

December 2020

Newsletter **for professionals**

Trauma and ACEs

I'm sure you will all be aware of the focus at present around trauma and how we support young people in our schools in a trauma informed way.

The impact on trauma and ACEs on young people is significant as evidence shows that there is a strong link between the number of ACE's a young person experiences and their risk of mental health, physical health, social behaviour, and learning challenges within school. This article from the Association for Child and Adolescent Mental Health explore this:

<https://bit.ly/3n2EcCV>

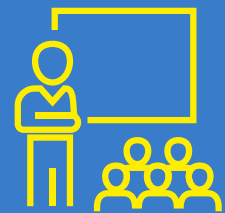
ACES – trauma in childhood is often referred to as Adverse Childhood Experiences

"Trauma is not an event itself, but an emotional response to an overwhelmingly painful and stressful event where there was no-one there to help you with what was happening at the time"

Margot Sunderland

Whole School Approach

Trauma Informed Schools UK training is an amazing opportunity to access evidence based free training and is continuing to be rolled out across Doncaster. There have already been some dates for the Senior Leadership Teams to support implementing a whole school approach to trauma in schools. Courses for SLT continue in December and January. Following this initial roll out the next phase will include more in depth training for practitioners – so make sure your SLT are booked on to the current courses and watch this space for the next phase!



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



**WITH
ME
MIND**

Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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Merry Christmas



With Christmas soon upon us, we would like to wish you all a very Merry Christmas and a Happy New Year from everyone at CAMHS and With Me in Mind.

We would love to see some of the festive activities you have been up to, so please share some pictures and stories with us.



We hope you have a fantastic and well deserved break and we will see you in 2021!

