

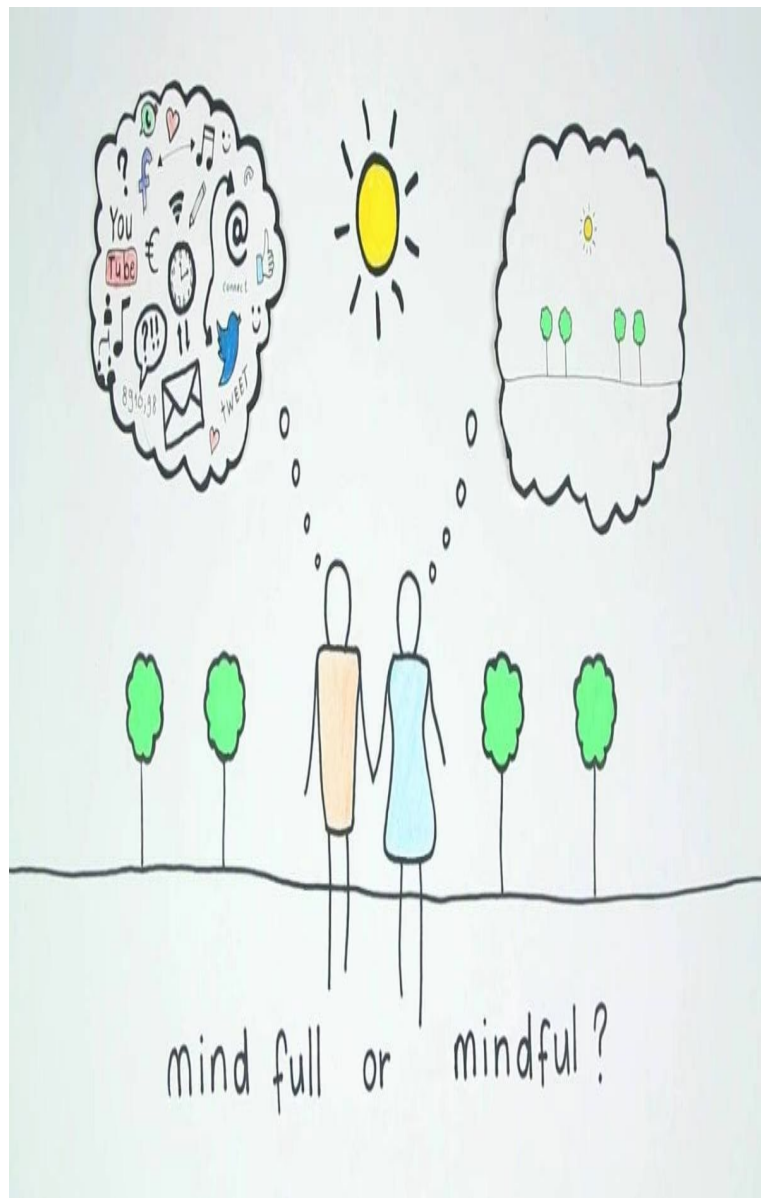
Connecting Care



# Northern Ireland Framework for Integrated Therapeutic Care (NIFITC)

Providing Trauma and Attachment  
Focused and Rights Based  
Therapeutic Care to  
Children and Young People who are  
Care Experienced throughout  
Northern Ireland

