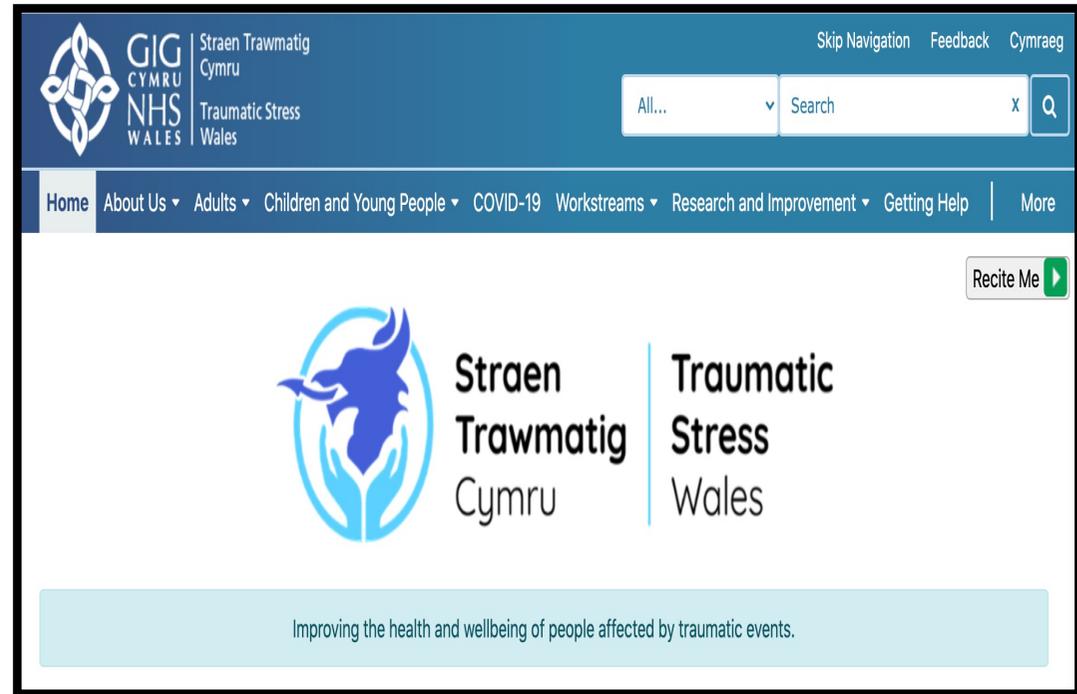


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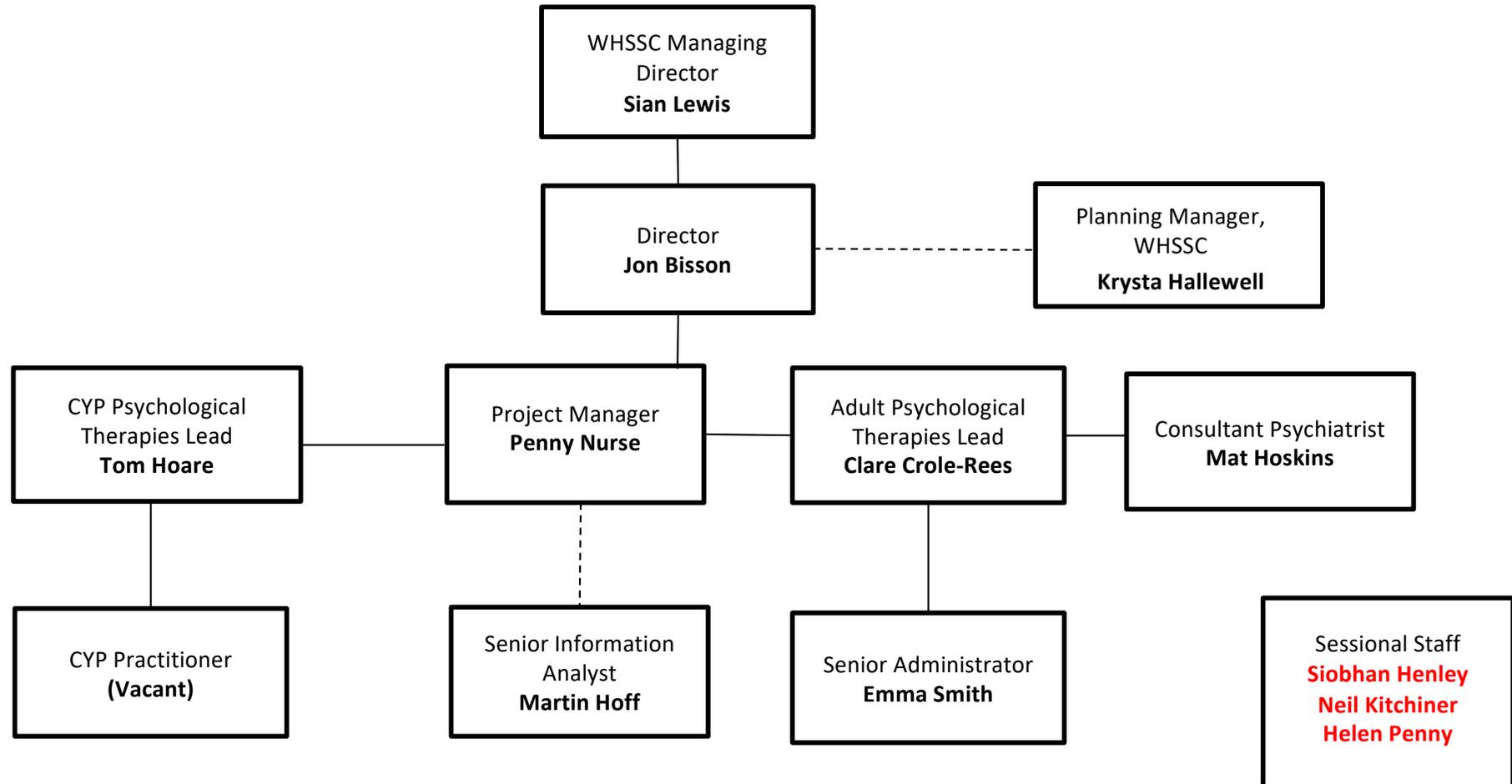
Traumatic Stress Wales Hub

- Leadership
- Co-ordination
- Communication
- All Wales materials
- Data processing and reporting
- Benchmarking
- Training
- Knowledge management
- Consultation
- Second opinions



<https://traumaticstress.nhs.wales/>

Traumatic Stress Wales Hub



Workstreams

- Children and Young People
- Perinatal
- Criminal Justice and Prisons
- Refugees and Asylum Seekers
- Sexual Assault
- Assessment and Outcomes



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Children and Young People

- Chaired by Dave Williams
- Cross-sector, multidisciplinary group established, with representation across Wales
- Examples of work
 - Matrics Plant evidence tables
 - Computerised guided self-help programme
 - Collaboration with young people, *Mind* and other partners on a big lottery bid
 - Website content



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Perinatal

- Multidisciplinary group with representation from the Birth Trauma Association, mental health, midwifery, health visiting and obstetrics
