

Keeping Trauma 'Informed'

SBNI Trauma Informed Practice Team Newsletter: June 2025



Left to right back row: Trauma Informed Practice Team: Aileen McGuinness, Marian Molloy, Sheina Rigg, Orla Connolly.
Front row: Helen McKenzie, Director of Operations, SBNI, Jacqui Montgomery - Devlin, Professional Officer, SBNI

Welcome to the inaugural edition of the SBNI Trauma Informed Practice Team's newsletter! Our aim is to keep you connected, informed, and empowered. In each issue, we'll provide updates on our latest initiatives, share valuable research and resources, and highlight key events and achievements. It has been a busy few months, and while it would be impossible to include or reflect on everything, we hope you enjoy reading what we have been up to! We aim to foster a supportive community where relationships are built and nurtured, where knowledge and experiences are exchanged, ensuring that everyone is equipped with the tools and insights needed to make a positive impact on our shared trauma informed journey.

Programme for Government states that it will work across the Executive to embed trauma informed responsive systems, systems that help people to easily navigate and access the support they need, when they need it and for however long they need it. We will support the development of a trauma informed workforce, equipping staff at all levels with the skills needed to work in partnership with and empower people and communities. Thank you for joining us as we keep moving forward towards a more compassionate trauma informed Northern Ireland (NI).

Jacqui Montgomery Devlin
Professional Officer, SBNI

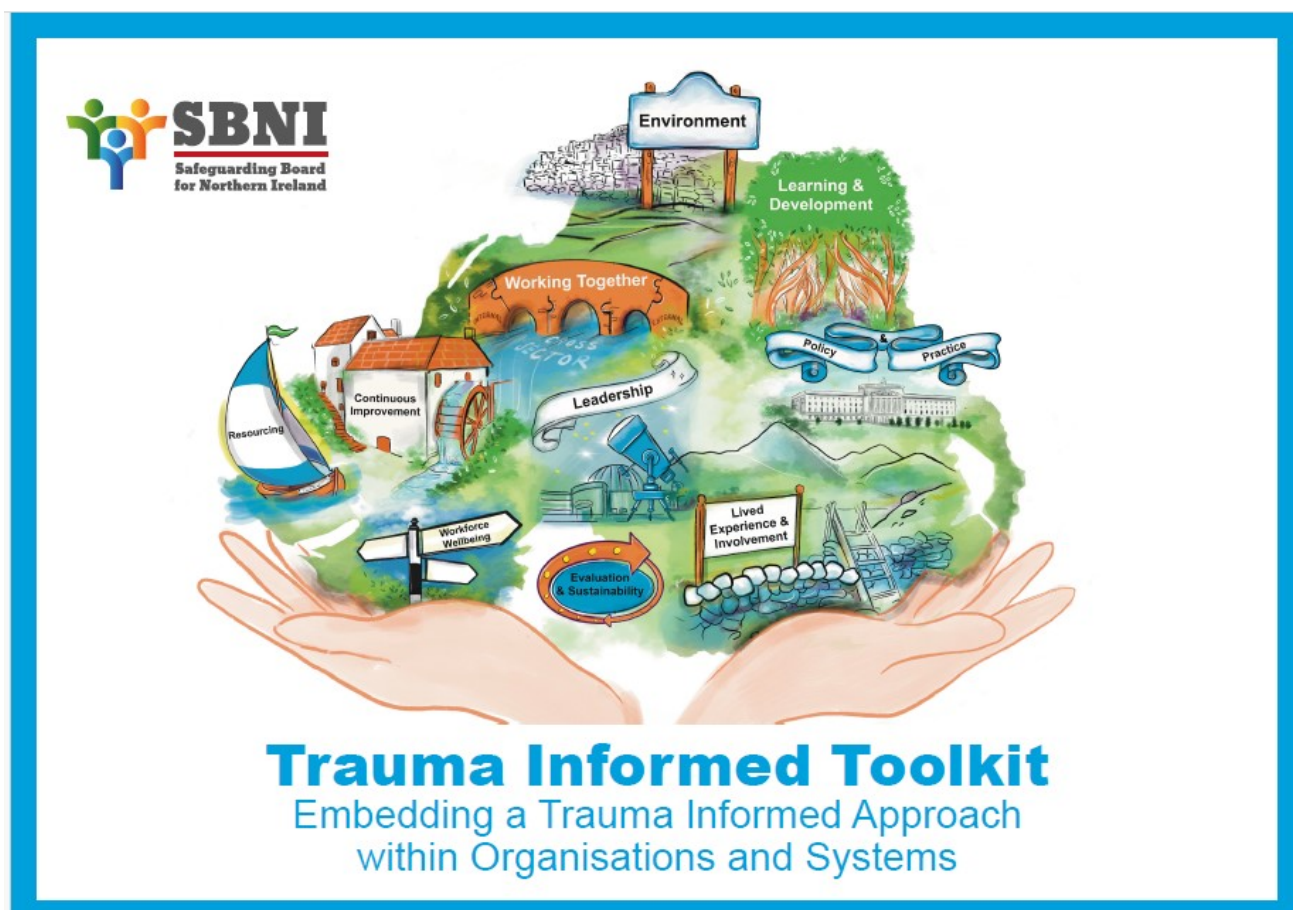
Launch of the Trauma Informed Organisational Toolkit

In October 2024 the SBNI's Trauma Informed Organisational Toolkit was launched. This Toolkit is designed to help leaders, workforces, services and organisations implement a trauma informed approach (TIA) across policy and practice. It aims to complement existing organisational priorities, driving improvement, innovation and sustainable change.

