



Staff Newsletter May 2023

Welcome to East Lothian and Midlothian Public Protection Committee’s (EMPPC’s) latest staff newsletter. Let us know what you think by emailing us at emppo@eastlothian.gov.uk

Our articles contain hyperlinks to connect you with current online resources and further reading.

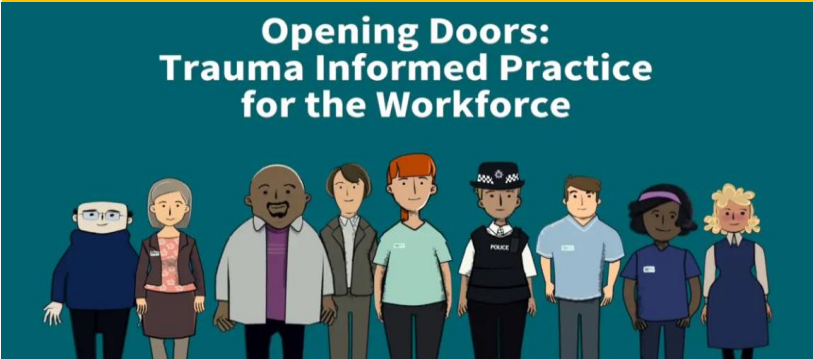
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WELCOME

In this edition, we say welcome to **Keith Mackay** who joined us in April as our Independent Chair of East Lothian and Midlothian Public Protection Committee. We asked Keith to say a few words about his new role.



“I wanted to introduce myself now that I have started in post as Independent Chair of the East Lothian and Midlothian Public Protection Committee. This is an exciting new challenge for me and being independent from the public protection partnership allows me to ensure the Committee fulfils the core functions of leadership in public protection, continuous improvement, strategic planning and oversight of risk.

As this newsletter evolves, I look forward to sharing the ongoing work of the Committee and keeping you up to date on our work and how we can continue to help, advice and support you in your roles”.

The Learning Review Sub-group is a new Sub-group of EMPPC which will meet on a quarterly basis, from June. It will provide oversight of any local Learning Reviews, the progress of actions arising from the learning and importantly ensuring that we can share the learning from local reviews and national reviews.

Learning from cases where children or adults have died, been significantly harmed or put at risk of significant harm is a vital part of effective public protection systems. Reflecting on learning enables agencies to identify good practice in protecting children, and to ensure that any necessary practice improvements are made.



Meet the Committee.....

Every edition we introduce you to our EMPPC members. In this edition we meet Sara Law, Locality Reporter Manager with SCRA. Here Sara explains her role.



“Hello I am one of the Locality Reporter Managers in the South East locality of the Scottish Children’s Reporter Administration (SCRA). As proud corporate parents, we are a national body focused on protecting children and young people who are most at risk. It’s important for us to engage positively with strategic partners to ensure alignment and cohesion in system wide improvements.

Our South East offices are located in Edinburgh and we facilitate Children’s Hearings in Midlothian and East Lothian on a virtual and face to face basis.

Primarily our role includes:

- Proportionately investigate referrals made in relation to children and young people.
- Make effective decisions about a need to refer a child/young person to a Children’s Hearing.
- Prepare for and participate in court proceedings where statement of grounds or Hearings findings are appealed and ensure the wellbeing of children and young people – particularly vulnerable witnesses – are protected throughout the court process.
- Enable children, young people and families to participate in Hearings and ensure fair process in Hearings.
- Disseminate information and data to influence, inform and reassure.
- Provide premises and the digital platform for Hearings to take place.
- Work collaboratively with partners to support and facilitate hearings.

Children’s Hearings provides the operational setting in which SCRA and our valued partner agencies work. The aim is to provide a safety net for vulnerable children and young people, and deliver tailored solutions which meet the needs and rights of the individuals involved, while helping to build stronger families and safer communities. Please feel free to get in touch with me at sara.law@scra.gov.uk”

You can find out more about the work of SCRA and some great resources for children, young people, families and professionals on their website
www.scra.gov.uk

Meet our Lead Officers

Read on to hear from **Alan Laughland** (Adult Support and Protection Lead Officer), **Eileen Marnoch** (Child Protection Lead Officer) and **Veronica Campanile** (Violence against Women and Girls Co-ordinator) as they reflect on their work. Their roles are all about supporting the implementation and delivery of the priorities agreed by the EMPPC, which focus on quality assurance, self-evaluation, performance and improvement. On a day to day basis the work is varied and involves working with colleagues from across partner agencies involved in Public Protection. This is only a snapshot of some of the work they are involved in!



Alan, Eileen and Veronica (left to right)



Alan says “My role as Adult Support and Protection Lead Officer is to provide leadership on how best to support and protect adults who are at risk of harm. Leadership is about supporting staff by saying ‘this is a really good way to go about your job’. If we get that right in adult protection, then vulnerable adults at risk of harm will be safer. One of the ways I do that is to contribute to the design, delivery and coordination of training that gives staff the knowledge and skills to make them more confident and competent in their adult protection work. For example, Adult Support and Protection Level 2 training is delivered quarterly on a multi-agency basis, with me, social work, police and health personnel all jointly delivering the training. We evaluate how staff have found the training just after the training and a few months down the line. Through this we can identify how impactful it has been and also, who is and isn’t attending the training. That way I can reach out to staff groups that aren’t attending to ensure they become aware of the training and get skilled up through attendance. Through this approach we support staff across a wide range of job roles to be better able to identify adults at risk, report their concerns and participate in work to support and protect vulnerable adults”.

Meet our Lead Officers

Eileen tells us that “The CP Lead Officer Role has a wide and varied scope. Day to day it can mean, updating policies and procedures, e.g. the local CP Procedures to align with the National CP Guidance 2021. Leading on the identification and implementation of the Neglect Toolkit which will be launched shortly and aims to improve multi-agency identification, assessment and planning where neglect is suspected. We have been doing some multi-agency self-evaluation (supported by NSPCC) in relation to Harmful Sexual Behaviour. I also co-ordinate the multi-agency scrutiny and analysis of the Child protection Minimum Data set looking at things like, number of IRDs, CP registrations, concerns noted at registration, quality of protection plans etc. The discussion and stories behind the numbers is the most important bit and can instigate audit activity, e.g. exploring conversion rates, CSE referrals, understanding IRDs associated with 16 and 17 year olds etc. Any learning is then drawn out from the findings into an accessible format and shared with services. Quite often we use the ‘7 minute Briefing’ format for this. Learning Reviews have replaced Significant Case Reviews and are less about blame and more about what is helping and what is hindering efforts to help children. Currently I am working through 4 Learning Reviews from across East Lothian and Midlothian”).