- Feeds into the all-Wales Perinatal Mental Health Board
- Focusing on developing an integrated pathway to improve identification and access to evidence-based interventions



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Criminal Justice and Prisons

- Chaired by Andrew Forrester
- Representation from prisons across Wales, youth custody, probation, police, third sector
- Separate WG funding
 - Mapping trauma pathways and evidence-based treatments in prisons
 - Identifying barriers and facilitators
- Planned development of an integrated care pathway



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Refugees, Asylum Seekers and Migrants

- Chaired by Anne Hubbard
- Cross-sector, multidisciplinary group
- Examples of work
 - Task & Finish Group proposal to support mental health and wellbeing
 - People with lived experience reference group established
 - Translation of resources into multiple languages
 - Collaboration with Welsh Government on circulars for primary care providers



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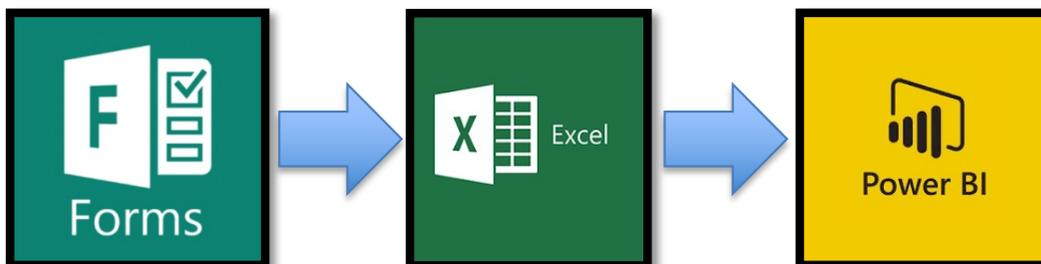
Sexual Assault