The Toolkit is an online interactive resource which includes evidence and examples of implementation in practice across NI as well as cross sector resources and research links. It also has a downloadable organisational checklist which is a practical resource that can be used to provide either a baseline measure or review of your organisation's progress. It is primarily intended to identify areas of strength and areas for improvement and development. To date there have been 2236 toolkit downloads nationally and internationally from a diverse range of organisations.

To help organisations and staff understand the purpose of the toolkit and how to navigate it, a series of 5 online information sessions and 5 in-person workshops were facilitated by the Trauma Informed Practice (TIP) team between October and December 2024. 281 people from across different sectors attended the in-person workshops. 95% said they left the workshops with a plan for next steps in implementing a trauma informed approach in their chosen focus areas.

If you would like more information about the Toolkit please email: sbni.info@hscni.net



Download the Toolkit here: [Trauma Informed Toolkit \(safeguardingni.org\)](https://safeguardingni.org/Trauma%20Informed%20Toolkit)

Conference: Systems to Support our People

23 January 2025

The Conference, "Systems to Support our People," brought together 158 dedicated professionals and experts to emphasise the importance of integrating trauma informed services across all relevant organisations in NI. Insights were shared from local, national and international speakers, providing a wide and global perspective on embedding a trauma informed approach (TIA) across systems. The conference was opened by the Junior Ministers, Pam Cameron and Aisling Reilly and was closed by the Head of the Civil Service, Dr Jayne Brady who emphasised the importance of embedding a TIA across NI, highlighting the region's leadership in this area. Photos and remarks from all speakers can be found in our conference report by clicking on the link below.

<https://www.safeguardingni.org/resources/systems-support-our-people-embedding-trauma-informed-approach-conference-report>

Systems to Support our People - Embedding a Trauma Informed Approach
The Safeguarding Board for Northern Ireland Conference, Stormont Hotel, 23 January 2025



"Having a trauma informed approach is very much about ensuring our systems and services are joined up, working to meet the needs of our communities, and ensuring that Northern Ireland is a safe and prosperous place to live."

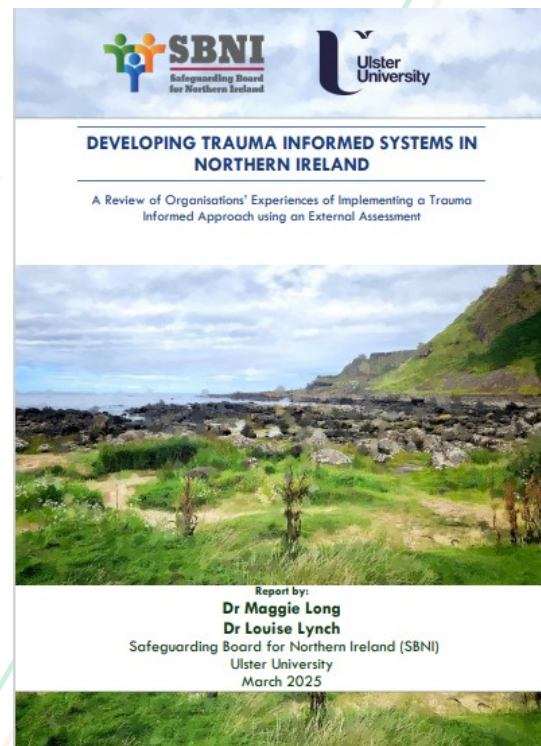
(Dr Jayne Brady)

Practice Perspectives

The Ulster University review, on organisational implementation of a trauma informed approach (TIA) offers authentic insights into how organisations across sectors are embedding a TIA supported by external assessment processes. Commissioned by the SBNI, and disseminated in April, the review highlights the transformative potential of implementing a TIA. Through pilots with 'Trauma Informed Oregon' and 'One Small Thing', the study captures the lived experience of staff navigating organisational change. It underscores the importance of relationships, leadership and a whole-system approach. The findings affirm that trauma informed systems not only improve service delivery but also achieve improvements in culture and climate resulting in more connected and compassionate workplaces. Click the link below to download the report:

[Developing Trauma Informed Systems in Northern Ireland: Full Report](#)

