

# ACEs & TRAUMA INFORMED PRACTICE TRAINING



## EVALUATION REPORT 2022



## INTRODUCTION

StreetGames received £7,500 from the Greater Manchester Violence Reduction Unit to deliver 15 Adverse Childhood Experiences (ACEs) and Trauma Informed Practice Training Courses across Greater Manchester. There was also an additional £600 received to deliver a course as part of the Manchester Community-Led Pilot, and a further £600 for a Stockport specific course.

StreetGames collaborated with Manchester City Council's Population Health Team to tailor the workshop for sport, looking at how widening our understanding of four key areas, can support young people to achieve more positive outcomes using the power of sport.

The workshop explores:

- o ACEs and the short & longer-term impact on Young People's health
- o The stress response & impact ACEs have on the body
- o Our role in using sport to build resilience and starting to think about how to build a 'Trauma Informed approach' in sport

Based on the latest research of health & wellbeing, this workshop provides learners with a foundation of what is going on in a young person body, the short and longer-term impact this has on the behaviour and how we can make small changes by being Trauma Informed to achieve better life outcomes for young people.

The outcomes for the sessions are for learners to:

- o Have an understanding of Adverse Childhood Experiences (ACEs)
- o Have an understanding of the short & longer term impact ACEs have on Young People's health
- o Have an understanding of the stress response & impact on the body
- o Understanding our role in building resilience
- o Start to think about how to build a 'Trauma Informed approach'

## COURSES DELIVERED AND THE PARTICIPANTS



15

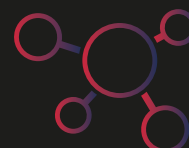
Workshops delivered



to

181

Learners



from

52

Organisations  
across GM

There has been a mix of delivery methods (both online and in person), mainly due to restrictions imposed by Covid Lockdowns, but it has also allowed the courses to be accessible to attendees who may have previously struggled to travel to venues. Courses have also been delivered to single organisations (for example Odd Arts and Manchester City - City in the Community) which has allowed excellent team discussions and participants openly talking about how this work can begin to be applied within their sessions. In addition to generic open access courses, which has also led to interesting conversations between new organisations sharing good practice and creating new working relationships/links.

Face-to-face training also led to some wider conversations covering topics such as:

- o How do staff members pre-plan activities/sessions in order to ensure that young people are warned when there may be some trauma triggering topics on show/discussed. What support packages are in place for these young people?
- o How do we ensure that we are creating a safe space for young people?
- o How do we effectively use reflection techniques in order to enhance our staff members' mood and energy levels in addition to the young people?

## FEEDBACK

- o Throughout the course, all participants were sharing experiences that were extremely valuable.
- o People were not aware of the wider picture and it made them realise the reality of the problem.
- o It came across that the tutors were clearly very passionate about this approach and that helped throughout the course to really connect with the participants.
- o It was discussed about the importance that staff who see this day to day do not see it as 'normal'.
- o It made them think when working with young people about the things that they are not aware of and that this may be the reason behind their behaviour – we don't know their adversaries.
- o It allowed people to reflect and to think about their current ways of working, how they prepare and deliver sessions/activities, in addition to supporting all young people.
- o It encouraged people to think about creating a safe space for young people (both in sport and theatre/the arts) to have fun, but also to fail, so that they can learn from the experience and grow.
- o People have needed this course many years ago, as it would have made such a difference.
- o Participants were also surprised as they came away from the course with so much more information and ideas than they were expecting to.

## WHAT LEARNERS SAID



*Thank you, really interesting. Shocking figures that made me a little emotional at times. But good we are talking about it and hopefully make some changes! Thank you.*



*I like that it covered both the theory and the scientific evidence to it and also gave a clear picture of the situation in Manchester and the stats, they are very impactful and help you understand the local community.*



*I'm currently a Psychology, Psychotherapy and Counselling student in my 3rd year at Bolton University and I've been having a slight panic about what to do after and whether I'm cut out for working in this field. But last night really opened my eyes and reminded me there is such a wide range of roles that help families, young people and even the wider community so thank you!*



*Genuinely one of the most informative and interesting & important training sessions I've done for years. Thank you!*