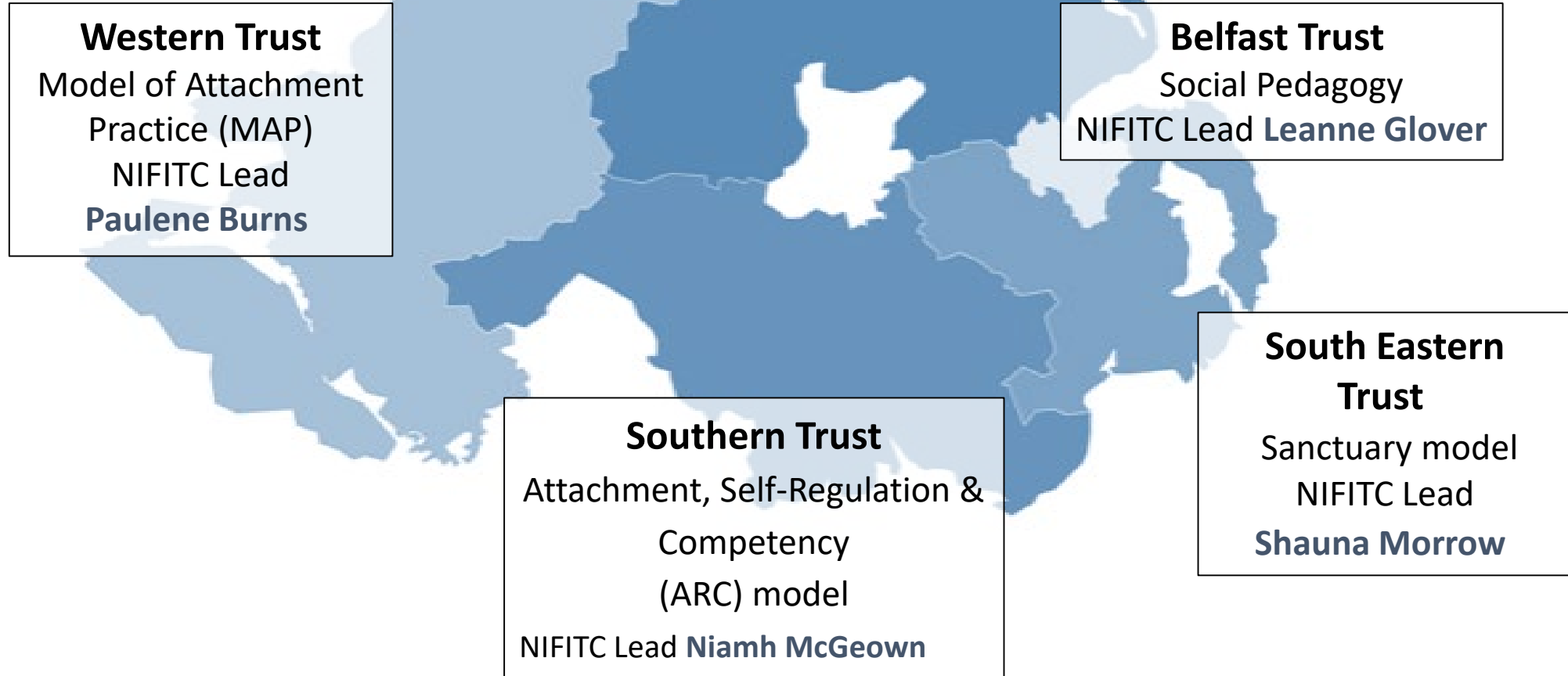




# AIMS of the session

- To provide an introductory awareness on the Framework for Integrated Therapeutic Care (FITC),
- An understanding of the current training pathways, and
- An update on the implementation of FITC within each H&SC Trust.

# Policy vision: a single framework of integrated therapeutic care



# OUR VISION



A single Regional Framework designed to help HSC Trusts, their staff and partner agencies create integrated and collaborative processes through which trauma- & attachment-focused and rights-based services can be delivered, so that all children and young people who are care experienced have the best chance of the life they deserve.





