

# ADVERSITY, TRAUMA & RESILIENCE STRATEGY

---

2024-  
2027





**“TRAUMA IS A FACT OF LIFE. IT DOES NOT,  
HOWEVER, HAVE TO BE A LIFE SENTENCE”**

**-PETER LEVINE**

---







# VISION

---

**Our vision is to work in partnership with people with lived experience and colleagues from diverse sectors and organisations to ensure Bradford District is both trauma-informed and responsive by 2030.**







# AIMS AND ASPIRATIONS

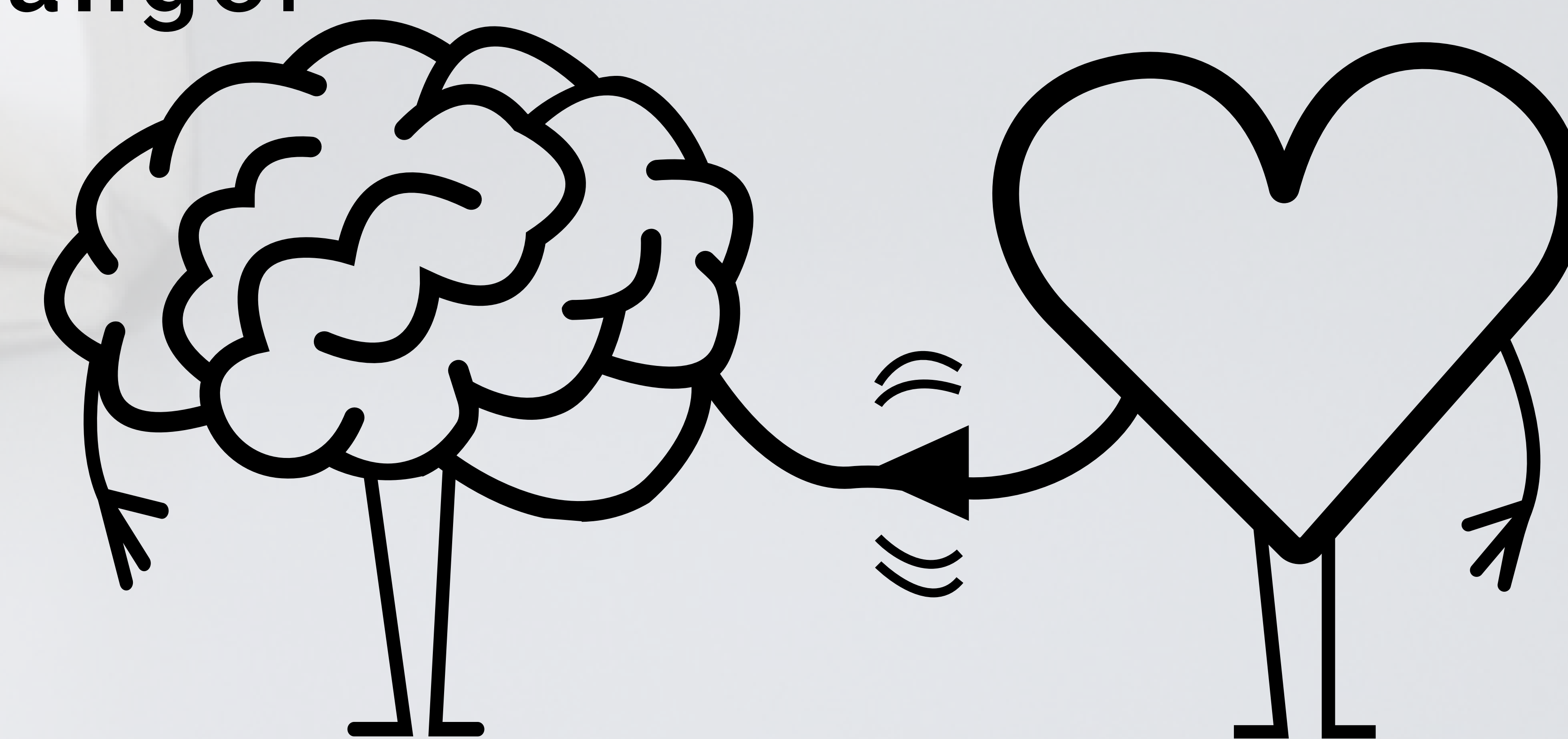
---

The ATR strategy has three principle aims for the next 3 years:

1. To reduce the impact of Adverse Childhood Experiences and trauma on the population across the Bradford District.
2. To build resilience against long term harm of adversity and trauma.
3. To raise awareness so that the Bradford population is able to access and receive integrated support from a range of professionals across the life course.

