

**What does trauma-informed mean?** A trauma-informed approach is being implemented across Portsmouth Children's Social Services so that we can recognise the longstanding impact of trauma on children, can be familiar with the signs and symptoms of trauma in children and young people, families, staff and can actively work to avoid re-traumatisation in those who have experienced trauma. The 5 key principles used are Safety, Choice, Collaboration, Trustworthiness, and Empowerment. These five key principles underpin the TIMOC approach and adds to staff knowledge and understanding.

**What is TIMOC?** The trauma-informed model of care project (TIMOC) has been in place in Portsmouth since 2018. It is an early intervention framework that recognises trauma is present and enables practitioners and foster carers to use practical tools to help improve wellbeing. It is a way of understanding and working with traumatised children to manage their distress and combines training and supervision to increase support for using the model with all CSC staff and foster carers. Please see OMG Trauma for more information on the signs and symptoms of trauma.

## 5 Elements of TIMOC

### **Understanding Trauma & Distress Screening Tool**

Learning about and understanding the short- and long-term effects of trauma is essential to be able to work alongside traumatised children and young people with empathy and curiosity. Current trauma theory and models are presented such as evidence on Adverse Childhood Experiences (ACES's) and the Trauma Recovery Model (TRM). A Distress Screening Tool (DST) is used to help identify emotional and wellbeing needs with children and young people and uses a solution focused approach to enable change to happen alongside the young person.

### **Sleep**

Sleep deprivation can be a symptom of trauma and sleep difficulties can affect general emotional wellbeing. The TIMOC model looks at screening tools for sleep (BEARS Sleep Screening Tool and Paediatric Sleep Disturbance Index) and informs which sleep intervention is most useful for young people. The three sleep interventions are 1) How to sleep well information, 2) a Sleep Pack or 3) the Body Clock Calculator. These tools have been designed to help children and young people to understand the importance of sleep and give them the power to make changes themselves with support.

### **Nutrition**

Eating well is vital for mental health and healthy living patterns. The TIMOC model explains the effects of semi-starvation (where a child has been deprived of food for a period of time) and how to manage these symptoms. Trauma is often linked with difficult food behaviours such as food avoidance or hoarding food and the training helps practitioners to come from a positioning of understanding the behaviour whilst encouraging healthy eating habits and being aware of cultural and religious differences in food.

### Continuing Bonds

Relationships are key to healing trauma and Continuing Bonds is a way of working that understands the importance of a relationship and connecting with the young person's future hopes and dreams. Understanding a young person's distress in terms of being 'dislocated' is also part of Continuing Bonds. There are strength-based tools that practitioners can use such as Genograms and the Tree of Life to help a young person find a way to talk about their trauma which is not re-traumatising.

### Fast Feet Forward & Managing Distress

Fast Feet Forward (FFF) is a sports-based approach for working with traumatised children and young people. The TIMOC training teaches the importance of this type of group and why running drills can help with symptoms of trauma based on EMDR therapy techniques. Several different tools such as grounding techniques, safe space imagery and relaxation are taught to manage distress as these are evidence-based techniques to improve emotional wellbeing.

#### How to learn more:

TIMOC Training is run by Dr Kate Benham (TIMOC Lead) and is available for Foster Carers and all CSC staff in Through Care Teams, Fostering, Family Support and Safeguarding as well as Team Leaders and Service Leads. Please check which training level you need (6 session, 3 session or TIMOC tools overview) before booking. It is available to book through the PLG for foster carers or [TIMOC@portsmouthcc.gov.uk](mailto:TIMOC@portsmouthcc.gov.uk) for staff.

#### Sources of support:

- Kooth- [www.kooth.com](http://www.kooth.com) Web based confidential support service available for YP's aged 11-18 (11-25 for care leavers), providing mental health and wellbeing support provided by trained counsellors.
- Young Minds- [www.youngminds.org.uk](http://www.youngminds.org.uk) Is a mental health charity providing support and information for children, young people and parents/carers. They also provide a YoungMinds crisis messenger service providing free, 24/7 crisis support across the UK by Texting YM to 85258.
- Samaritans- [www.samaritans.org](http://www.samaritans.org) provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. It is free to call 24/7 on 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- Childline- [www.childline.org.uk](http://www.childline.org.uk) is a counselling service for children and young people for under 19's. Call free 0800 11 11 during 9am- midnight or can speak online through 1-2-1 counsellor chat and via email.

#### Further reading:

Van der kolk, B (2015) *The body keeps the score: Mind, Brain and body in the transformation of trauma.*

Golding, K (2017) *Everyday parenting with security and love: Using PACE to provide foundations for attachment.*

Draper, A., Marcellino, E. & Ogbonnaya, C. (2020) Fast Feet Forward: Sports training and running practice to reduce stress and increase positive cognitions in unaccompanied asylum-seeking minors, *Counselling and Psychotherapy Research*, 00:1- 9.



One Minute Guide  
**Trauma Informed Model of Care (TIMOC)**



Beacon House- is a specialist therapeutic service for young people, families and adults who have free resources on understanding trauma. [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)

The National Child Traumatic Stress Network (2003) Complex Trauma in Children and Adolescents by SAMHSA

One Minute Guide for Trauma