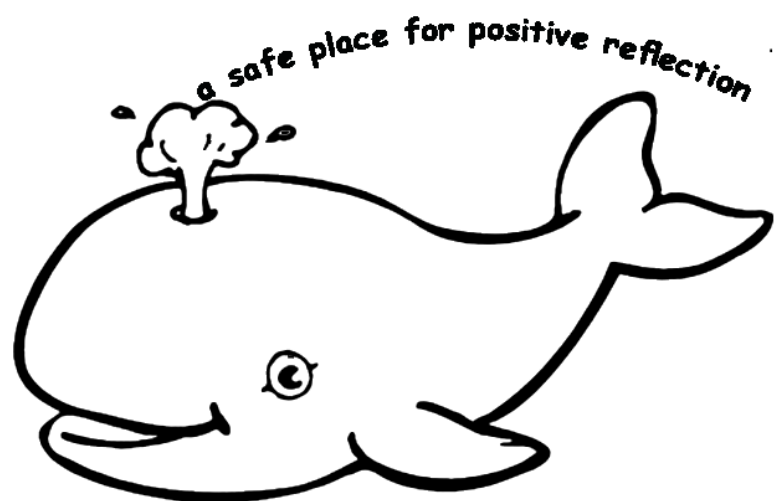


**PROFESSIONALS
RESOURCE**

**INCIDENT, TRAUMA
AND ANGER**



Jonah's Project CIC

THIS GUIDE IS PART OF MANY RESOURCES PRODUCED BY JONAH'S PROJECT CIC TO SHARE OUR KNOWLEDGE AND EXPERIENCE WITH OTHER PROFESSIONALS.

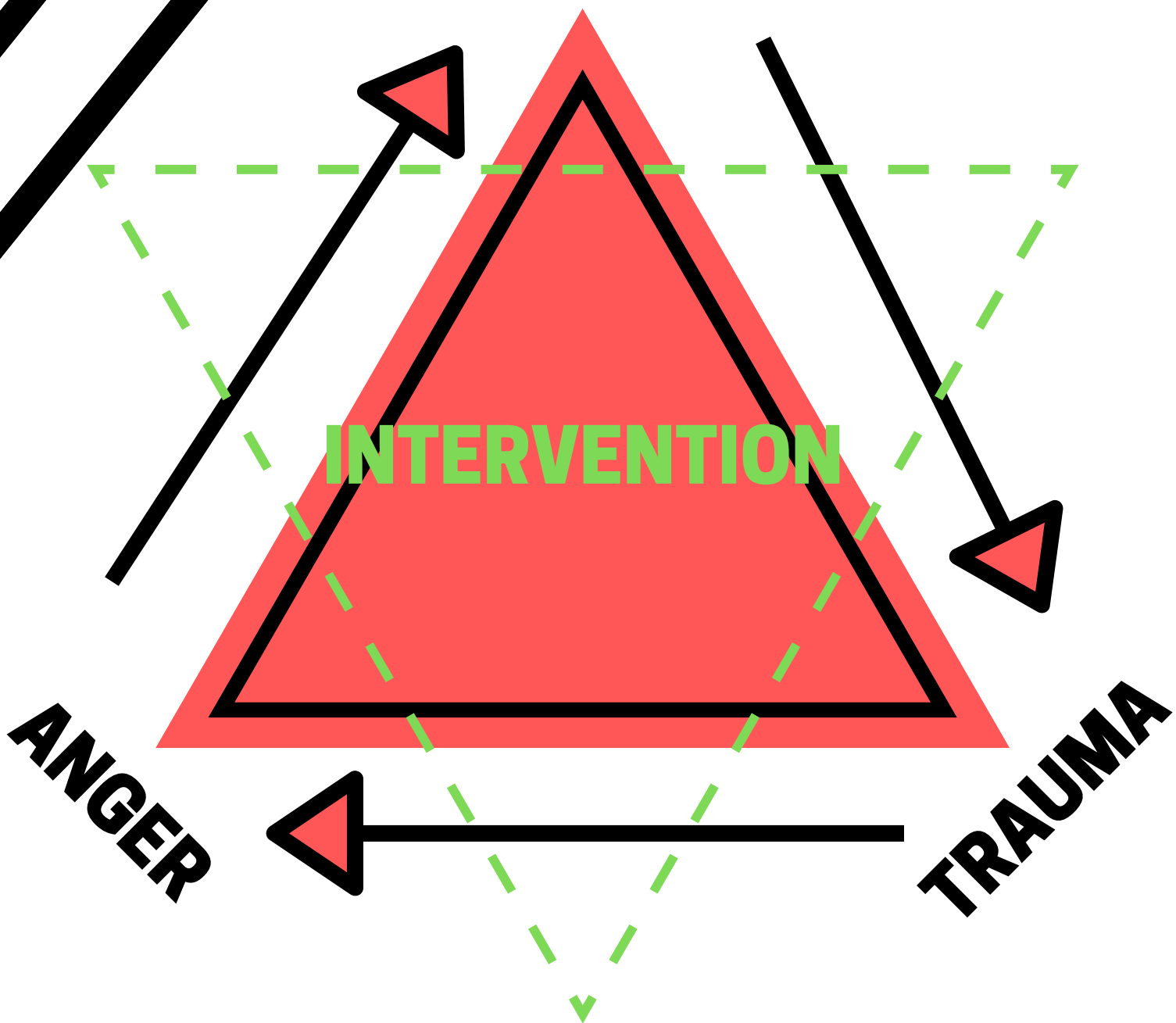
THE TOOLS THAT WE ARE SHARING ARE BASED ON OUR YEARS OF WORKING WITH YOUNG PEOPLE AND ENCOURPORATING OUR LEARNING INTO PRACTISE.

