



Some top tips & ideas to further keep the momentum alive & embed & breathe life into the concepts/values/content of training.

(The choice, amount, & delivery style of these should depend on the unique context & situation. These are simply suggestions, they are not exhaustive or prescriptive. This is of course additional to the process of embedding & infusing the trauma-informed values, practice, & policies into the whole system. Some of these suggestions are directly linked to training by www.safehandstheminkingminds.co.uk).

- Create some posters/signs/banners/plaques/murals with favourite quotes, sayings, the vision, summary exercises from the training/about the concept; and/or create a piece of art or a team poster to represent the training/ key learnings Then display them in and around the office. These also can be printed as smaller versions to be displayed in people's diaries, on screen savers, on doormats, on keyrings, on staff mags, on pens, on stress balls etc. E.g. "Relational trauma requires relational repair" (Treisman, 2016). If photos were taken during the training/process these can be displayed as well (with consent). (Some of these worksheets, although not tailored, which may be useful are available on www.safehandstheminkingminds.co.uk).
- Graphic and visual images and infographics can be great ways to keep messages alive; and displayed in similar methods than above.
- Send a regular team email/ newsletter around with reminder quotes/ exercises/concepts; and with suggested/inspirational/ relevant YouTube clip, video, a podcast, a webinar, an infographic, a story, resources, a relevant paper, book chapter etc.
- Hold regular best practice and learning collaborative events/conferences/ groups focused on trauma-informed ideas.
- Create a trauma-informed working group/ implementation team/ development team to drive, evaluate, and develop practice & momentum.
- Create an organisation-wide podcast, newsletter, space on website, forum, webinar about progress and best practice in this area.
- Have a book/journal club around different areas of trauma-informed practice.

- Have a visual and creative team/organisation display space where people can put their learnings/ successes/ wins/ progress/ best practice on. E.g. A tree/ a roadmap, a giant jar, a ladder, a patchwork, a puzzle, stars, a rainbow etc (See A Therapeutic Treasure Box for Developmental Trauma book for numerous ideas).
- Collate a folder of useful trauma-related papers, journals, magazines, and worksheets that is contributed by the team and accessible to everyone. Have a team library of trauma-related books, worksheets, and resources.
- Have team access to a library/ journals/papers.
- Have a screensaver around trauma-informed practice.
- Encourage the use of professional social media forums to connect with others, and to get up-to-date information in this area, such as twitter, Facebook, LinkedIn etc.
- Have information/signs/ art about this in the reception and shared spaces. This might also be in the centre of tables so that when in meetings people have a visual reminder.
- Ideally physically visit and connect (if not speak) with other teams/people doing similar work and best practice in the area.
- Support professional development opportunities like attending training and conferences; and encourage people to feedback and share with colleagues; and make an action plan as to things which they can put into practice.
- People could volunteer to do a mini presentation of the training to others, or relate the concepts to a young person/ parent/ family they are working with.
- Actively use, reflect on, discuss, & evaluate some of the tools e.g. The behaviour kaleidoscope, parenting patchwork, trigger worksheet, keeping safe worksheet, strengths-based letter etc. in team meetings, supervision, and away days etc.
- Try and actively bring in some of the key concepts, questions, and language regularly and intentionally in supervision, team meetings, day-to-day interactions, away days, policy reviews etc. (See other crib sheets for more on this). Try and bring this back to the trauma-informed lens and the values and principles around this!
- Encourage people to keep a reflective journal of their learnings and how they integrate some of the ideas into their practice.
- Get people to choose one or two of their favourite creative activities and support them to try them out individually/ in groups/ on supervision etc. For

example, the safe place, a sensory box, feelings sheets, tower of strengths etc.

- Incorporate ideas about trauma-informed practice into people's development plans/ appraisals/supervision etc.
- Consider having follow-up, refresher, or further training in related areas. After all, repetition and muscle memory are key!
- Consider booking consultations, reflective practice, supervision with a trauma-informed and organisational change practitioner.