



Keeping people in their
homes since 1981

www.sheltercymru.org.uk

Engaging with people in crises

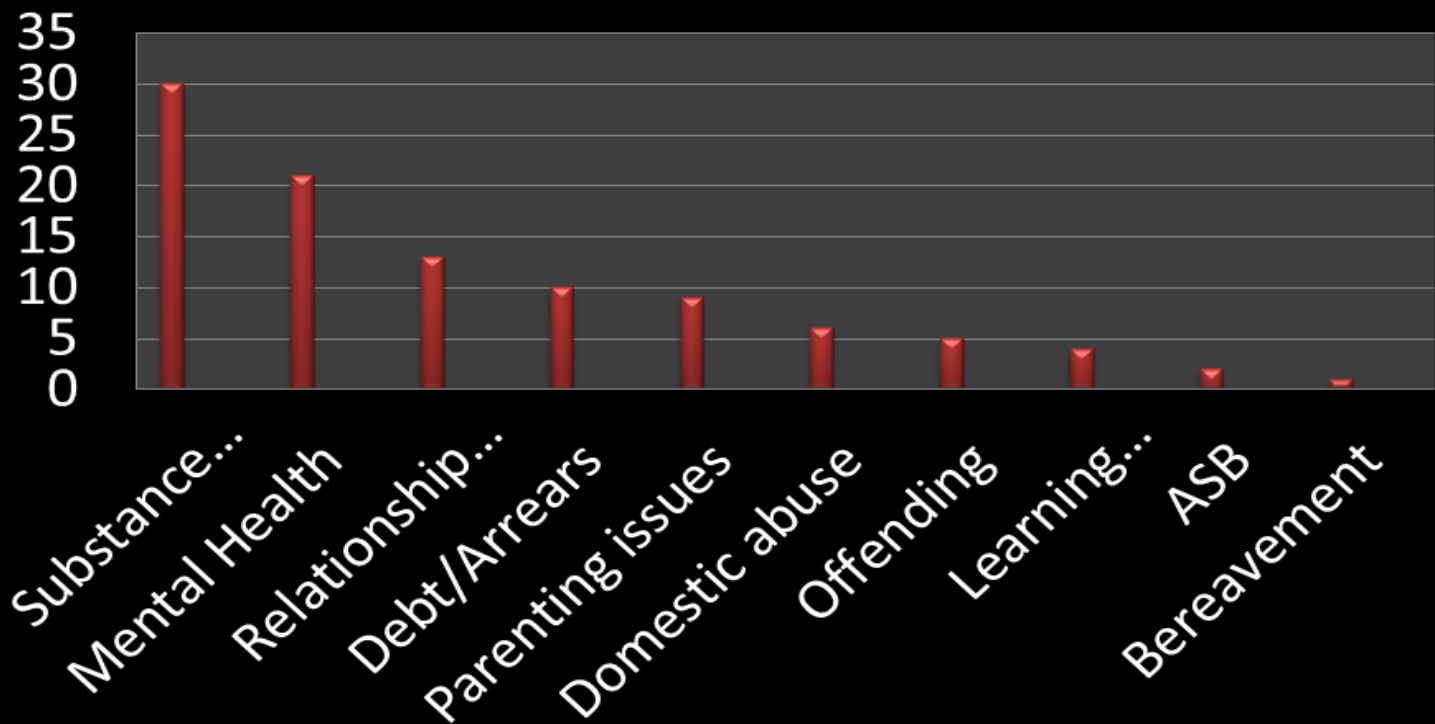
**ACEs and a Trauma informed
approach**

Causes of homelessness

- Causes of homelessness are complex
- Usual causes
- Complex interplay between factors
- Common threads/histories- prison and care
- Each person has their story to tell

“ They have very chaotic lifestyles...if anything is going to affect it it’s going to collapse. It’s so fragile. There’s a whole string of reasons why people become homeless” (stakeholder)

Contributing factors to homelessness



- **80%** of homeless respondents reported a mental health issue
- Of these **45%** had a diagnosis
- Compared with **25%** in the general population
- High prevalence of Personality Disorder
- Personality difficulties often arise from histories of trauma, beginning in childhood

Adverse childhood experiences

(ACEs) are potentially traumatic **events** that can have negative, lasting effects on health and well-being. These **experiences** range from physical, emotional, or sexual abuse of the child, to parental separation, parental substance misuse, domestic violence, parental mental illness, or the incarceration of a parent or guardian.