IN THIS GUIDE WE WILL BE SHARING OUR TOOLS AND KNOWLEDGE IN RELATION TO YOUNG PEOPLE WHO ARE VICTIMS, OBSERVERS OR PERPETRATORS OF TRAUMATIC EVENTS.

WE ALSO HAVE RESOURCES THAT HAVE BEEN PRODUCED TO SUPPORT WORK WITH YOUNG PEOPLE WITH A VIEW OF MOTIVATING THEM TO BE THE BEST VERSION OF THEMSELVES. PLEASE FEEL FREE TO UTILISE THEM.

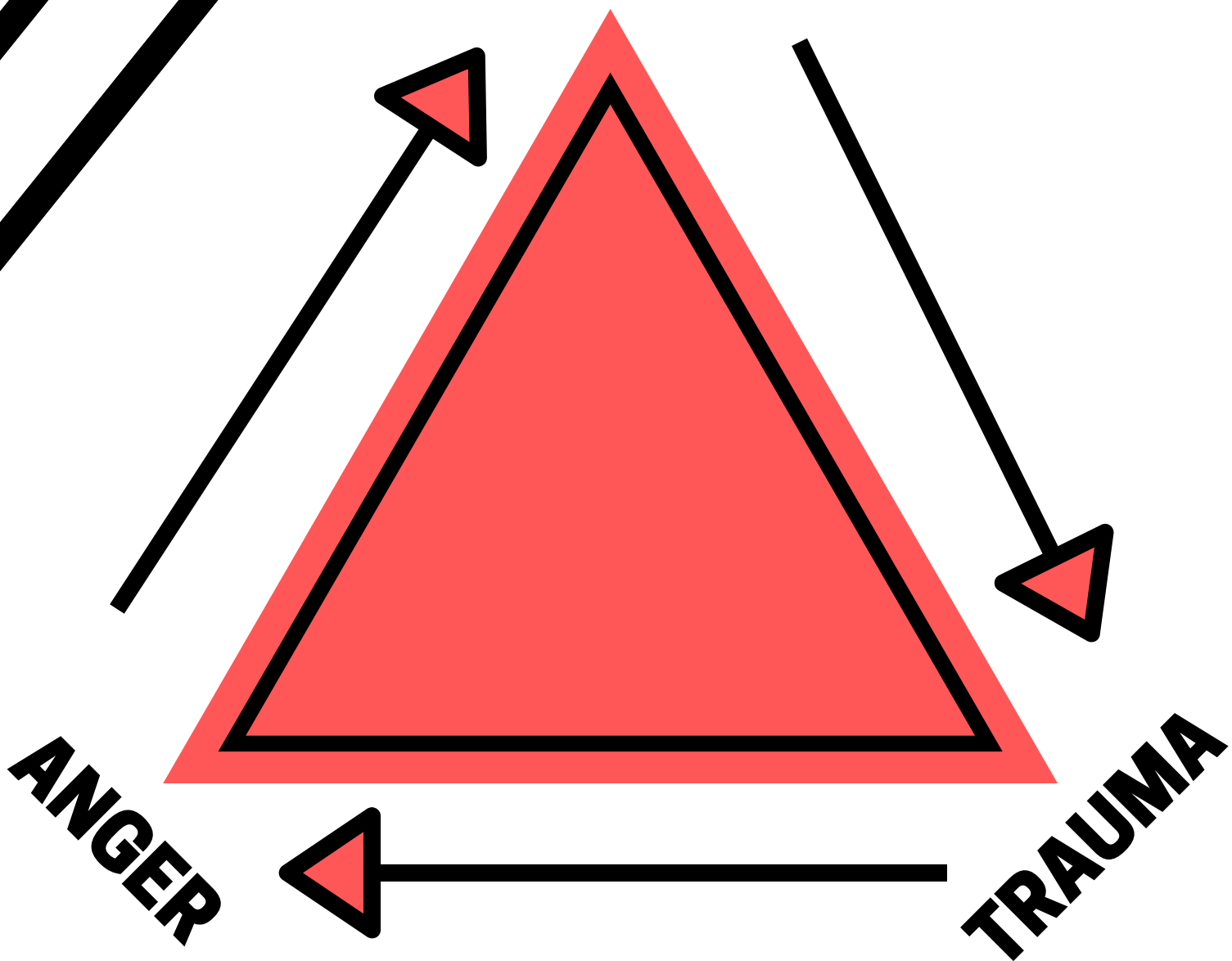
**AT JONAH'S PROJECT CIC WE
FOLLOW A SELF DEVELOPED
MODEL.**

INCIDENT

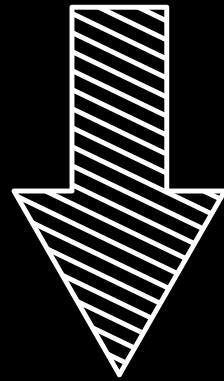


TO MAKE SURE OUR MODEL IS CLEAR... WE HAVE PRODUCED A 3 STEP STRATEGY PROCESS

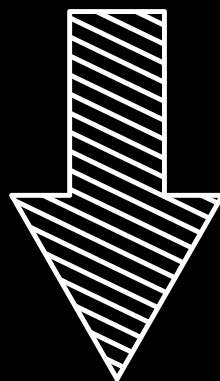
INCIDENT



INCIDENT: THIS COULD BE SOMETHING THAT A YOUNG PERSON HAS WITNESSED, BEEN A VICTIM OF OR WHO IS THE PERPERTRATOR



TRAUMA: THE AFTER EFFECT OF THE INCIDENT. THIS MAY PRESENT IN PHYSICAL CHANGES SUCH AS DEPRESSION, UNUSUAL BEHAVIOUR OR LACK OF SLEEP



ANGER: THIS IS THE MANIFESTATION OF THE TRAUMA POINT, THIS CAN BE DISPLAYED AS AGRESSION, DEFIANCE AND REVENGE

IT IS IMPORTANT TO REMEMBER THAT WHETHER A YOUNG PERSON HAS BEEN A VICTIM, WITNESSED OR PERPETRATED THE INCIDENT THEY ARE STILL A YOUNG PERSON IN NEED OF SUPPORT!!!