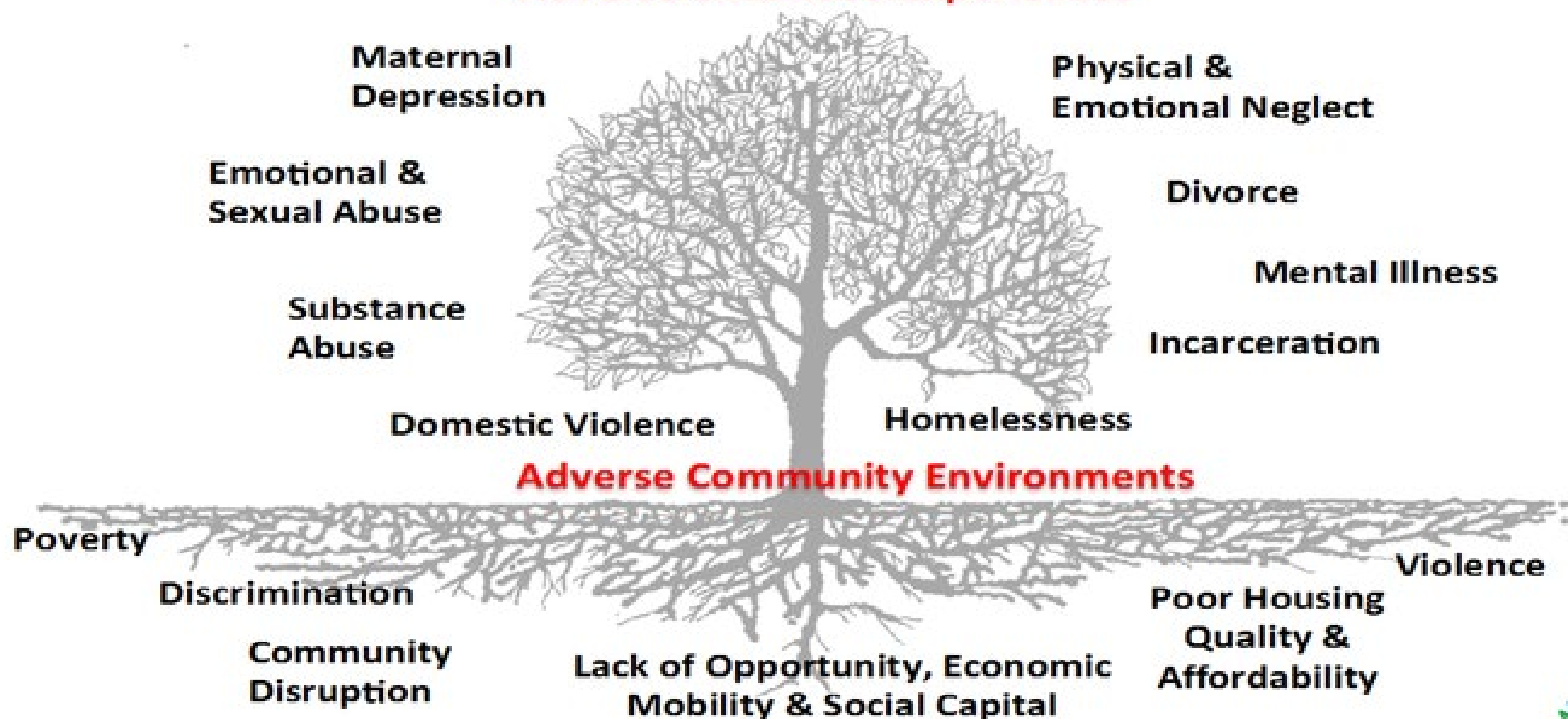
# DEVELOPMENTAL & RELATIONAL TRAUMA

[DOH - Framework - Clip 1 on Vimeo](#)