Veronica says that “VAWG has definitely moved up the national (and global) agenda in recent years and our very active national VAW network ensures we are well connected locally. A big part of my role is to help deliver the national Equally Safe strategy preventing and eradicating violence against women and girls across our two areas. This is largely about working with partners on prevention and early intervention as well as on the public protection side with specialist services to support survivors and those causing harm (behaviour change and a robust response). I am also responsible for our Maracs and often chair them. You may also see me working with mainstream services to help make visible the gender implications within the work. Lately we’ve been looking at how poverty and the cost of living crisis affects women and their children differently and the links with gender based violence (see article in this newsletter). An exciting new development is that we have started work to develop a bespoke Equally Safe plan for Midlothian and another for East Lothian”.

Training update



Don't miss our on-line event to raise awareness of Neglect



The two hours of this briefing will absolutely fly by as you hear from one of the most engaging and interesting experts in the field of neglect - Carla Thomas, from Child and Family Training. Don't miss out on our second briefing, on **Wednesday 10th May from 9 – 11am**. Copy the link here and put it in your calendar, switch off your e-mails for the two hours and we can promise that there will be something new to learn for everyone!

[Click here to join the meeting](#)

Update on training venues

If you keep an eye out for our training flyers and calendar, you will see that some of our training has been in person at the Brunton Hall in Musselburgh. The training rooms are closed until further notice as some survey work is carried out to assess the building after safety concerns were raised over its roof. We have had to move some of our training – some of our upcoming training will take place at the Fisserow Centre in Musselburgh or other local venues, or will continue to take place on line. The key message is check the arrangements carefully so that you get on the training you are booked in for!

Have you been on our training?

Our training is free to staff and volunteers working in East Lothian and Midlothian. We advertise our courses and briefings via your learning and development teams, and on our website. Our briefings are a great way to get bite-sized learning without having to sit behind a screen for too long, and we have some great briefings coming up. Every quarter we run our 'core' training on Adult Protection, Child Protection, Public Protection and Violence Against Women and Girls – enabling staff to learn more about the issues, roles and responsibilities in these different areas of Public Protection.

Check out our [Training calendar](#) for our on-line and face-to-face training.

Adult Support and Protection

Adult Support and Protection Day Learning Event – 20th February

We hosted an on-line learning event on self-neglect and hoarding for 320 staff and volunteers from across East Lothian, Midlothian and Edinburgh. An amazing turn out! Across Scotland last year, the number of people referred to Adult Support and Protection rose by more than 200 a week, with around 940 ASP referrals per week. A significant proportion of that increase related to self-neglect, which rose during the pandemic when adults were being seen less in their home and were more isolated, with concerns only really coming to light once restrictions eased. We saw this locally, therefore this year we chose to focus on self-neglect and hoarding to learn more about the particular challenges around managing these issues. This was supported by a [short campaign video](#).

Professor Michael-Preston Shoot, an expert academic from the University of Bedfordshire, presented the evidence base for best practice around self-neglect, from research, safeguarding adult reviews and practice experience. He told us:

- In Scotland, the prevalence of self-neglect is 200 in 100,000 of the population, and hoarding around 2,500 in 100,000.
- Whilst hoarding affects all ages, it is more common in older adults, when the severity increases. There is a similar prevalence in men and women.
- In the context of people's experience of self-neglect and hoarding, the idea of lifestyle choice is wrong. We should not tackle the symptoms – a deep clean will exacerbate stress and distress.

- We need to learn someone's 'backstory', understand and work with it, which will also include trauma and experiences that go back into childhood.
- Get a connection with the adult and build a relationship – find out what is important to them and speak about 'the small things'.
- Importantly for partnerships, in England whereas about 9% of referrals are for self-neglect, 45% of Significant Adverse Reviews relate to self-neglect. This raises issues about how people work together and why should there be such a disjunction. Lessons include assumptions about lifestyle choice, lack of assessment of capacity and risk, lack of curiosity and lack of understanding of the issues.

Michael's presentation was ably supported by contributions from:

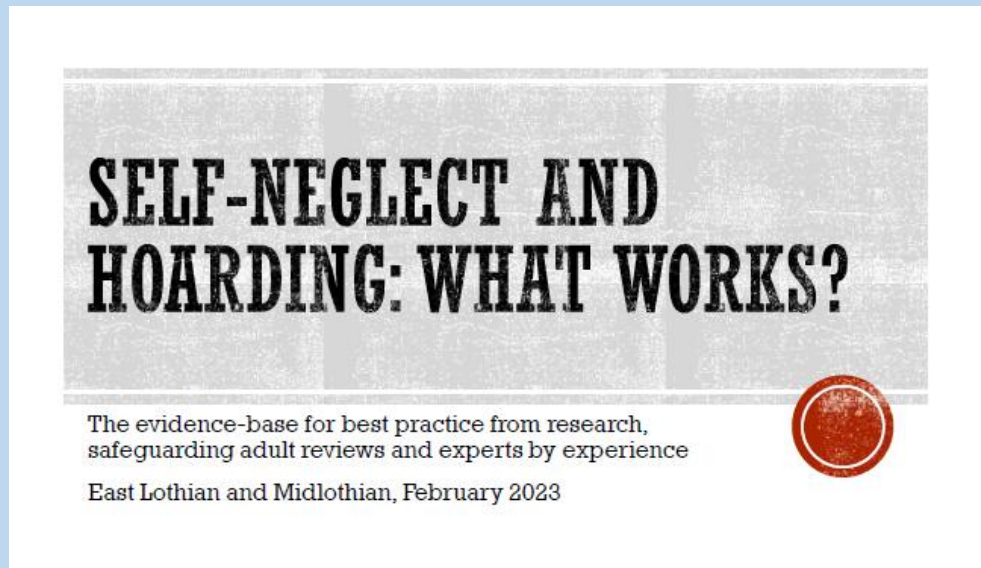
- Claudio Ferreira, our local Liaison Officer from the Scottish Fire and Rescue Service, who gave us an overview of their role in recognising and responding to hoarding.
- Diane Elliot, senior social worker, who emphasised that "it is a person problem first and that is what we need to remember and work with".
- Alan Laughland, our ASP Lead Officer. Alan reminded us of how ASP can help in cases of self-neglect and hoarding, and how to make a referral for support and protection.