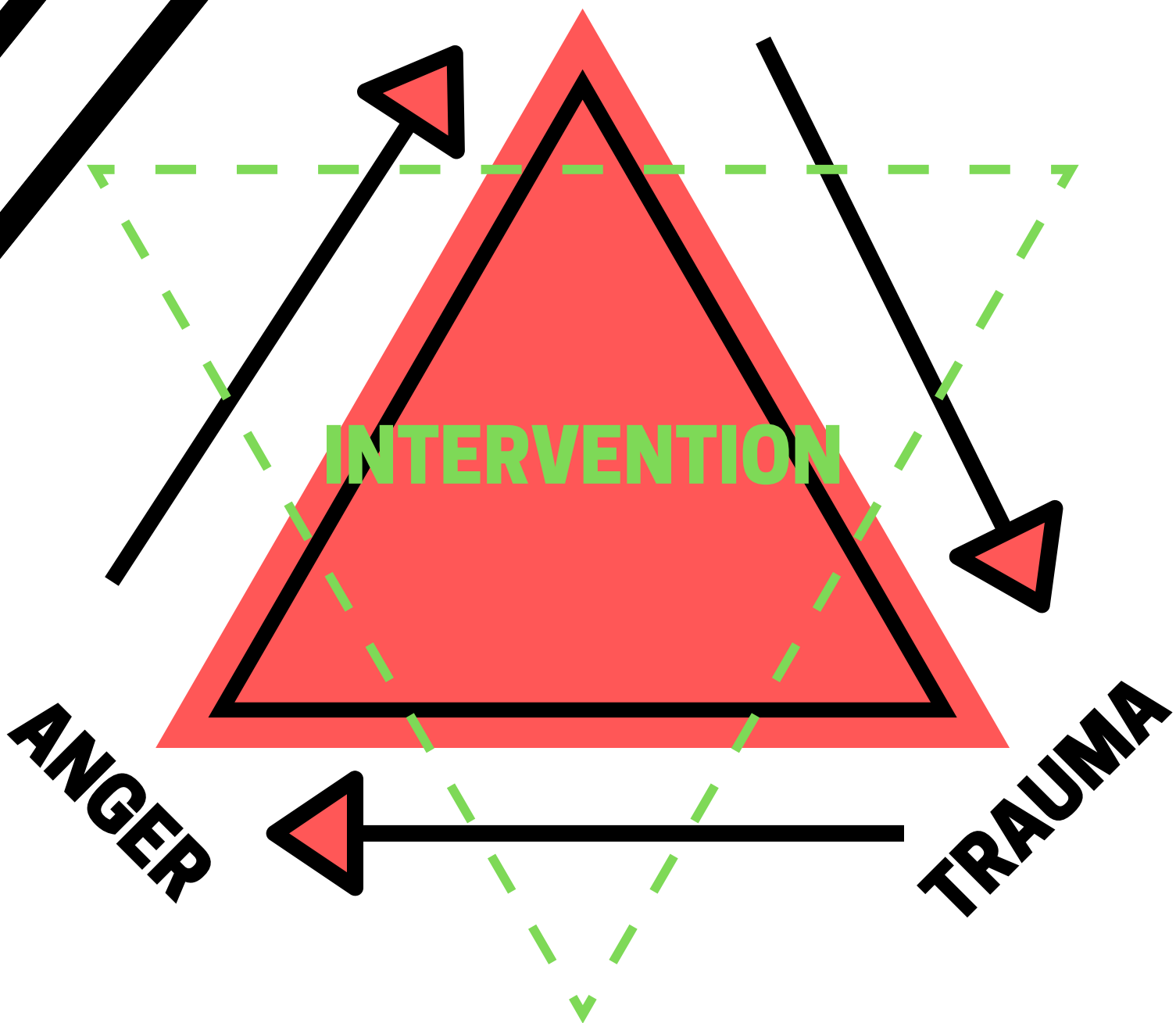
IN OUR EXPERIENCE HAVING WORKED WITH YOUNG PEOPLE INVOLVED IN MANY DIFFERENT TYPES OF INCIDENTS, AN INCIDENT WILL ALWAYS HAVE SOME SORT OF EFFECT ON THE YOUNG PERSON WHETHER IT IS INSTANT OR DELAYED.

AS A PROFESSIONAL ,RELY ON YOUR SKILLS, YOU WILL NORMALLY HAVE AN INSTINCT THAT SOMETHING IS NOT RIGHT WITH A YOUNG PERSON YOU WORK WITH. CHECK IN WITH THEM, LET THEM KNOW YOU'RE WORRIED ABOUT THEM AND THAT YOU WANT TO SUPPORT THEM.

DEPENDING ON YOUR SAFEGUARDING PROCEDURES, MAKE SURE YOU ARE HONEST AN OPEN WITH THE YOUNG PERSON AND THAT YOU MAY HAVE TO REPORT WHAT THEY TELL YOU TO THE RELEVANT BODIES. BE PREPARED THAT THE YOUNG PERSON MAY THEN NOT WANT TO SHARE THEIR CONCERNS WITH YOU. SUPPORT THEM BY SIGNPOSTING, TO ENGAGE WITH ANOTHER SERVICE THAT MAY HAVE DIFFERENT CONFIDENTIALITY POLICIES IN PLACE.

**HERE IS THE MODEL AGAIN, WE
WILL LOOK AT THE
INTERVENTION**

INCIDENT



**THE NEXT SECTION
CONCENTRATES ON THE
INTERVENTION PART OF THE
MODEL**

**THE GREEN TRIANGLE SHOWS
THE POINTS THAT INTERVENTION
CAN TAKE PLACE**



INTERVENTION

**WE BELIEVE THAT INTERVEENING AT ANY OF
THESE POINTS CAN MAKE A BREAK IN THE
CONNECTION IF THE RIGHT SUPPORT IS
PROVIDED**

AGAIN, WE WILL REITERATE, IT IS IMPORTANT TO REMEMBER THAT WHETHER A YOUNG PERSON HAS BEEN A VICTIM, WITNESSED OR PERPETRATED THE INCIDENT THEY ARE STILL A YOUNG PERSON IN NEED OF SUPPORT!!!

THE POINTS OF INTERVENTION ARE OPPORTUNITIES FOR YOU AS A PROFESSIONAL TO OFFER A LISTENING EAR, EMPATHY AND GUIDANCE.