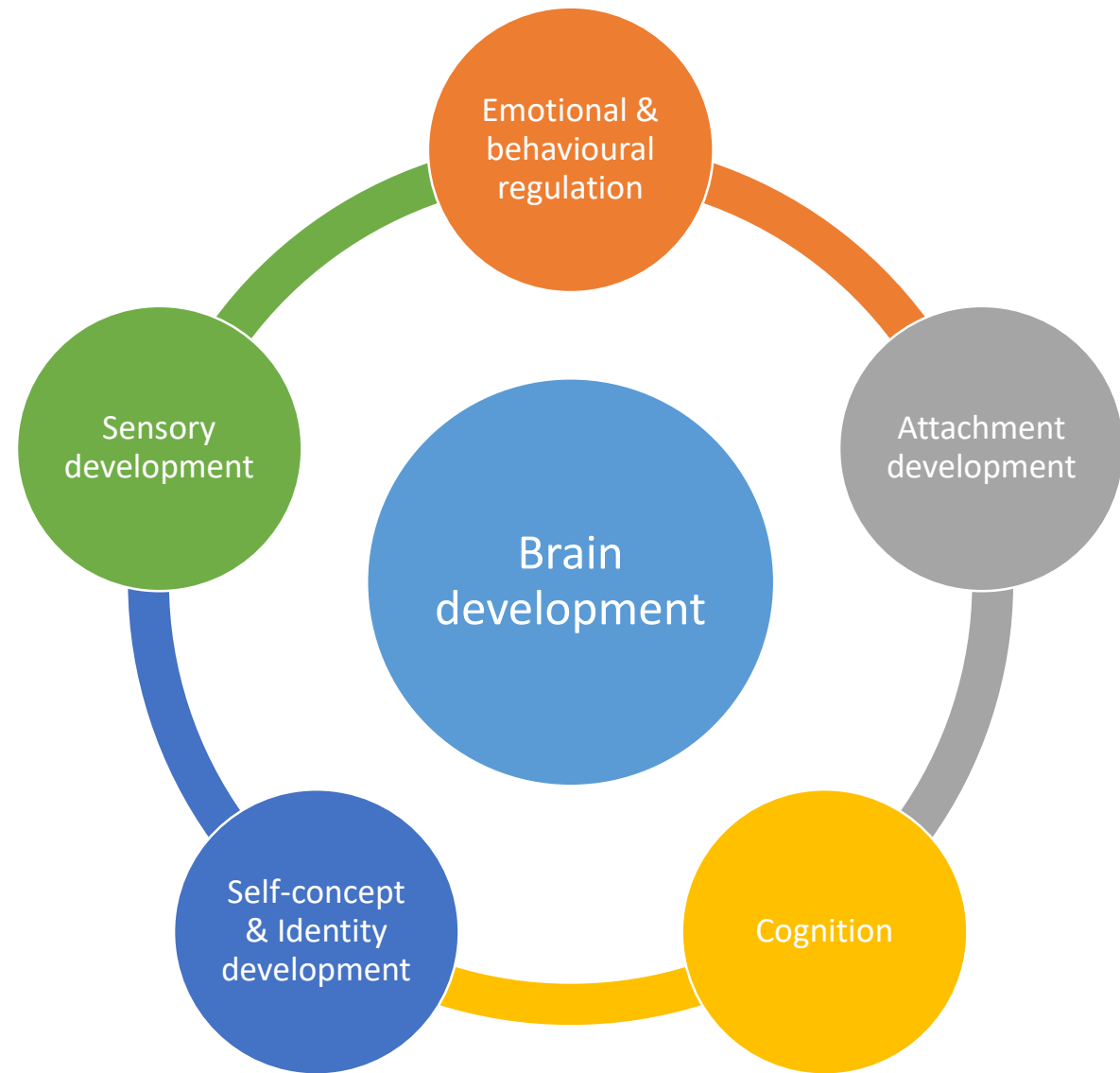


## The Pair of ACEs

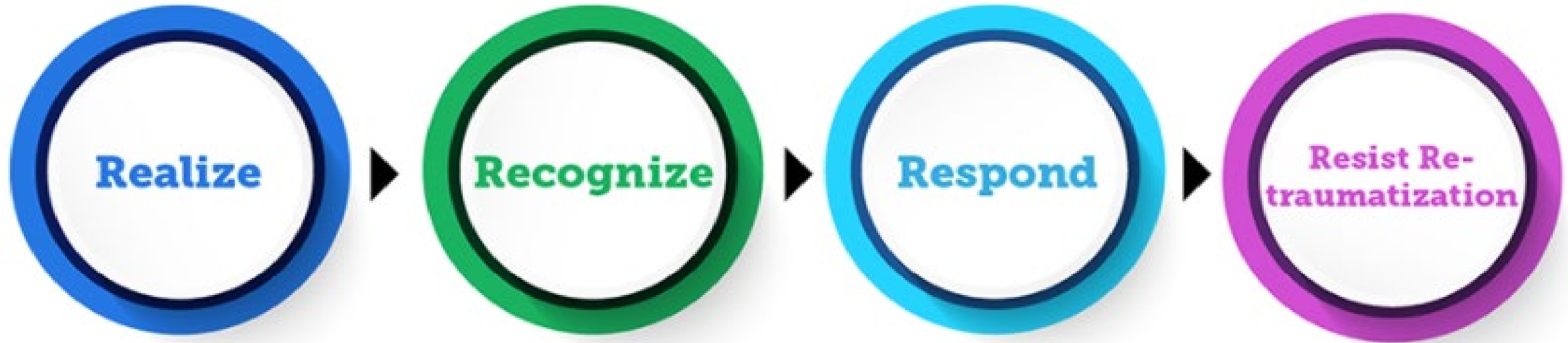
### Adverse Childhood Experiences



# Developmental impacts of early life adversity



# The Four Rs of Trauma-Informed Care



**Realize** the widespread impact of trauma and understand potential paths for recovery

**Recognize** the signs and symptoms of trauma in clients, families, staff, and others involved with the system

**Respond** by fully integrating knowledge about trauma into policies, procedures, and practices

**Resist** re-traumatization of children, as well as the adults who care for them







# THOUGHTS AND REFLECTIONS?



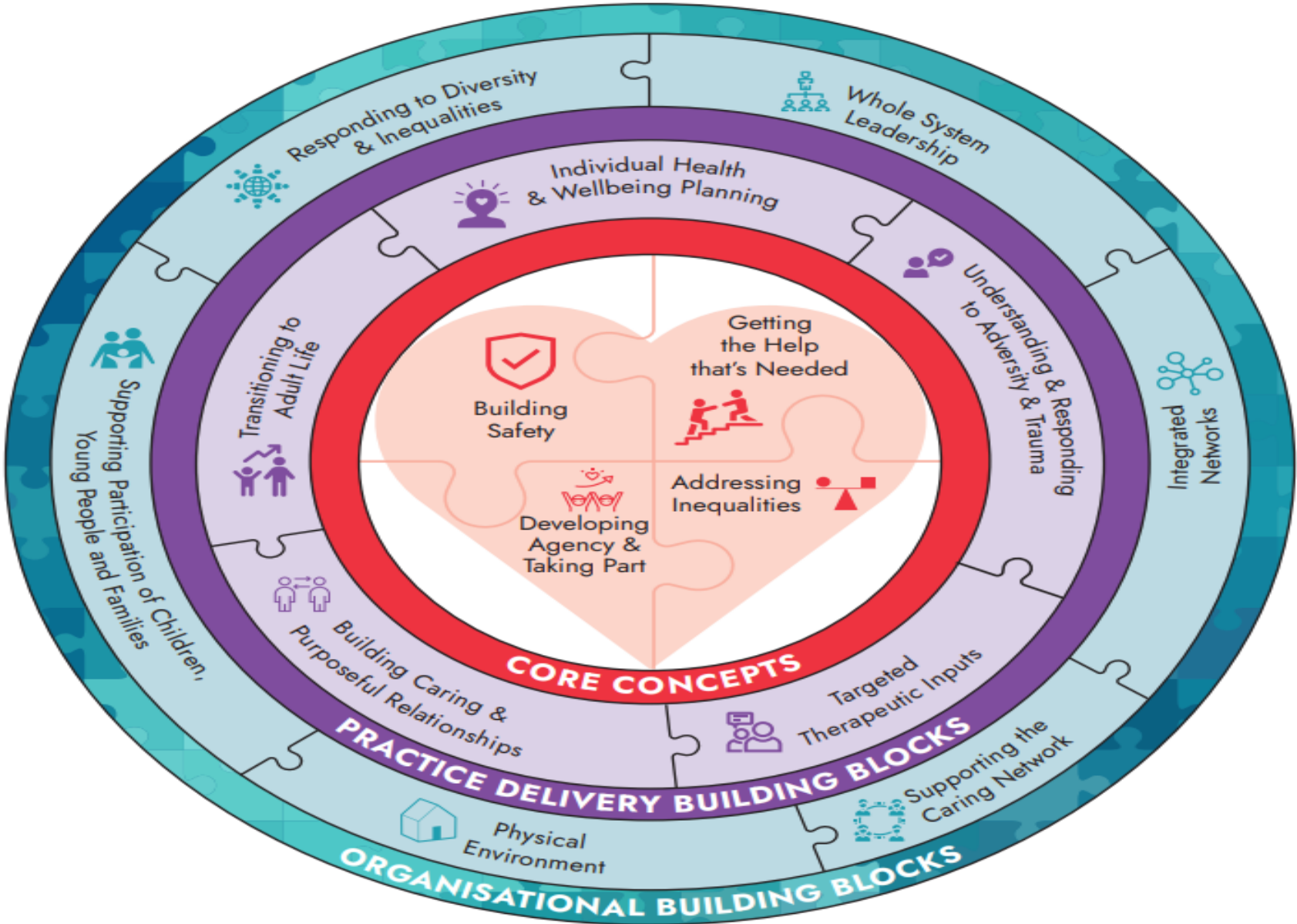


# INTRODUCING THE FRAMEWORK

[DOH - Framework - Clip 2 on Vimeo](#)



# NIFITC



# NIFITC BUILDING BLOCKS

## Organisational

### Whole System Leadership

- Whole system change process