Adult Support and Protection

Adult Support and Protection Day Learning Event – 20th February

Here are some useful resources to follow up on our day:

[The slides from Michael-Preston Shoot's presentation](#)



Watch a video on YouTube of a similar presentation by Michael Preston-Shoot - [MSP Self Neglect Conference \(24/1/23\)](#). Keynote speaker: [Michael Preston-Shoot – YouTube](#)

[Keith's story: a personal and touching film about hoarding – YouTube](#)

[Using curiosity as an approach for self-neglect | Dr David Orr | TEDxUniversityofSussexStudio - YouTube](#)



Adult Support and Protection



Enhance your knowledge about participation - working together in adult support and protection



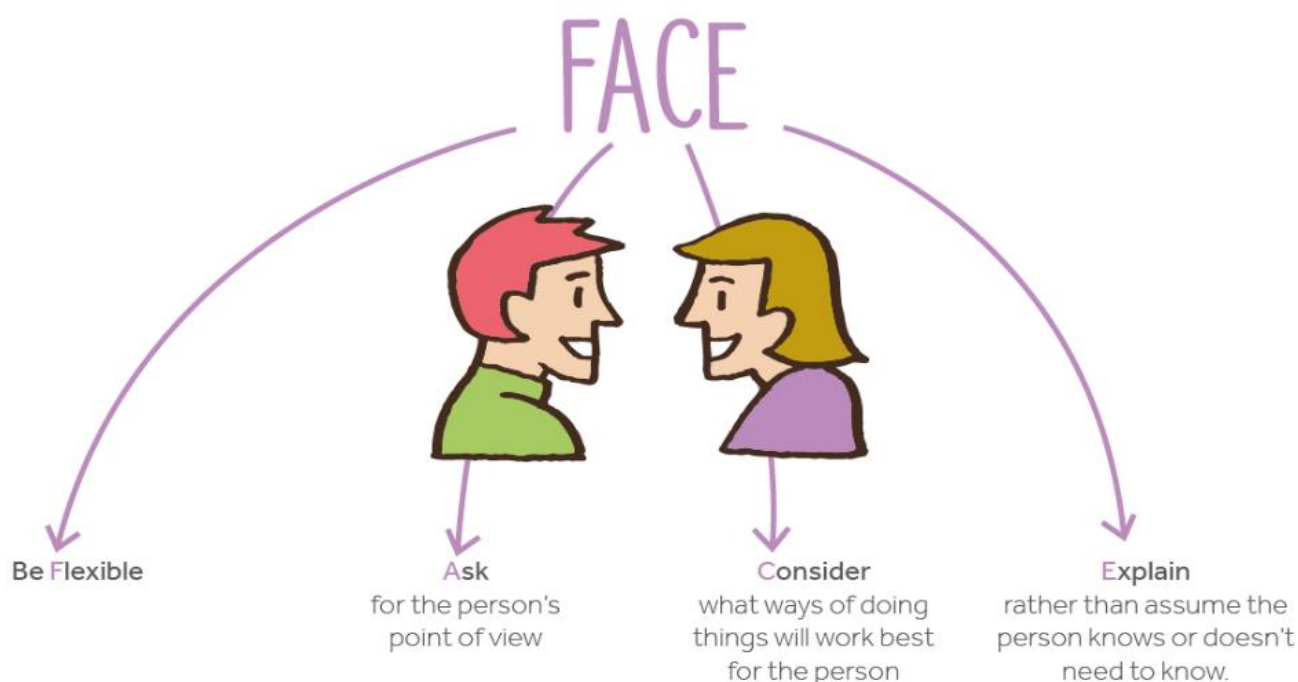
Click [here](#) to access the module.

It is vital that all professionals work towards supporting adults at risk of harm to participate effectively in the Adult Protection process. IRISS (Institute for Research in Social Studies) has developed a free to use and accessible on-line resource to support this. For professionals, successful participation involves being flexible and open-minded, and the module encourages you to reflect on this.

The key learning objectives and outcomes are:

- To understand the key principles of participation;
- To develop the skills and knowledge that supports effective participation of adults and carers in Adult Support and Protection; and
- To understand how tools and visual methods can aid participation.

You can work through the resource at your own pace and in your own time. There are helpful questions at the end of each section to help you reflect on your learning. The module has four parts – Listening, The Journey, Meetings That Work, and Getting on With Life – covering the wide range of skills and techniques to support participation, with tools that can be downloaded, printed out and shared. For example, here is a useful acronym used in the course - FACE - to describe some of the things that will build up trust between a person or carer and a professional.



Analytical Risk Management in Adult Protection – East Lothian and Midlothian



It is important to be able to articulate what we mean when we say someone is ‘at risk’. We all have to unpick what that risk means for the adult. EMPPC has approved this Guidance to help all professionals involved in Adult Support and Protection work to do just that, using what is known as the TILS Risk Assessment Framework. This gives a useful way to think about risk, with TILS standing for: Types of Harm, Imminence of Harm, Likelihood of Harm and Severity of Harm.

Here’s an example of how we can look at financial harm with a risk lens:

Type of Harm	Financial
Imminence of Harm	Is the harmer going to steal money today, tomorrow, later? What information do you have to assess this?
Likelihood	What are the chances of the event happening with the current controls in place? If the harm is financial, the harmer needs money to buy drugs and the adult cannot protect themselves, this would suggest likelihood of harm is high
Severity of impact	How severe is the impact of each type of harm likely to be? Does having no money leave the adult hungry and/or depressed and at risk of suicide?

Click [here](#) to read and use the Guidance. We will speak about this more in all our Adult Support and Protection training. The better we all get at risk assessment the better our risk management plans and protection of vulnerable adults.

Supporting those with mental health and money worries: advice for frontline staff

The purpose of this advice pack is to:

- Provide advice on how to best support people experiencing mental health and wellbeing challenges as a result of increased money worries and ensure people (advisers and those they support) are able to access information on relevant sources of available support.
- Highlight a range of training opportunities available to develop and improve awareness of mental health and wellbeing issues.

The Cost of Living Crisis is difficult for many. For those with fragile mental health, it can leave them at risk of harm by self-neglecting due to low mood, losing sleep due to anxiety and sometimes thinking of self-harming.

The Scottish Government has produced this Advice Pack for Frontline Advisers for staff working with clients with money worries.

Click [here](#) to access the guide.

