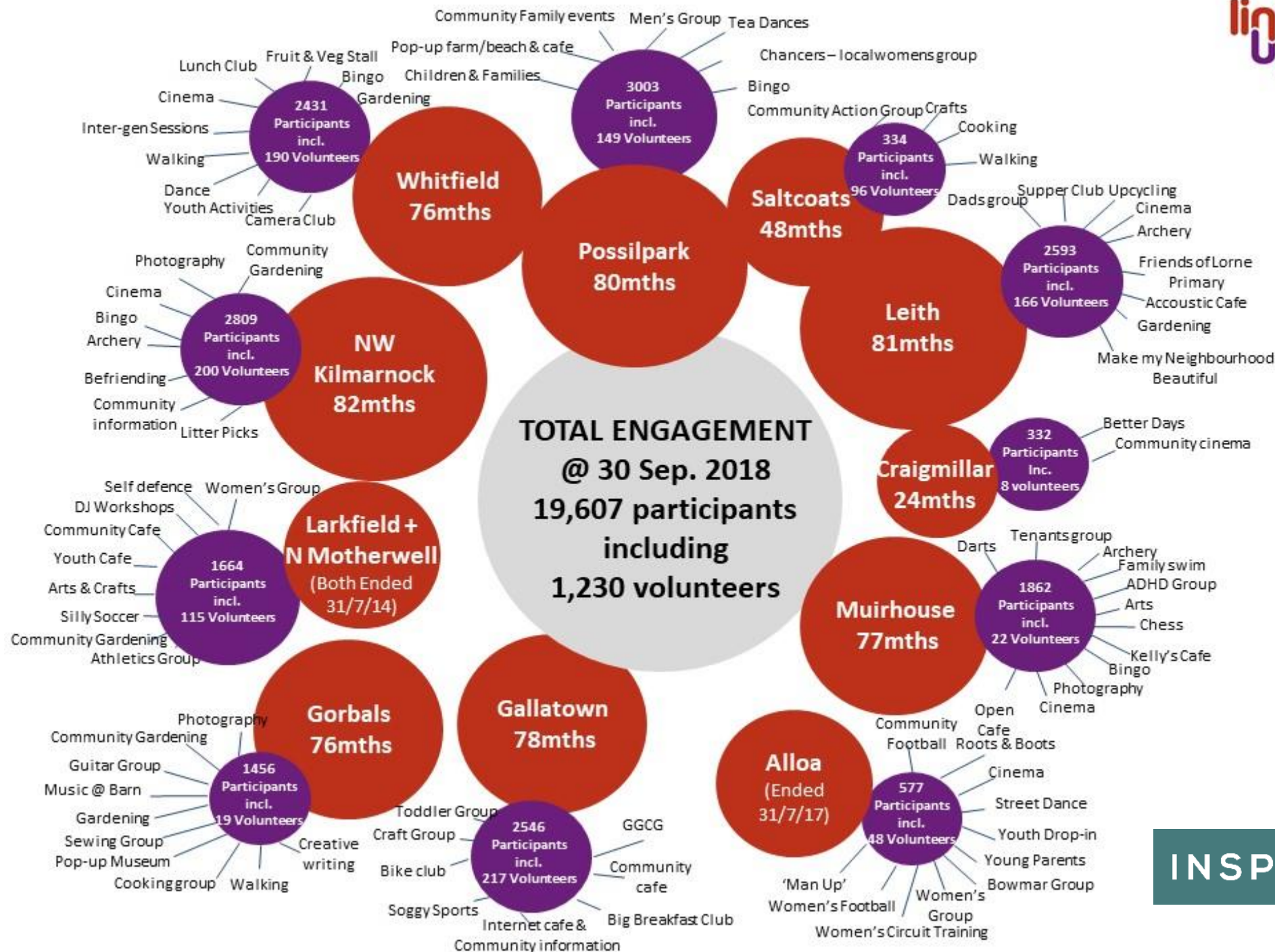




What a community response to ACEs can look like

Marie-Amélie Viatte
Link Up Performance Advisor

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Relationships

**What's the
magic?**

Empowered

**Safety &
consistency**



Trust

Holistic



**Wider social
determinants of health**

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Promoting a trauma-skilled culture

- Fostering a community of our own
- Regular, on-tap 1:1 support (operational and wellbeing)
- Tailored specialist training
- Access to Pro Bono supporters
- Additional specialist support & supervision?



- Trained, valued, supported
- Trust, freedom, autonomy
- Playing to people's strengths, supporting fundamental human needs

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Impact on health

- A lot more contact w/ local ppl; more friends, less isolation & loneliness
- Feeling healthier physically mentally; more able to cope
- More confident
- A catalyst for individuals to take control and effect wider change for their community



Impact on individual with exp of ACEs/trauma:

- Volunteering, gaining new skills, qualifications, employment
- Entering recovery programme & sustaining recovery
- Securing permanent housing
- Reconnecting with estranged loved ones
- Less dependent on befriender/carer
- Accessing specialist support
- Suicide prevention
- Support around incarceration

“A key approach to tackling health inequalities is reducing social isolation by building strong communities.”

Sir M Marmot as quoted by Dr B Fisher

“Perhaps one third of people currently in hospital are there (...) because they are isolated individuals with poor networks of support.”

Julian Abel,
Palliative Care Consultant

“Health creation is the enhancement of health and wellbeing when individuals and communities achieve a sense of purpose, hope, mastery and control over their own lives and environment. It comes when people have contact with others, gaining confidence and then control.”

Dr B Fisher, vice chair of the New NHS Alliance

“Small investments in health-creating approaches deliver a big return – not just in physical and mental health improvement, but also in educational attainment and reduced crime.”

C2 Connecting Communities,
Exeter University's Medical School



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Keen to pick your brains!

How do we further refine our trauma-skilled practice inc. self-care?

How can we balance providing safety with being inclusive?

Can trauma-skilled workers create a trauma-informed community ripple?