Experience of complex trauma

problems maintaining stable
relationships

feelings of shame and lack of trust



Difficulty engaging in help and support relationships

More likely to experience overwhelming
emotions

difficulties controlling fear and anger



More likely to develop MH needs eg depression and anxiety

may use unsuitable techniques to cope

drugs/alcohol/self harming



Shelter
Cymru

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Aces Animation

<http://www.wales.nhs.uk/sitesplus/888/page/91667>

How many adults in Wales have been exposed to each ACE?

CHILD MALTREATMENT



Verbal abuse
23%



Physical abuse
17%



Sexual abuse
10%

CHILDHOOD HOUSEHOLD INCLUDED



Parental
separation
20%



Domestic
violence
16%



Mental
illness
14%



Alcohol
abuse
14%



Drug
use
5%



Incarceration
5%

ACEs – Health harming behaviours

Compared with people with no ACEs, those with 4+ ACEs are:

- 4 times more likely** to be a high-risk drinker
- 6 times more likely** to have had or caused unintended teenage pregnancy
- 6 times more likely** to smoke e-cigarettes or tobacco
- 6 times more likely** to have had sex under the age of 16 years
- 11 times more likely** to have smoked cannabis
- 14 times more likely** to have been a victim of violence over the last 12 months
- 15 times more likely** to have committed violence against another person in the last 12 months
- 16 times more likely** to have used crack cocaine or heroin
- 20 times more likely** to have been incarcerated at any point in their lifetime



ACEs – Mental well-being

Adults with 4+ ACEs were five times^s more likely to have low mental well-being than those with no ACEs

Over the past two weeks, compared to people with no ACEs, those with 4+ ACEs were also:

- 3** times more likely to have never or rarely felt relaxed
- 3** times more likely to have never or rarely felt close to other people
- 4** times more likely to have never or rarely been thinking clearly
- 5** times more likely to have never or rarely to have dealt with problems well
- 5** times more likely to have never or rarely been able to make up their own mind about things
- 6** times more likely to have never or rarely felt optimistic about the future
- 6** times more likely to have never or rarely felt useful

Triggers

- Discuss examples in your group
 - what are they
 - when can they arise
 - behaviour responses
- Do you know yours?



Effect

- Discuss examples
- How might this effect the advice/help that can be give?
- How might this impact on situation and ability to resolve homelessness?

PIE

- Psychologically Informed Environments

TIC

- Trauma informed Care

Psychologically Informed Environments (PIEs)

- Services where the day to day running is designed to take psychological and emotional needs into account
- Research shows: environment can significantly hinder recovery/success in overcoming matters such as homelessness/poor housing
- PIE is a mode of working that paces people and their individual need are the centre

Uninformed environment

Thoughts?



How can we make PIEs work?

“For the moment, at least, the definitive marker of a PIE is simply that, if asked why the unit is run in such and such way, the staff would give an answer in terms of the emotional and psychological needs of service users, rather than giving some more logistical or practical rationale.”

Johnson and Haigh 2010

How can we make PIEs work?

Psychological
framework

Physical
Environment

Staff training
and Support

Managing
relationships

Evaluation of
outcomes

Trauma Informed Care (TIC)

- An emerging good practice in the sector
- Improve awareness of trauma AND its impact
- Ensure support is appropriate and effective
- AND does not re-traumatise
- <https://www.homeless.org.uk/our-work/resources/webinar-catchup/basic-intro-TIC>

How can we adopt a model of TIC?

Understand and
acknowledge
trauma impact

Notice signs

Use knowledge
to respond

Prevent re-
traumatisation

A TRAUMA-INFORMED APPROACH

**COMFORT
VS.
CONTROL**

**Creates positive
relationships and a
supportive caregiving
environment.**

**Recognizes the effects
trauma has on people:**



Biologically



Psychologically



Socially

**Minimizes future
traumatic stress by:**



Realizing
the prevalence
of trauma



Recognizing
how trauma
affects people



Responding
by putting
knowledge into
practice

Anger is the tip of the iceberg.



There is some sort of emotional pain or discomfort that is not getting dealt with directly and is getting turned into anger.

How could it work for you?

- What issues do you think may crop up?
- How are you going to deliver your service?
- Initial thoughts on how you can make it Trauma Informed?
- Going forward

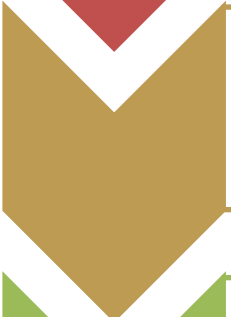
**“The ache for home
lives in all of us,
the safe place
where we can go as we are
and not be questioned.”**



Maya Angelou

Thank you!

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- www.sheltercymru.org.uk/get-advice

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- www.sheltercymru.org.uk/get-advice/free-resources

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- Housing Help app