

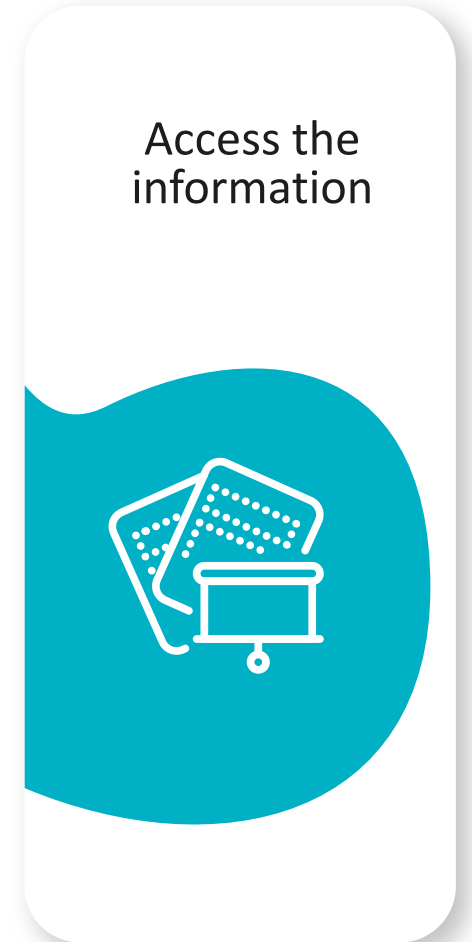
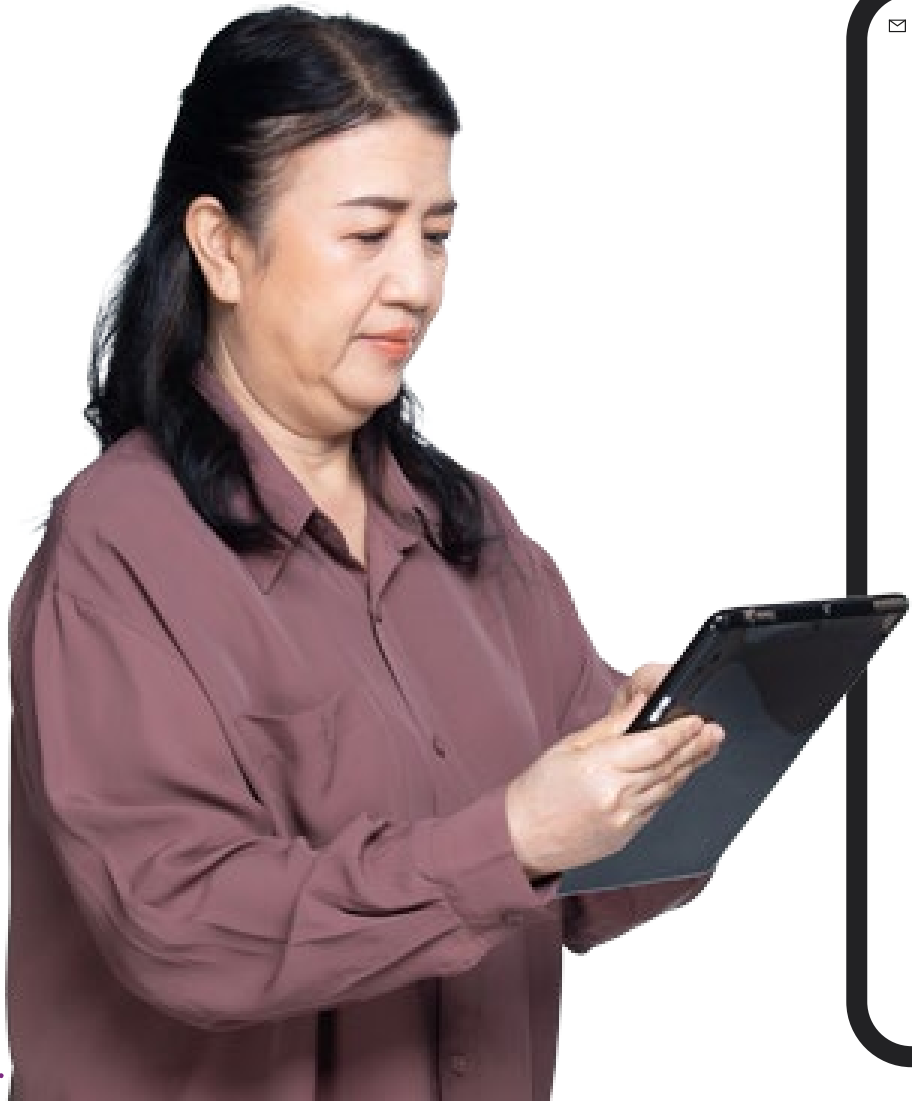
**What does a trauma-
informed Family Hub
really look like**

From environment
to practice

PRESENTED BY:
Dr Asha Patel
Clinical Psychologist & Founder

Resources for you:

Take the **Audit** & Download the **E-book**





Dr Asha Patel

Clinical Psychologist &
Trauma-Informed Practice Expert



Being safe **together**

My vision is simple.

A future where children's lives are no longer shaped by the trauma they have experienced but by the adults who knew how to help them heal.



Opt-in approach



Respectfully ask questions
and engage in discussions



Listen to your body



Confidentiality

Trauma can be many things...

It's always their experience that defines their trauma



One-off catastrophic
life events /
natural disasters



On-going repetitive
experiences of fear
overwhelm and
abandonment





Trauma informed

isn't

just a switch we press
for 'those moments'



Cues of Safety & Co-Regulation

Communication, Information & Branding



Logo



Website



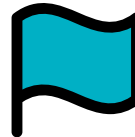
Notice
Boards



Social
Media



Banners



Apps



Letters



- **Signal safety**
- **Formatting:** text, colours, images, tone, language
- **Logo:** inclusivity, ethnic diversity, same sex couples
- **Display banners:** text, images, placement within the hubs
- **Signs:** placement within eye level,
- **Notice boards:** calm, pastel colours, text font / size / colour
- **Notices within toilets**
- **Images:** inclusive, soft

Experience of **Finding &** **Entering**

- Signs for entrance
- Information on travel/parking
- Sat nav accuracy
- Lighting: winter
- Greeting at reception



What helps to make your journey to the Family Hubs easier?

What feels stressful each time you come to a Family Hub?

On a day when they're wanting to come but are feeling tired or stressed, **what makes** it harder to get there?

What can make it feel hard to walk into the building/room the session is in?

Inside a Family Hub

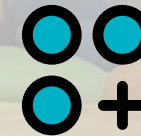
Reception
Area



Use of
Music



Multi-Use
Rooms



Outdoor
Spaces



Sensory
Rooms



Within in Session Delivery

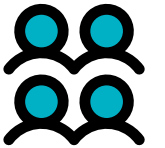
Use of
Food &
Drinks



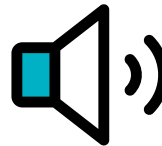
Mindful
Activities



Outreach
Work



Language
Used



Celebrating
Occasions



Working With
External
Agencies



Governance & Leadership

Vicarious
Trauma



Strategy



Recruitment
Strategy



Leaders
With
Influence



Thank you for joining me today.

I truly appreciate your interest and engagement.

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Take the **Audit** &
Download the **Guide**