If you are concerned that an adult may be at risk of harm, click on the links below to

[Report an adult protection concern - East Lothian](#)



[Report an adult protection concern - Midlothian](#)





Terri White: Finding Britain's Ghost Children

SOUNDS

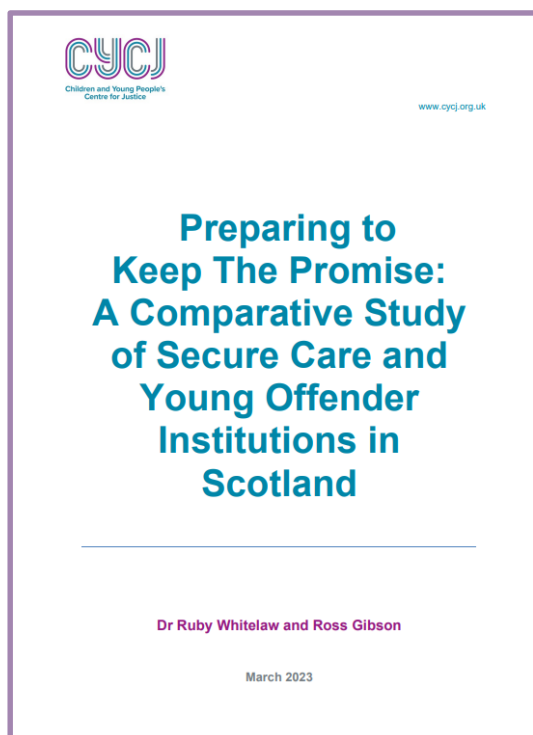
School saved journalist Terri White. Now she wants to know why so many children are missing from the classroom.

Recent [research](#) highlights over 100,000 Scottish schoolchildren are missing a day of lessons every two weeks, with more than 45,000 Scottish youngsters missing a full day of classes every week... Poor attendance at school continues to be a growing concern.



The BBC has released a podcast by Terri White about children missing from classes at school. Terri is journalist and author who experienced significant neglect and abuse as a child. Within this series of six episodes, each lasting less than an hour, Terri talks about how school was her safe haven and in particular a positive relationship with a teacher. Her own personal experiences as a child along with the death of Arthur Labinjo-Huges led her to explore what the current picture is for children who aren't attending school. Download the BBC Sounds App and listen here:

[BBC Sounds - Terri White: Finding Britain's Ghost Children - Available Episodes](#)



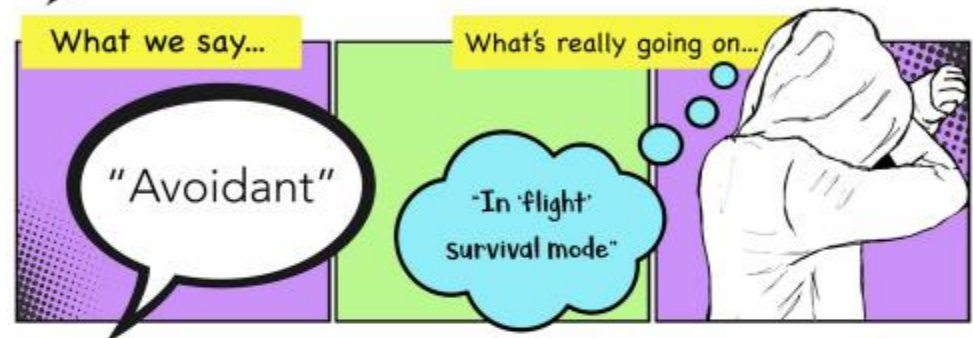
The Children (Care and Justice) (Scotland) Bill makes changes to the law in relation to the care of children and the involvement of children in the criminal justice system. The changes relate to the [Children's Hearings System](#) and several parts of the criminal justice system. This includes courts that hear cases relating to children and the places where children can be detained. This report from CYCJ compares the needs and experiences of children placed in Secure Care with those in Young Offender Institutions. It says "It is clear that there is no proven formula that sets out the ideal size of secure care provision, but this report indicates that smaller houses are more in keeping with trauma-informed responsive care. Consideration of developmentally appropriate settings may also reduce the risk of children feeling that they have outgrown a placement, or that they are ready to move on to an adult setting, although it also has to be recognised that a smaller group may result in contagion". Read the full report [here](#).

Why language matters ➔

improving
safeguarding and
child protection
practice with words



I am sure all of us have heard someone say, “ignore them, they are just attention seeking”. All children can seek reassurance through their behaviour to check that their parents, carers or other adults are there for them. For some children, their behaviour is a way of communicating that something is not quite right. This briefing from NSPCC Learning explores the need to be aware of how those who are non-verbal or pre-verbal communicate their needs. We know some things are very hard for children and young people to talk about (for example, most children do not disclose they have been sexually abused until they are adults and children never tell us they are being neglected). The briefing talks through the problems associated with ‘labelling’ behaviour and why it is important that children know they are seen and heard. A shift from traditional language to a trauma-informed description can create compassion instead of blame: hope instead of hopelessness and connection rather than disconnection.



Click here to read more:

[Why language matters: in need of attention, not 'attention seeking' | NSPCC Learning](#)

Child Protection

NSPCC
Learning

Infants and young children, due to their small physical size, early developmental status, and need for constant care, are more vulnerable to abuse and neglect and fatal injuries such as abusive head trauma and physical or medical neglect.

NSPCC
Learning

**Infants:
learning from
case reviews**

Learning from case reviews
March 2023

The NSPCC has recently published a summary report on the findings of case reviews (between 2018 and 2022) involving children aged two and under who were seriously harmed or died due to non-accidental injuries, neglect and dangers associated with unsafe sleeping. Here are some highlights from the report for multi-agency practitioners:

- Understanding lived experiences of infants in the context of their increased vulnerability
- Recognise when parents/carers are struggling - particularly in relation to the most vulnerable (premature babies/ multiple births or have two siblings also under the age of two/ disability/chronic health condition/complex health needs/previous CP involvement in the family).
- Understanding the roles and relationships around the infant
- Confidence in challenging parents/carers
- Professional over-optimism and lack of curiosity

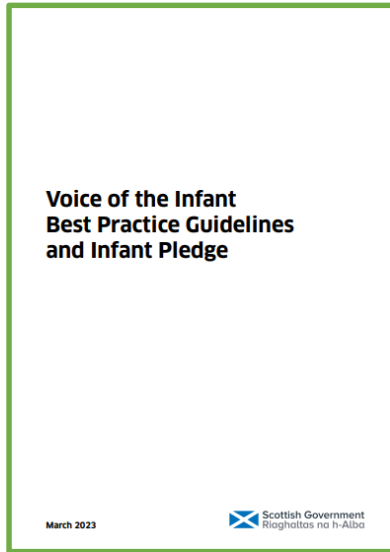
Child Protection Protocol for the management
of unexplained bruising in pre-mobile babies

NHS
Lothian

NHS Lothian has a Child Protection Protocol for the management of unexplained bruising in pre-mobile babies. The protocol will be Consultant led throughout, although some tasks will be carried out by other health professionals as appropriate. There are specific tasks in the protocol for any professional raising concerns after initial contact with a baby and therefore all professionals coming into contact with this age group should be familiar with this document.

