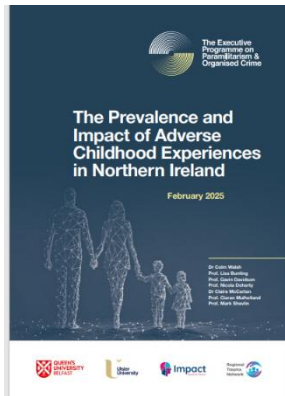


CSSC Governor Development Session – ‘Supporting Schools to develop a trauma sensitive approach to practice’ – recommended resource list

1. [The Prevalence and Impact of Adverse Childhood Experiences in Northern Ireland](#)



Published in February 2025, **The Prevalence and Impact of Adverse Childhood Experiences in Northern Ireland** reports on a survey carried out by Dr Colm Walsh and colleagues regarding the prevalence of adverse childhood experiences in Northern Ireland.

2. [Youth Wellbeing Prevalence Suvey, 2020](#)

Published in 2020 the Youth Wellbeing Prevalence survey captured data from more than 3,000 children and young people in Northern Ireland, and more than 2,800 parents and caregivers and was able to present reliable prevalence estimates of the rates of mental health problems in children and young people in Northern Ireland.



3. **The Safeguarding Board NI**



The Safeguarding Board NI has a wealth of resources on trauma informed approaches and have recently published a comprehensive toolkit to support organisation and systems to embed a trauma informed approach. Click [here](#) to access the toolkit.

4. Kazzum Arts

Kazzum Arts is an organisation who work with young people who have experienced high levels of Adverse Childhood Experiences. Their programmes use creative activities as a means of building confidence, communication skills, creativity and engagement in learning, whilst also helping children and young people to develop healthy relationships with others and the world around them. The animations shown during CSSC's development session were provided by Kazzum Arts.



Click [here](#) to access their site.

5. Beacon House



Beacon House is a team of psychologists, psychotherapists and occupational therapists who specialise in repairing the effects of trauma and attachment disruption.

For a wealth of written, visual and video resources on childhood trauma and supporting children's regulation please click [here](#).

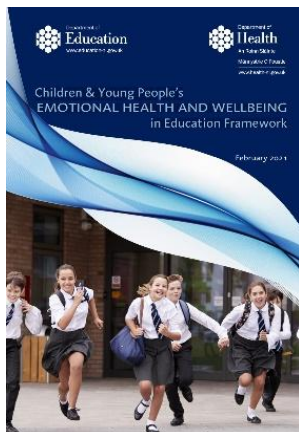
Beacon House also has resources available to support adults in regulating their emotions.

6. The Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families is an organisation which carries out clinical research into mental illness and delivers training which promotes a whole school approach to mental health and wellbeing. The Centre has developed a **Mentally Healthy Schools** site which includes freely downloadable resources which include lesson plans and further reading for staff. Click [here](#) to explore the site. Click [here](#) for their specific content on staff wellbeing: -



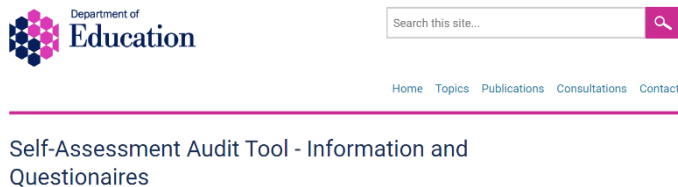
7. The Department of Education and the Department of Health



The Departments of Education and Health have developed the Children and Young People's Emotional Health and Wellbeing in Education Framework in collaboration with relevant statutory bodies and agencies, parents, carers, voluntary and community sector organisations and most importantly the children and young people themselves. The framework recognises our collective responsibility in supporting the emotional health and wellbeing of our children and young people and those working with them. The framework can be accessed [here](#).

8. The Department of Education

The Department of Education has developed a self-assessment audit tool which includes information and questionnaires to support school development planning in the area of emotional health and wellbeing. The questionnaires in relation to staff emotional health and wellbeing in CSSC's Governor Development session can be found [here](#).



9. The Department of Education

The Department of Education has also developed a specific resource in relation to working with whole school communities to understand, nurture and support social behaviour and emotional wellbeing. Click [here](#) to access this resource.

10. The Public Health Agency

The Public Health Agency has developed a site which includes a variety of online resources to support adult health and wellbeing which include Steps to Deal with Stress and the Take 5 advice for wellbeing. Click [here](#) to access these resources.



11. The EA Healthwell Hub

The EA Healthwell Hub is a site which has a number of interactive resources which support EA's Health and Wellbeing Strategy 2019-2022 for staff. It can be accessed on your computer, laptop or phone. Click [here](#) to view the content available.



12. Trauma Informed Schools UK

Trauma Informed Schools UK has a free 25-minute webinar which explains the benefits of supervision to staff wellbeing. To access click [here](#).