### Integrated Networks

- Shared understanding, communication & collaborative planning & intervention in the team-around-the-child

### Supporting Participation of Children, Young People and Families

- Promote the meaningful involvement of children, their families and caregivers in individual care planning and service development

### Physical Environment

- Welcoming, safe and inclusive spaces and environments for children, families and staff

### Supporting the Caring Network

- Staff and caregiver wellbeing support strategies

### Responding to Diversity & Difference

- Understand and address service user/provider inequalities and power differentials, and build a culture of respect, inclusivity and collaboration



# NIFITC BUILDING BLOCKS

## Practice Delivery

### Understanding & Responding to Adversity & trauma

- Develop workforce & caregiver knowledge and skills regarding adversity & trauma informed practice

### Building Caring & Purposeful Relationships

- Support families, caregivers & staff to develop & sustain safe & nurturing relationships with children & young people

### Individual Health & Wellbeing Planning

- Tailored, collaborative assessment, planning & access to holistic supports and interventions for all children & young people

### Targeted Therapeutic Inputs

- Children, young people & caregivers have timely access to tailored therapeutic support services to meet identified need

### Transitioning to Adult Life

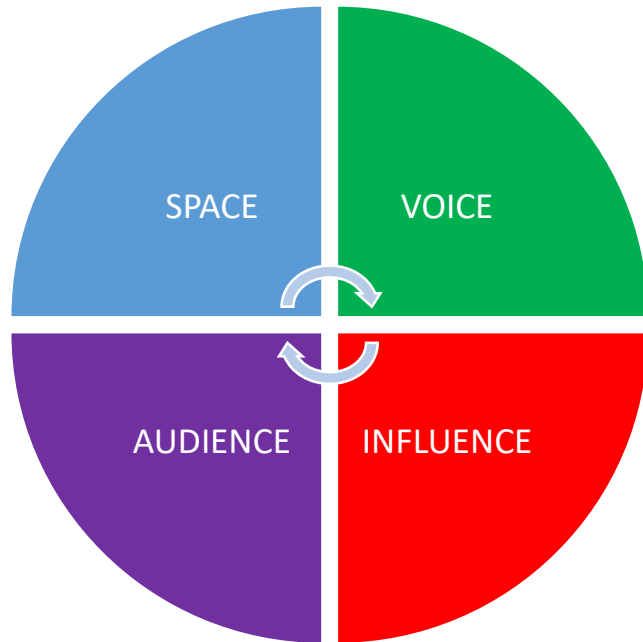
- Support young people leaving care to maintain and access appropriate services and build their relational networks as they transition out of care