We will aspire to have:

1. A focus on early intervention and prevention, and building resilience against adversity.
2. A trauma-informed Bradford workforce and community.
3. Embed a trauma-informed priority into relevant policies, strategies, and commissioning processes resulting in long term system change.







## JOURNEY SO FAR

## PROGRAMME HIGHLIGHTS

Launch of the Bradford District ATR Programme for the District's vision on prevention and mitigation of adverse childhood experiences

Early Years and Schools programmes commissioned to improve parent and infant relationships and support positive brain development and resilience building in CYP

Research, focus groups and awareness raising across Bradford's diverse communities on the impacts of ATR. Empowering individuals to share their own stories.

Trauma-informed workforce training offer rolled out across the District, building consistency and shared understanding around language and practice. restorative approaches for the health and wellbeing of the workforce also a focus.

Partnership working and shared commitments across the system are reflected through steering group representation and joint commissioning with Reducing Inequalities Alliance and close links to the West Yorkshire ATR Programme.



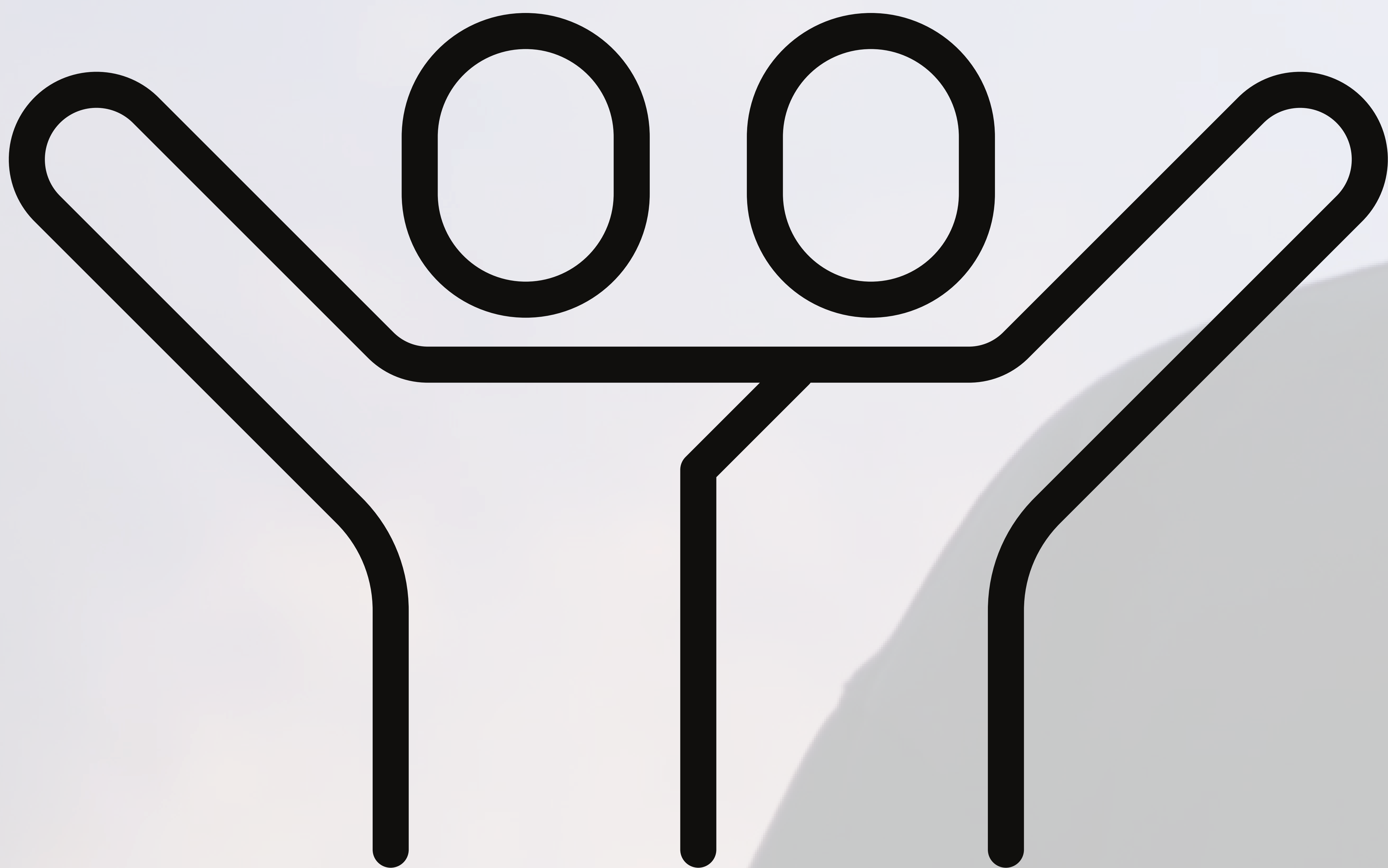


# MOVING FORWARD

---



Bradford will work to reduce and buffer the impact of adverse childhood experiences by building resilience in the population, intervening early and developing trauma informed services. This will be done in consultation with the wider system, community, including people with lived experience so that we can articulate priorities in a meaningful and accessible way.

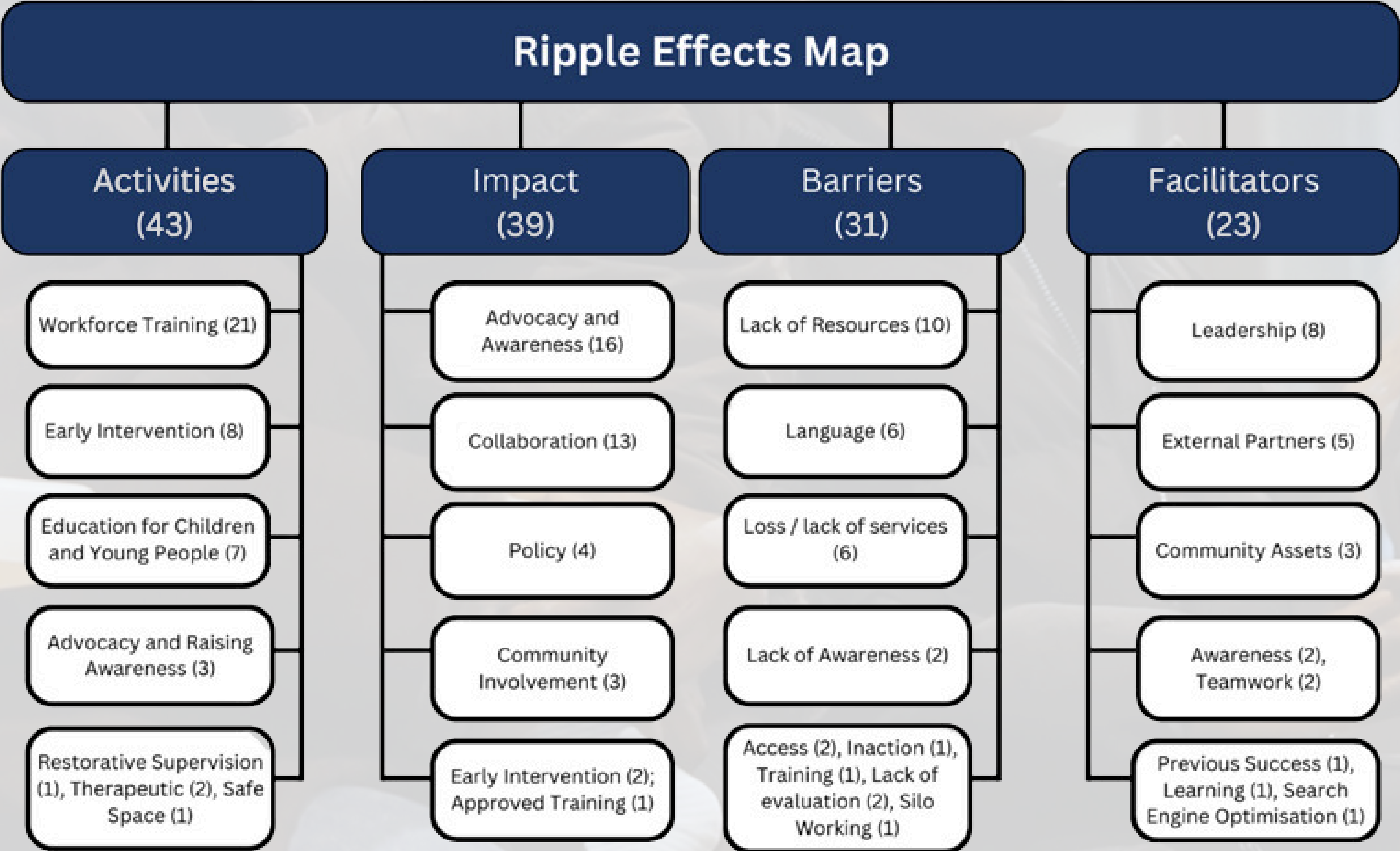




# CO-PRODUCING WITH PARTNERS

This next iteration of the strategy has been co-produced with a broad range of key stakeholders and partners. This has been done by facilitating an open dialogue that asks individuals and groups to reflect on the activities and achievements of the programme so far, and how this aligns with their own roles and strategic priorities.