- Chaired by Jo Williams
- Cross-sector, multidisciplinary
- Feeds into the SARC Programme Board at NHS Collaborative
- Examples of work
 - Development of Welsh guidelines for pre-trial therapy
 - Quality indicators for the provision of trauma-focused therapies
 - Integrated sexual assault trauma pathway development



Assessment and Outcomes

- Chaired by Julian Willett
- National core dataset
 - *Improvement in my wellbeing*
 - *Being able to set, agree and achieve my own goals/outcomes*
 - *My experience and satisfaction*



Trauma-Informed Wales

THE 5 PRACTICE PRINCIPLES

A universal approach that does no harm and encompasses community-led approaches, prevention initiatives and specialist therapies to enable transformation within systems



Person centred: the person is always at the centre of a trauma-informed approach. It takes a co-productive, collaborative cross-sector approach to identifying, understanding and supporting the person's needs. It promotes psychological and physical safety by promoting choice, collaboration, transparency and empowerment.



Relationship-focused: safe, supportive, compassionate and trusting relationships are central to a trauma-informed approach



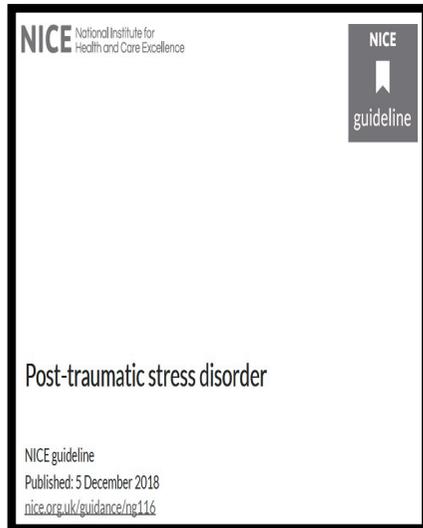
Resilience and strengths focussed: a trauma-informed approach builds on the natural resilience of individuals, families and communities



Inclusive: a trauma-informed approach recognises the impact of diversity, discrimination and racism. It understands the impact of cultural, historic and gender inequalities and is inclusive of everyone in society.

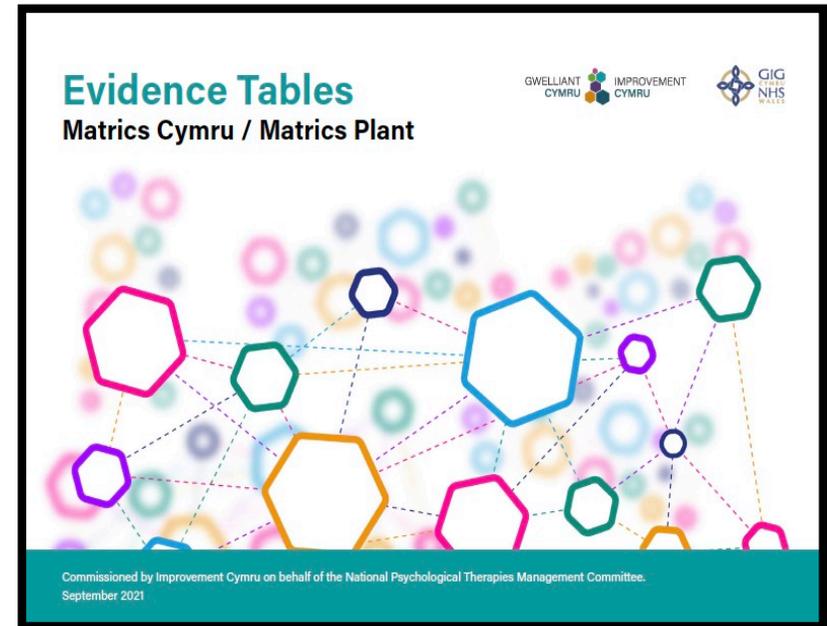
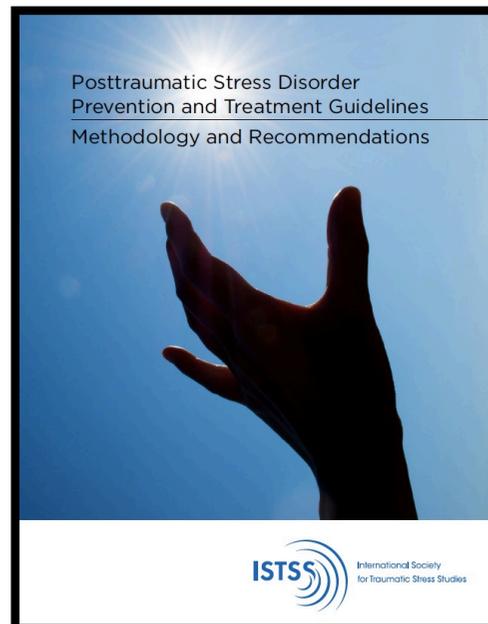