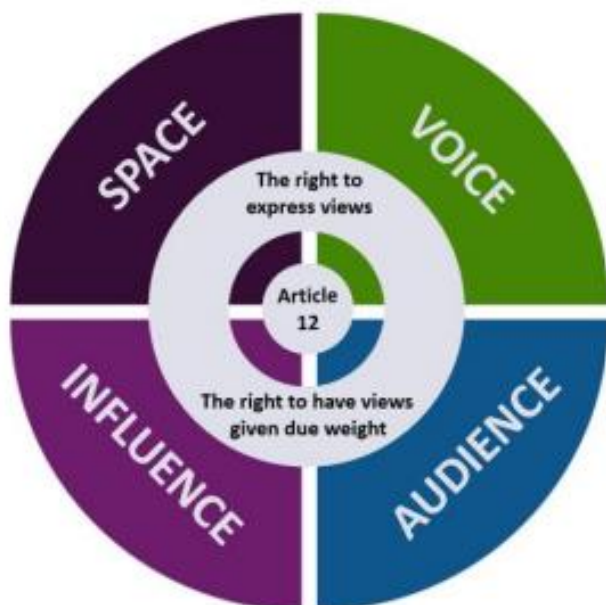
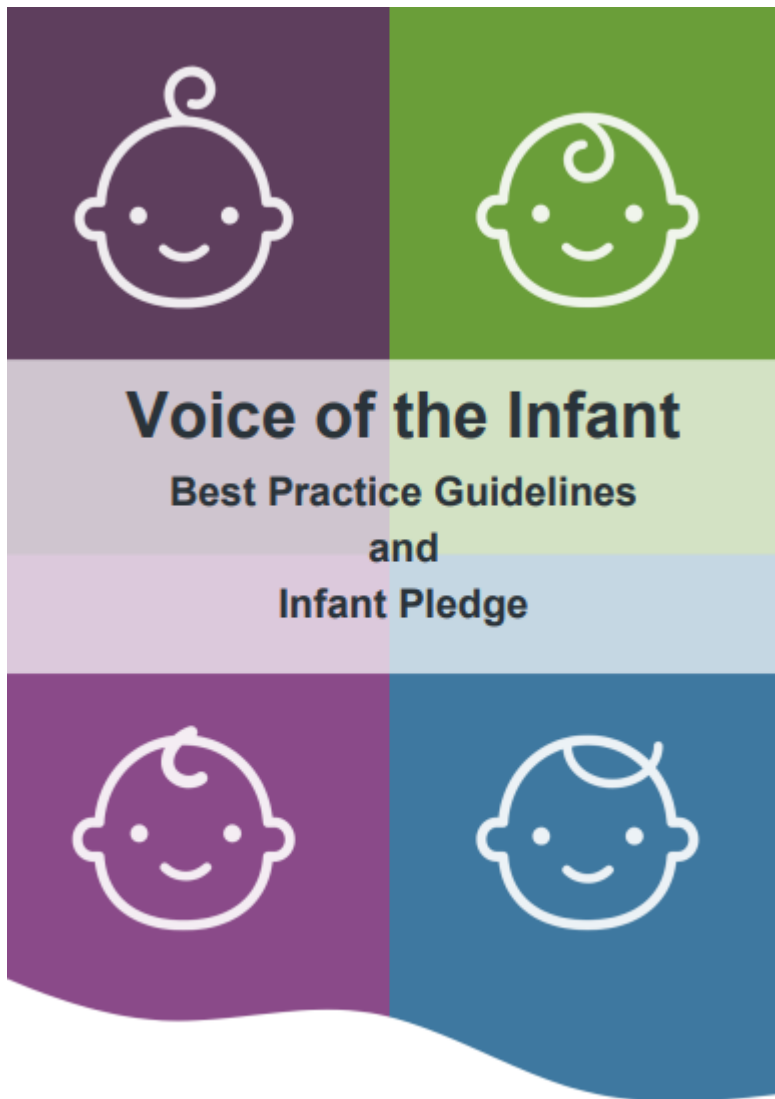
Click here to access protocol: [NHSL Guideline Template \(nhslothian.scot\)](https://www.nhs.uk/guidance/NG196)

Child Protection



All babies and young children have a right to meaningful participation, but as they may be preverbal, non-speaking or still developing language, practitioners will need to access innovative ways of facilitating this. The Scottish Government has just recently published [The Voice of the Infant Best Practice Guidelines and Infant Pledge](#) which explores key messages for multi-agency professionals in facilitating infant participation to ensure that the voices and experiences of infants can be understood, acknowledged and amplified. The model is based on four concepts as shown in the two diagrams below.

There is a really good practice checklist and good practice examples to help support everyone making infant participation real and meaningful for young children. This is a must read and use for anyone who comes into contact with young children in their work!



Child Protection

How the families of sex offenders are falling through the cracks

The knock on the door shattered the early morning calm.

Jessica and her children were still sleeping peacefully, unaware their lives were about to change forever.

This Sky News feature shows the impact on children whose father is a sex offender. One mother who tells the story of what happened to her family said "Families fall into the domino effect of what's happened. They are just as important, and they are hurting just as much as anybody else involved". This article and six minute video allow us to reflect on what supports and protection need to be in place for the child and family. Click on the link here to read more:

['My dad is a paedophile': Children of sex offenders tell of abuse they face over fathers' crimes | UK News | Sky News](#)



[Families Outside](#) is the only national charity in Scotland “working exclusively on behalf of families affected by imprisonment”. They speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support. Go to their website for more information about their work and to access their resources to support professionals who regularly come into contact with families affected by imprisonment.

Violence Against Women and Girls

What is Commercial Sexual Exploitation?

Commercial Sexual Exploitation (CSE) is seen as a form of Violence Against Women and Girls in Scotland's national strategy Equally Safe which aims to prevent and eradicate all forms of abuse and violence. The term 'CSE' describes activities connected to the 'sex industry' which (typically) men pay for or profit from, and which objectify and harm women.

The 'sex industry' is thriving in Scotland with a wide range of women involved in different contexts and settings. These include:

- Stripping, pole-dancing, and lap dancing
- Phone sex lines, webcams, peep shows
- Pornography - selling of sexual images online
- Prostitution, including street prostitution, massage parlours, saunas, brothels, escort agencies
- Human trafficking
- Sex tourism
- Survival sex, including sex for somewhere to stay or rent, to get alcohol or drugs, or protection...



There are lots of resources to learn more about CSE:

[CSE Aware website](#) – this includes information about the needs of women who sell or exchange sex, and resources to improve their response to them.



[Women's Support Project website](#) – this project works to end violence against women, by raising awareness of the root causes, extent and impact of male violence and for improved services.

