



## **Trauma Informed Practitioners (TIPs)**

The Hampshire and Isle of Wight Violence Reduction Unit (VRU) have commissioned Rock Pool, who are a credible ACE/Trauma Training organisation, to recruit and manage Trauma Informed Practitioners (TIPs) working from Waterlooville Police Station. The TIPs will work with police from April 2023 until March 2025 to help embed Trauma Informed Policing.

TIPs support for police was piloted in the Hampshire policing area from Sept 2021 to March 2022 and showed signs of making a positive difference. This pilot was the first of its kind in the UK i.e. trauma informed experts patrolling with police in a live police environment to help them embed trauma informed policing. This pilot continues to receive significant interest nationally including from the Home Office and other Violence Reduction Units (VRUs) across the UK.

A Trauma Informed Approach is founded upon Safety, Trust, Choice, Collaboration, Empowerment and Cultural Considerations. Supporting people in a trauma informed way can help those affected by the trauma of Adverse Childhood Experiences (ACEs) to heal and help reduce the risk of negative outcomes. Working in this way can help people to start to trust and feel safe, as well as reduce the risk of triggering. All elements focus on 'what has happened to this person', rather than 'what is wrong with them'? The approach highlights the potential negative impact of trauma as a result of earlier adverse or prolonged experiences, including poor attachment in early years, and how working in a trauma informed can help heal trauma, reduce the risk of re-traumatisation, and help break the cycle of trauma for generations to come.

Being Trauma Informed is about communicating in a certain way with the public and each-other, as well as focusing on self-care. It doesn't necessarily take any more time to work in a trauma informed way and does no harm to those who are unaffected by trauma, and much good to those who are.

The TIPs spend time getting to know the police teams and vice versa. They understand the challenges faced by Police. They go out on patrol with police, review body worn video footage, review PPN1s, observe people being booked into custody and observe stop and search and so on. The TIPs promote the use of Reflective Practice, which provides an opportunity to de-brief incidents that Police and TIPs attend to enhance learning. TIPs also produce de-personalised case studies to capture the value of Trauma Informed Policing.

This piece of work also includes training sessions for police officers and staff to improve knowledge and understanding of ACEs and trauma-informed practices. Eleven three-hour sessions have been implemented, covering an overview of trauma and ACEs, the impacts of trauma on the brain and how this links to offending behaviours, how trauma may present, and the benefits and practical considerations for trauma-informed policing. The training sessions had regular opportunities for interaction between trainee group and the trainer, with concepts regularly related back to ground level policing.