Evidence-Based Services



<https://www.nice.org.uk/guidance/ng116>

<https://www.istss.org/treating-trauma.aspx>



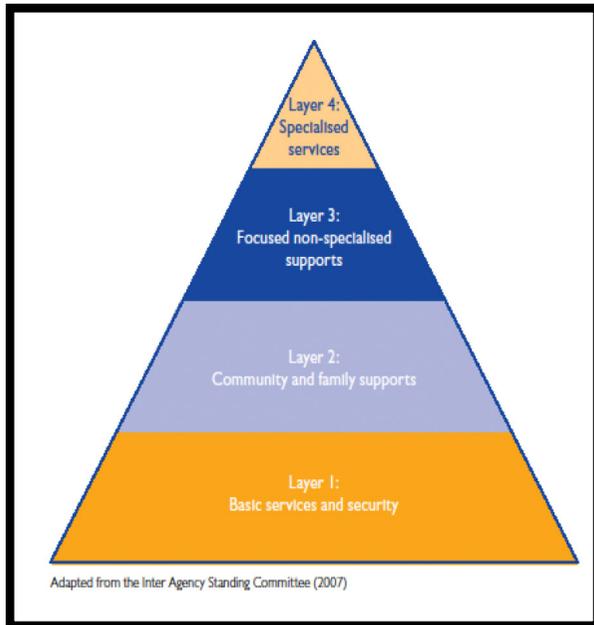
<https://phw.nhs.wales/services-and-teams/improvement-cymru/our-work/mental-health/psychological-therapies/resources-psychological-therapies/evidence-tables-evidence-tables-matrics-cymru/>