Join us at our **online briefing** when Linda Thomson, National Coordinator, Women's Support Project will speak about 'Money and Power and Commercial Sexual Exploitation' **Tuesday 23rd May 2023 from 2-3pm**. Put this link in your calendar to join: [Click here to join the meeting](#)

Violence Against Women and Girls

Veronica Campanile, our Violence against Women and Girls Co-ordinator has written about the links between the cost of living crisis, poverty and VAWG.

Supporting families through Covid and now through the cost of living crisis on families is a high priority for most of us now and for the foreseeable future. But how much do we understand about the way this ongoing crisis has exacerbated existing inequalities and the ways different groups of people try to make ends meet in order to survive?

Similar to Covid the cost of living crisis is likely to have more serious impacts on women. The poorest households will be hardest hit by the cumulative rise in prices and as women are more likely to be poor and have less savings than men, they will bear the brunt of this crisis. This is placing women in increasing vulnerable situations where selling or exchanging sex may be seen as the only option or the most viable way to make enough money to pay bills, maintain homes and avoid destitution - this is called "survival sex".

In addition, women from the most marginalised groups are over represented in the sex industry - women from ethnic minorities, migrant women, women experiencing domestic abuse, trans women, women using substances or homeless. There are also reports that women already involved in the sex industry are facing increasing pressures, expectations and violence from buyers.

With these pressures women are less likely to be able to leave the sex industry.

It's really important to consider all of this to be able to provide appropriate support through our services and our poverty action plans.



This Briefing from Encompass highlights:

- The links between poverty and selling or exchanging sex.
- How this can increase women's vulnerability to involvement
- How it impacts on women already involved in selling or exchanging sex
- What we can do to support women involved in this during the crisis.

Go to the [Encompass](https://www.encompass.org.uk/) website for more information and resources to learn more about the needs of women involved in commercial sexual exploitation.



Violence Against Women and Girls

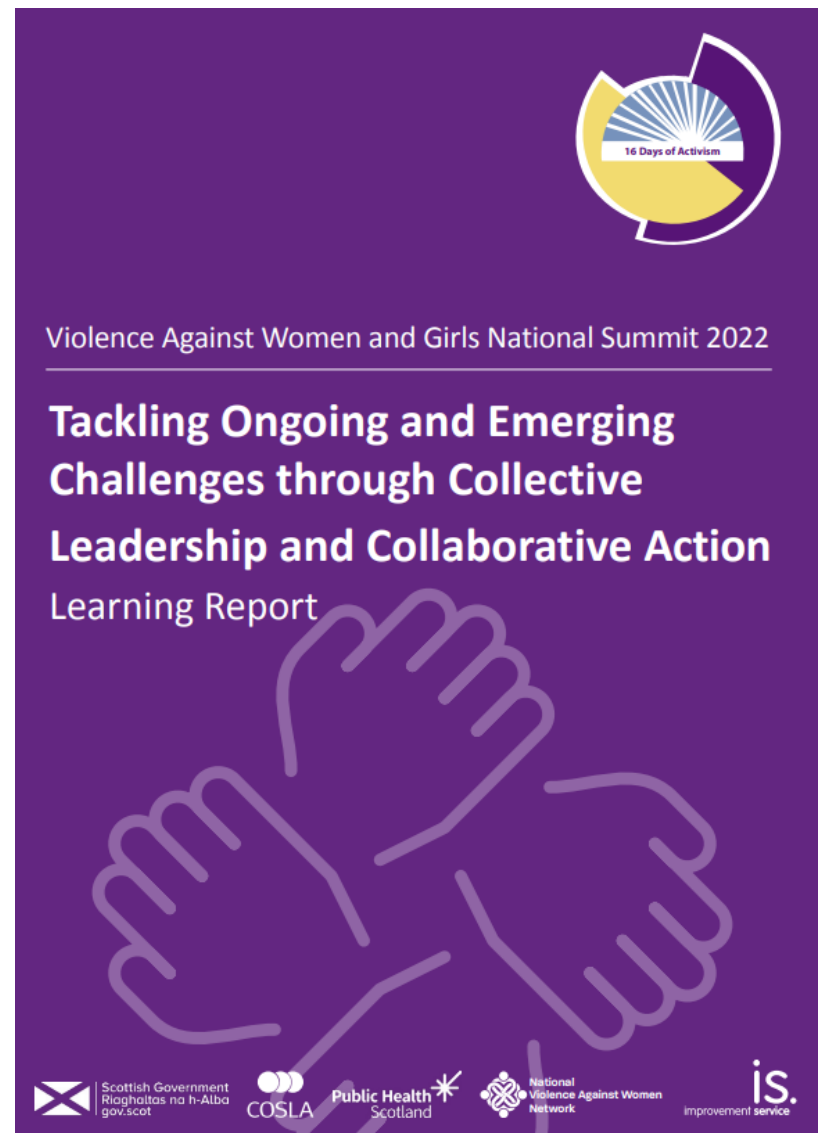


The 16 days VAWG National Summit was held on 8th December 2022 – with a focus on What next? Big themes of the day were collective leadership in a time of crisis, and priorities for the next phase of the Equally Safe Strategy later this year.

Click on the link here to listen to the varied range of speakers at this event – including hearing from some of the VAW partnerships, Police Scotland, Engender, Emily Test and Scottish Women’s Aid.

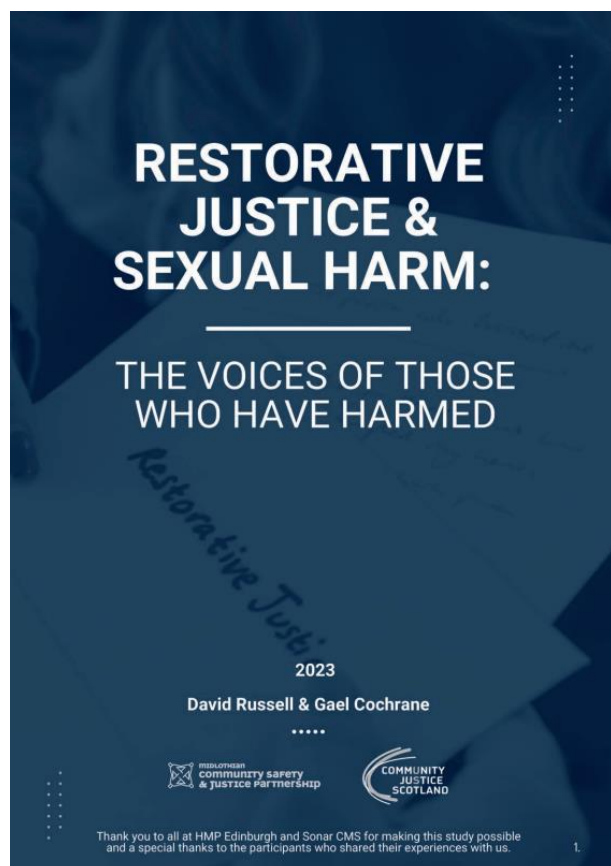
[National Summit \(VAWG\) – speakers](#)

There were lots of ‘take home and action’ messages from the event, which you can read in the [report](#).