The breakdown of how this feedback has been coded can be seen in the infographic below:







## PROGRAMME ACTIVITY

---

Key activities of the programme noted were the trauma-informed workforce training offer, followed by activities around early intervention including the Ready to Relate programme with its focus on parent-infant relationship and B Safe, a programme which seeks to build resilience in young people as they make the transition between primary school to secondary school.



parent workforce  
early building  
resilience training  
intervention  
infant b-safe  
ready relationship  
relate





## PROGRAMME BARRIERS & FACILITATORS

---

The main barriers for the programme were linked to financing and the accessibility of language used to describe ATR.

Leadership and external partners e.g., Better Start Bradford were considered key facilitators of the work.



language

facilitators

accessibility

financing partners

barriers





## PROGRAMME IMPACTS & OUTCOMES

---

39 impacts and outcomes of the programme were identified. These related to advocacy and increasing awareness & understanding of ATR. More awareness of ATR saw services begin to use trauma-informed language, for example switching to “what’s right, not what’s wrong”, or “what happened to you, not what’s wrong with you”.

The Resilience Documentary which has been screened online and in person to 200+ people was thought to be a “good conversation starter”.

Collaboration was also deemed to be a strength and it was noted that the attendees at the evaluation day represented a diverse group.



conversation  
advocacy  
diversity  
impact  
trauma-informed  
awareness  
resilience

collaboration





## **2024 - 2027**

**We will build on key strengths, such as the benefits gained through collaboration, as well as leadership buy in.**

**Positive partnerships may address some of the barriers around financing, with the programme focussing on adding value and enabling existing services to be supported in becoming trauma-informed.**

**We will continue to ask partners to advocate for and raise awareness on ATR.**

**We will move towards addressing barriers around the language used to describe ATR – focussing on accessibility and narrative building locally.**

**This will remain a live programme that is responsive and subject to change and feedback.**





Programme Inputs	LOGIC Activities	MODEL Outputs	KPIs	Short-term Outcomes	Long-term Impacts
Active ATR steering group and robust governance structure	System Assurance: Develop a framework to audit existing services to mitigate the impact of adverse childhood experiences	Assurance framework shows that services to mitigate the impact of/prevent adverse childhood experiences are in place for the people of Bradford	Assurance framework is over 85% green for active and appropriate service provision across each of the 10 adverse childhood experiences	Resilience in communities and young people  Resilience in the workforce	Bradford is one of the UK’s first trauma-informed cities, in line with West Yorkshire wide ambitions, by 2030
Funding and staff capacity	Communications: Campaigns and projects to increase narrative building and awareness raising on ATR	Young people, families and communities are aware of ATR, its impacts and how to access services/ networks of support and build their resilience	Number of campaign/projects delivered Reach of specific comms campaigns - measured and evaluated in each campaign	Trauma-informed priority into relevant policies, strategies, and processes resulting in long term system change	Reduction in the impacts of Adverse Childhood Experiences and trauma on the population across the Bradford District
Network of informal advocates in the system	Training for Practitioners: Training the workforce & leadership to become Trauma Informed	A higher proportion of the workforce are trauma-informedand can better understand the need of their service users and engage on restorative practice.	Number of people participate in ATR training 90% feedback good/very good 80% report learning 60% report change in practice Number of trained staff report engagement with restorative approaches		Resilient communities and young people who are trauma informed and service to
Strategic buy in across the system	Training for Organisations: Supporting organisations to commit to becoming trauma-informed	A supportive organizational context for practitioners to operate in, that supports and promotes utilization of trauma informed approaches and supports the gathering of population level intelligence on ATR to inform wider programmes	Number of organisations implementing ATR toolkit Number of teams/services undertake routine enquiry for ATR leading to increase in reporting and data on ATR TI priority built into policies, strategies, and processes		





*"If We Can, You Too Can."*

---

To learn more about the Adversity, Trauma and Resilience Programme, visit our website on:

[www.bradfordatrpartnership.co.uk](http://www.bradfordatrpartnership.co.uk)

You can read the original 2021-2024 strategy here:

[ATR Strategy 2021 - 2024](#)