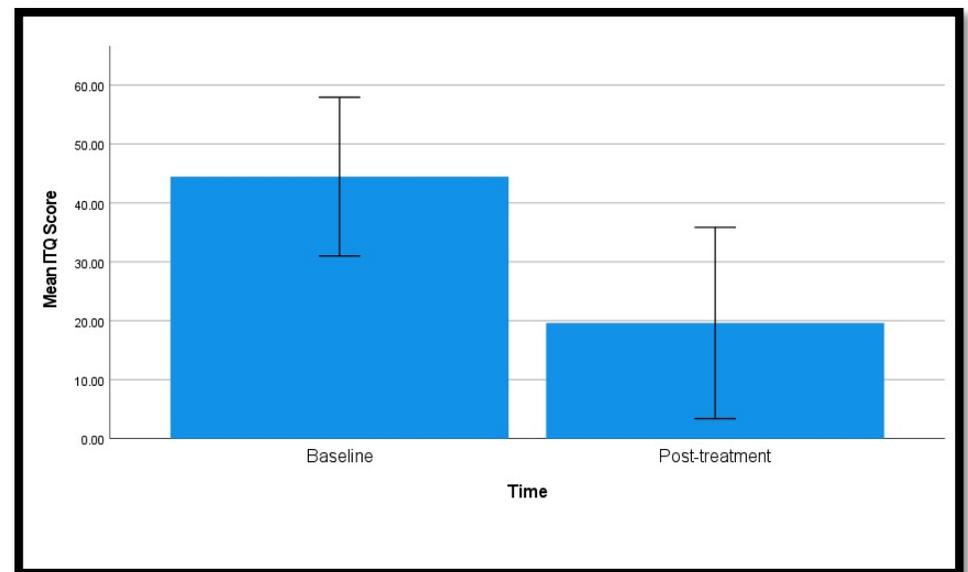
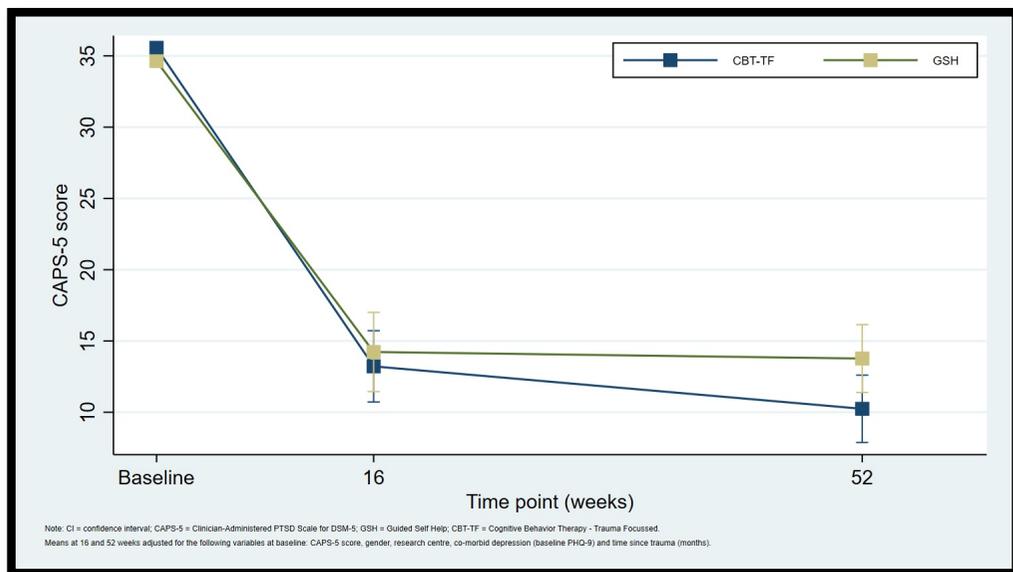
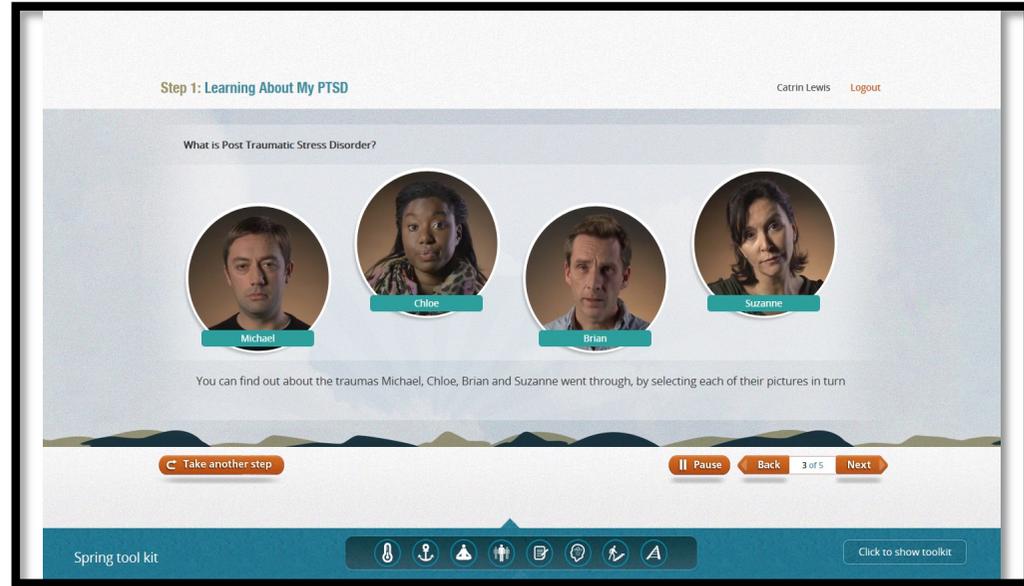
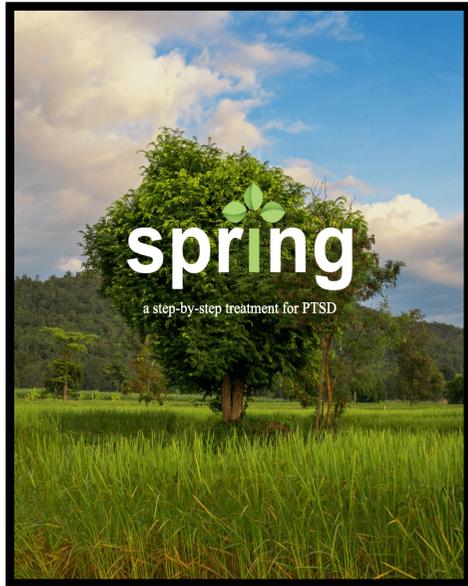
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Training in Evidence-Based Interventions