Tackling VAWG is everyone’s business and everyone has a role to play in ensuring that the rights of women and girls to live safe lives, free from all forms of violence and abuse are realised. There is a need for awareness raising which reaches senior leaders and decision-makers who are not currently engaged in this agenda and supports them to understand the vital role they can play in tackling VAWG and gender inequality. This includes ensuring more men in leadership positions commit to taking action to support the next phase of Equally Safe, and that they are held accountable for doing so.

Violence Against Women and Girls



Read the report [here](#)



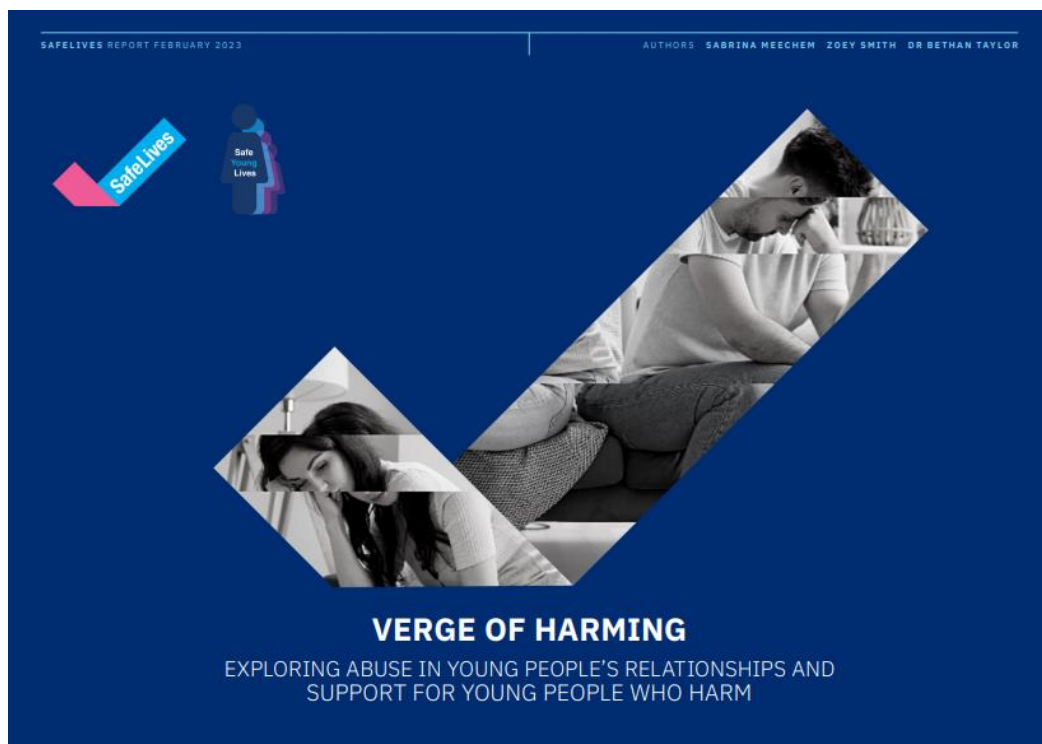
Newly published is a study by David Russell and Gael Cochrane, Midlothian Community Safety & Justice Partnership. This is a qualitative study based on interviews with 44 adult males in custody, convicted of a sexual offence(s). The study aims to contribute an understanding of motivational factors from the perspective of an individual that has caused the harm and why they might participate in restorative justice. Whilst the choice of whether to start and proceed with restorative justice should always be made by the person harmed, their views must also be considered. Restorative justice is a process of independent, facilitated contact, to support constructive dialogue between a victim and a person who has harmed, arising from an offence (or alleged offence). It can take place in person or by letter or virtually, and is entered to voluntarily by both partners. It can increase the sense of responsibility for the person causing the harm as well as the person harmed being able to speak about the impact – which can be an empowering process. David and Gael make a number of recommendations – emphasising the need for a trauma-informed and person-centred approach.

The toxic influence of Andrew Tate: how society has failed a generation of young men and boys. More from David Russell [here](#).

Along with Dr Sophie King-Hill from the University of Birmingham, David talks about what we can do to tackle the impact that Andrew Tate is having. Read more [here](#).

Andrew Tate has millions of online followers in spite of being banned from well known social media for his misogynistic comments. Read more about how schools are tackling his negative influence [here](#).

Violence Against Women and Girls



[The Verge of Harming](#) study sought to further understanding of abuse in young people's relationships, as well as to explore the views of young people and practitioners around prevention, early intervention and specialist support. **This is a must read for anyone involved in healthy relationships education and prevention work – decision makers, leaders, practitioners.**

It begins to address the evidence gap around young people's use of harm in their romantic/dating relationships, and has provided insight into their views and experiences, as well as recommendations for support. It makes 11 key recommendations, which include the following:

- Healthy relationships education and prevention work needs to:
 - Work towards expanding current understandings of abuse to include behaviours that aren't solely physical;
 - Equip young people to respond well and safely when their friends share concerns about their own behaviour; and
 - Develop young people's emotional literacy so that they feel able to identify, understand and express adverse emotions in a healthy way.
- Support for young people who harm should be holistic, working with the whole person (intersecting identities and overlapping needs), whole family, and whole community (other professionals working with the young person and their family).

The report complements the [Your Vision: Support for Young Women in East Lothian](#) which featured in our last newsletter.



[About - National Wellbeing Hub](#)

When you spend your days caring for others, and reading and hearing about difficult subjects in Public Protection it can be difficult to find the time to care for yourself. The National Wellbeing Hub was established in 2020 to help support the wellbeing of everyone working in Health and Social Care in Scotland. Click on the link above to check out the wide range of resources to support your own and your colleagues physical, psychological and financial wellbeing.