# Voice of children, young people & families

## The Lundy Model



## VOYPIC documents



# NIFITC CORE PROCESSES

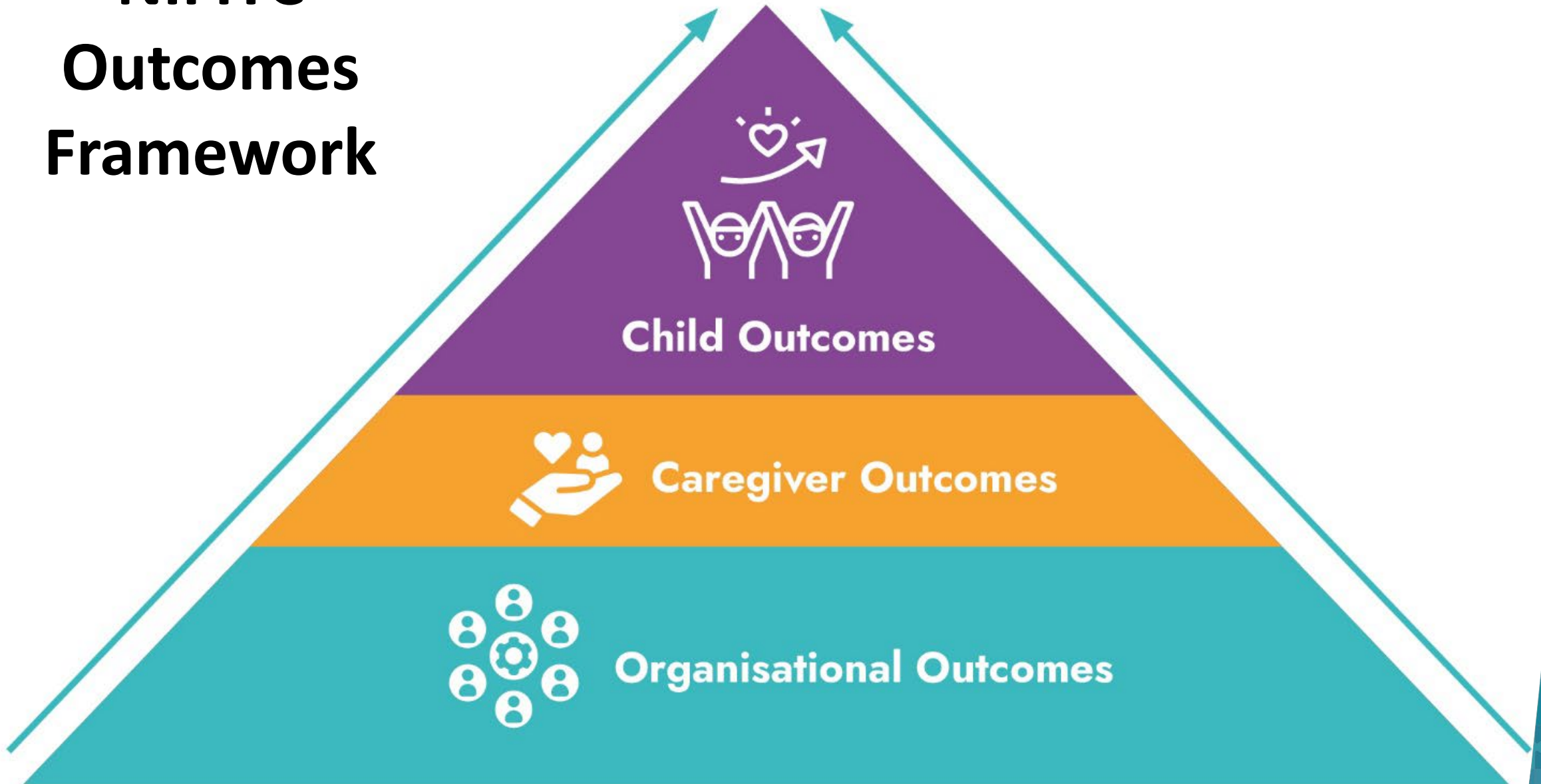


# NIFITC IS INTENDED TO DELIVER

- Relationally-focused care and interventions
- Holistic screening and assessment processes
- A single, shared 'team around the child' network planning and review process
- Participatory working
- An adequately resourced, diverse, knowledgeable, skillful and reflective workforce,
- A reflective learning culture