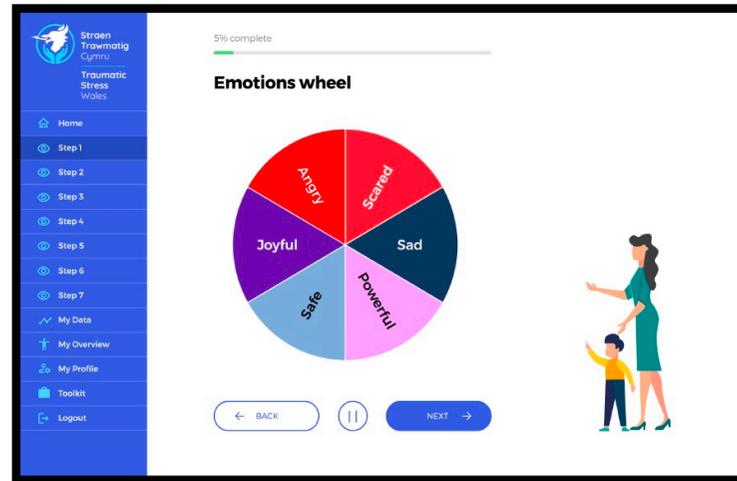


Guided Internet Based CBT-TF

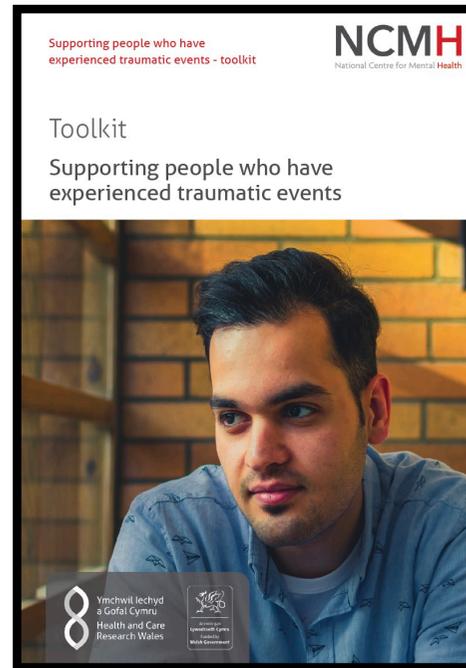
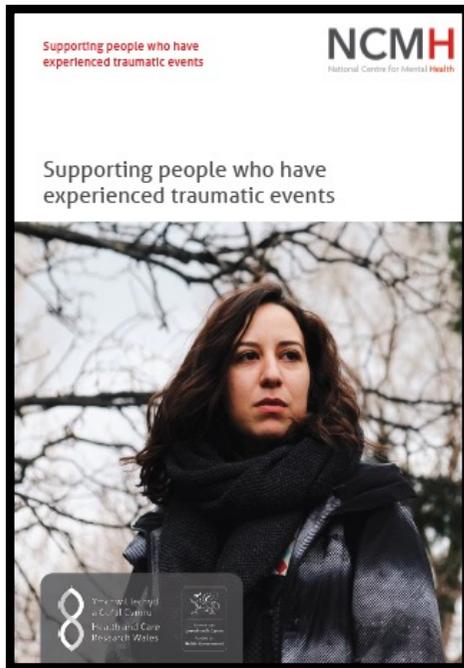


Research Collaboration with NCMH

- Interventions
 - PTSD
 - CPTSD
 - Prolonged Grief Disorder
 - CYP
- Evaluation
 - ITI, ITQ
 - Data Linkage



Resource Development



- Booklets, Website, Twitter - #TSW2022, Videos, E-learning



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2022/23 Planned Activities

- Continuing and developing current activity
- Community of practice/clinical network(s)
- Psychosocial response to major traumatic events/disasters
- Improving the health and wellbeing of people affected by traumatic events
- Contributing to national goals



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Improving the health and wellbeing of people affected by traumatic events.



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