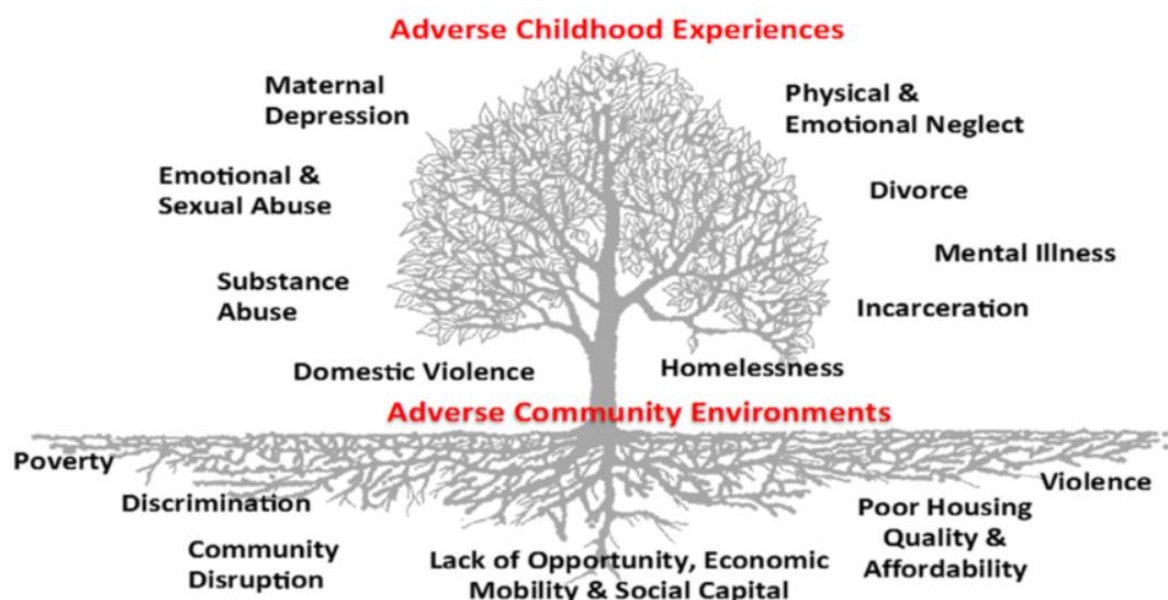
Spotlight on Trauma Informed Practice

Why is this important to us?

Responding to trauma is, now more than ever, a public health priority. COVID-19, the restrictions put in place, and its legacy significantly increased the risk of people experiencing trauma and re-traumatisation. There is growing national and international evidence that embedding a trauma-informed approach in the re-mobilisation of services, systems and workforces can support Scotland's long-term recovery and renewal. A new framework has been developed for [Creating Trauma-Informed Change: What, Why and How](#). Click on the link [here](#) to hear from Dr Sandra Ferguson from NHS Education for Scotland (at 5 minutes), Shumela Ahmed, Managing Director of the Resilience Learning Partnership (at 21 minutes), and Laura James from the Improvement Service (at 36 minutes) But for a moment, let's think about what we mean by Trauma-Informed Practice.

What is trauma and what has ACEs got to do with it?

Trauma is often defined as “an event, a series of events or a set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening” . This could be a single incident such as rape, suicide and sudden bereavement or a serious accident, or complex trauma that takes place over a prolonged period of time, such as child abuse, neglect, human trafficking or different forms of gender-based violence, including domestic abuse. This ‘Pair of ACEs tree’ (Ellis, 2020) helps illustrate the range of issues that are known as adverse childhood experiences, and the complex relationship with community environments which can impact on someone's resilience.



Spotlight on Trauma Informed Practice

How common is trauma?

Psychological trauma, including adverse and traumatic experiences in childhood and adulthood, is more common than is often assumed. Understanding the prevalence of trauma means that we know there is no 'them' and 'us' — anyone of us can be affected by trauma. Research tells us that around 20% of women and 5 to 10% of men have experienced child sexual abuse, but we know from services' experience that this is an underestimate. Around 75% of people using substances have experienced trauma previous to the substance use starting, domestic abuse affects 1 in 3 women and 1 in 5 children. 50 to 70% of people using mental health services have experienced trauma. 90% of women in prison have experienced significant trauma and we know that those who perpetrate offences have also had trauma in their lives.

Why do we need to respond in a trauma informed way?

There are some predictable outcomes – including for example, higher risk of preventable diseases for people who have experienced higher levels of trauma, difficulty engaging with education, and research tells us that half of children experiencing trauma will go on to have further difficulties later in life.

Many people will recover without the need for professional therapy or treatment, but if those affected are not supported, it can have a range of negative consequences. In particular, growing up with adverse childhood experiences can have a long-lasting effect on people's lives.

Where people who have experienced trauma are triggered by something that reminds them of a traumatic event (triggers could be a word, a phrase, a look, something about the physical surroundings), they don't just remember it, they relive that – what you see in the moment may feel disproportionate to the outsider, but this is very real to the person. The person can be 'wired for threat', expressing strong emotions. People use a whole range of strategies to manage these strong emotions, which are the things that create difficulties in life and bring people into contact with services – for example, alcohol use, substance use, offending. This is where the principles of how we respond come in - **Safety, Choice, Collaborate, Empower and Trust.**

Spotlight on Trauma Informed Practice

What does a trauma informed workforce look like?

Because of their complexity, organisations often have the potential to work in ways that are often unintentionally re-traumatising, cause more harm, and create barriers for people to access support.

But – adversity is not destiny – that is where Trauma-Informed Practice comes in.

The principles that we know are being key to being trauma informed when engaging with people we work for and people we work with are known as the ‘traditional R’s’ of trauma informed practice:

- **Realise** how common the experience of trauma and adversity is;
- **Recognise** the different ways that trauma can affect people, and how strong emotions come out in different situations;
- **Respond** by taking account of the ways that people can be affected by trauma to support recovery, and recognise and support people’s **Resilience**; and
- Recognise the central importance of **Relationships**. **Trauma happens in relationships and recovery happens in relationships . We all potentially have a role to play in offering a different kind of relationship which can help people in their role to recovery.**

Want to read more?

[Opening Doors: Trauma Informed Practice for the Workforce on Vimeo](#)

[Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People on Vimeo](#)

[National Trauma Training Programme - Home \(transformingpsychologicaltrauma.scot\)](#)

[Adopting a Trauma-Informed Approach | Improvement Service](#)

[Domestic abuse- and trauma-informed practice: companion document \(improvementservice.org.uk\)](#)

[Alcohol and drug use and trauma-informed practice: companion document \(improvementservice.org.uk\)](#)

[Mental health and trauma-informed practice: companion document \(improvementservice.org.uk\)](#)

[Adverse Childhood Experiences \(ACEs\) and Trauma - gov.scot \(www.gov.scot\)](#)

Contact us

Our Lead Officers support the work of the EMPPC and you can contact them for more information about anything in this newsletter, or about their role:

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Do you have any suggestions for a future article in our newsletter? If so, please get in touch with us at emppo@eastlothian.gov.uk

Our Vision for Public Protection

Everyone has a right to be safe and protected from harm and abuse. We will protect our children, young people and adults in East Lothian and Midlothian by working together and upholding our values.

Our core values of respect, integrity and commitment underpin our work in supporting and protecting all people who may be at risk of harm in our communities.