# NIFITC Outcomes Framework





# NI Framework for Integrated Therapeutic Care Change Model



Figure 5: The NIFITC Change Model





# REGIONAL IMPLEMENTATION PLAN

- **Phased process**, progressed over a number of years across all Looked After and Adopted Children services
- A complex whole system change process from **multiple perspectives and at multiple levels**
- **Requires time**

**It's a Journey of Evolving, Learning & Developing.  
"Moving towards" becoming Trauma Informed**  
(K Triesman, 2018)



# INITIAL IMPLEMENTATION IN RESIDENTIAL CARE



- Reflects the progress already made in therapeutic approaches.
- Similar starting point across the region
- Maintains alignment with recommendation 7 of the Review of Regional Facilities.



# PHASED APPROACH IN RESIDENTIAL

## 6 KEY AREAS FOR INITIAL RESIDENTIAL IMPLEMENTATION

- Individual therapeutic planning and delivery
- Workforce development – knowledge and skills for trauma-informed therapeutic care
- Reflective governance
- Narrative and Life Story Work delivery
- Staff support and reflective practice
- Peripatetic service alignment



- **Individual therapeutic planning and delivery**

Trust	YP with full HWBP Approx*	OT	SLT
BELFAST- 9 homes	35%*	no	no
NORTHERN- 6 homes	60%	yes	yes
SOUTH EASTERN- 7 homes	87%	yes	yes
SOUTHERN-5 homes	100%	yes	yes
WESTERN- 6 homes	34%*	yes	no



- **Workforce development across all 5 Trusts:**

There are a number of training opportunities in embedding Framework which include an awareness of ACE's and developing a Trauma Sensitive approach to practice.

Introduction. This has been provided to those working in Residential care, Leaving Care and After Care, Safeguarding and LAC teams, VOYPIC, Youth Justice Agency, Intensive Support Teams, SCAFFOLD/ TTLAC, Fostering, Children with Disability and LAC nursing.

Care Experienced Workshop. This session has been offered to the Residential teams and some of the aforementioned teams.

Full Core training - 60-90% of the residential workforce have completed this four day training block. This has also been extended to the multi- disciplinary teams that support care planning around the young people.





- **Reflective Governance**

Trust	Reflective Governance
Belfast	yes
Northern	In progress
South-eastern	Yes
Southern	Yes
Western	Yes



- **Narrative and Life Story Work delivery**

Narrative work taking place at various levels in each Trust- this is agreed within the Health and Well-Being plans. Life story work delivery is in progress with working groups exploring this in the Trust areas.

- **Staff support and reflective practice**

Individual and team wellbeing plans are being developed/ explored within each Trust area. BHSCT utilise individual plans whilst SET is collecting supports and resources across the Trust to enhance what is offered to support staff well-being. SHSCT, WHSCT, NHSCT continue to explore their approach to enhance staff support. Reflective Practice spaces are facilitated by a Psychology lead in four of the Trusts bar WHSCT due to resources. This is also developed within supervision.

- **Peripatetic service alignment**

All 5 trusts in line with aims and objectives paper





# REFLECTIONS

- FINAL THOUGHTS OR COMMENTS?
- WHAT ARE YOU TAKING AWAY?



# FITC IMPLMENENTATION LEAD CONTACT DETAILS

Trust	FITC Lead
SPPG (DoH) Implementation Lead	<a href="mailto:Edel.Walsh@hscni.net">Edel.Walsh@hscni.net</a>
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Northern Trust	<a href="mailto:Lynsey.Black@northerntrust.hscni.net">Lynsey.Black@northerntrust.hscni.net</a>
South Eastern Trust	<a href="mailto:Shauna.Morrow@setrust.hscni.net">Shauna.Morrow@setrust.hscni.net</a>
Southern Trust	<a href="mailto:Niamh.McGeown@southerntrust.hscni.net">Niamh.McGeown@southerntrust.hscni.net</a>
Western Trust- the leads post is currently out for recruitment- Gayle is the Therapeutic lead.	<a href="mailto:Gayle.Hegarty@westerntrust.hscni.net">Gayle.Hegarty@westerntrust.hscni.net</a>