[Latest research](#) (Executive Summary available here)

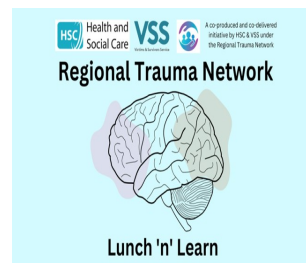


Learning Links



[Executive Summary: We are on a Journey - Implementing Trauma Informed Approaches in Northern Ireland](#)

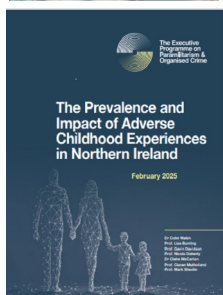
[Full Report: We are on a Journey - Implementing Trauma Informed Approaches in Northern Ireland](#)



[Clinical Psychology/ RTN Lunch 'n' Learn - YouTube](#)

[RTN Lunch 'n' Learn SBNI Trauma Informed Organisational Toolkit -](#)

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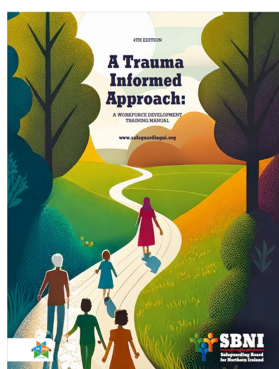
[The Prevalence and Impact of Adverse Childhood Experiences in Northern Ireland](#)



[Practical Tips for Hosting and Delivering Trauma Informed Training](#)

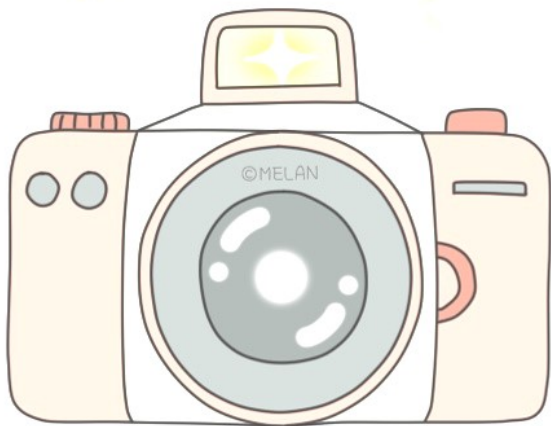
TIP Training

The Trauma Informed Practice training manuals have been revised and updated. Update workshops are available where you can avail of the new resources. If you are a TIP trainer and would like more information please email sheina.rigg@hscni.net



Coming Soon

We are currently in the process of revising our online training resources. The refreshed and updated online training modules will be available soon on the SBNI website. To support access and navigation, guidance will be provided in a revised version of our training brochure, which will also be released shortly.



Quarterly captures!



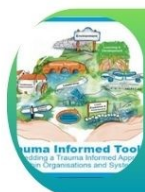
Orla Connolly & Sheina Rigg hosted a café conversation with attendees at the Northern Ireland Confederation for Health and Social Care (NICON) conference, showcasing the Toolkit and ways to play a part in embedding trauma-informed, responsive systems across all our organisations.

Youth Work Alliance, 'Beyond the Walls Conference' Friday 14 March where 100+ youth workers from across the Alliance member agencies heard from Helen McKenzie, SBNI, Director of Operations on the importance of child safeguarding in youth work. Aileen McGuinness, Trauma Informed Implementation Manager, SBNI, also presented at a range of workshops on using the Trauma Informed Organisational Toolkit.



Sheina Rigg and Marian Molloy with Mark O'Hara from the Department for Communities (DfC) at an information stand during a recent conference for senior civil servants. The posters in the background, showcase our codesign of training to develop trauma informed customer facing teams within DfC.

TIP Timeline

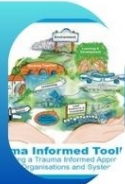


Oct 2024

The Trauma Informed Organisational Toolkit was launched

10 Toolkit workshops across the region with participants from a range of sectors

Nov to Dec 2024



Jan 2025

'Systems to Support our People' Conference

6 Lunch 'n Learn sessions in collaboration with RTN exploring the 10 focus areas of the Toolkit

Jan-March 2025

Regional Trauma Network



April 2025

The revised and updated training manual was launched and disseminated at the first Lead Trainer session

Ulster University review of organisations' experiences of external assessment disseminated

April 2025



May - June 2025

Manual update and refresher sessions for TIP Trainers

Team Top 'TIP'!

Remember the 6 Principles of a Trauma Informed Approach? Infuse these principles into every interaction and practice. Highlight and acknowledge when you see these principles in action to help embed a trauma informed approach.



If you have any feedback on the newsletter, we would welcome your comments or suggestions. If you wish to be added to the TIP team distribution list for any future circulations regarding information or events, if you would like any promotional material or if you have any questions in relation to embedding a trauma informed approach please email us at: sbni.info@hscni.net