NO-ONE IS EXPECTING YOU TO HAVE ALL THE ANSWERS, KNOW THE EXACT RIGHT THING TO DO/SAY OR TO WAVE A MAGIC WAND AND FIX WHAT THE YOUNG PERSON IS GOING THROUGH...NOT EVEN THE YOUNG PERSON WOULD EXPECT THAT.

BUT...THERE IS AN EXPECTATION THAT YOU WILL DO WHAT IS WITHIN YOUR POWER TO SUPPORT THE YOUNG PERSON, USING THE RELATIONSHIP YOU HAVE WITH THEM TO HAVE A FORUM TO TALK ABOUT WHAT IS HAPPENING, START TO RATIONALISE THE ISSUE AND LOOK AT HOW TO ADDRESS IT.

NEVER UNDERESTIMATE HOW IMPORTANT IT IS FOR A YOUNG PERSON TO KNOW THAT YOU GENUINELY CARE ABOUT THEM. THEY MAY NOT SHOW YOU OR EVEN ACKNOWLEDGE IT BUT.. DO THEY EVEN KNOW HOW? HAS ANYONE EVER TOLD THEM THEY CARE BEFORE OR ARE YOU THE FIRST...

SIGNS TO LOOK FOR...

- **A CHANGE IN BEHAVIOUR, FOR EXAMPLE NORMALLY REALLY LOUD BUT RECENTLY QUIET OR WITHDRAWN**
- **A CHANGE IN PRESENTATION, FOR EXAMPLE ALL OF A SUDDEN MALODOUR WITH LACK OF HYGIENE,**
- **INCREASE IN ALCOHOL OR DRUGS USE**
- **UNUSUAL CHANGES IN MOOD, MAYBE EXTREMELY HAPPY OR LOW**
- **COMPLAINING OF NOT BEING ABLE TO SLEEP**
- **A NOTICEABLE CHANGE IN ATTITUDE**
- **A CHANGE IN THE WAY THEY INTERACT WITH THEIR PEERS OR VICE VERSA**
- **A LACK OF INTEREST IN ACTIVITIES THEY WERE PASSIONATE ABOUT, FOR EXAMPLE NOT WANTING TO MAKE MUSIC WHEN THEY PREVIOUSLY ALWAYS IN THE STUDIO**
- **ISOLATING THEMSELVES**
- **FAILING TO TURN UP TO APPOINTMENTS - WHEN THEY WERE RELIABLE BEFORE**

ITS IMPORTANT TO KNOW THAT THE LIST ON THE PREVIOUS PAGE IS NOT EXCLUSIVE TO YOUNG PEOPLE WHO ARE EXPERIENCING TRAUMA, BUT THEY ARE INDICATORS THAT SOMETHING IS NOT RIGHT AND INTERVENTION IS NEEDED.

AS A PROFESSIONAL IF YOU HAVE A RELATIONSHIP WITH THE YOUNG PERSON YOU MAY ALREADY KNOW OF AN INCIDENT, HAVE SEEN SIGNS OF TRAUMA OR KNOW THE YOUNG PERSON IS DISPLAYING ANGER.. BE PROACTIVE!!!

IF YOU HAVE AN OPPORTUNITY TO TRY TO BREAK THE CYCLE, DO IT.DON'T JUST HOPE FOR THE BEST. IF YOU DON'T THINK YOU HAVE THE SKILLS OR EXPERIENCE TO SUPPORT THE YOUNG PERSON, SEEK OUTSIDE HELP AND SUPPORT THEM THAT WAY.

YOUR RELATIONSHIP WITH YOUR YOUNG PERSON COULD SAVE THEIR LIFE, MIND AND HEART.. THAT'S WHAT THEY TRUST YOU WITH.

DON'T JUST LISTEN TO WHAT THEY ARE SAYING, BE HONEST, LET THEM KNOW YOU ARE WORRIED ABOUT THEM, YOU CARE ABOUT THEM AND WANT TO HELP THEM.

YOUR SUPPORT AND INTERVENTION IS IMPORTANT TO THEM...

SUPPORT YOU CAN GIVE...

- **BE TRANSPARENT ABOUT YOUR POLICIES, LET THEM KNOW IF YOU HAVE TO FORWARD WHAT THEY TELL YOU TO OTHER PROFESSIONALS, DON'T LET THEM TELL YOU ANYTHING THEY ARE NOT READY TO SHARE.**
- **LISTEN**
- **LISTEN SOME MORE**
- **ACKNOWLEDGE YOU HAVE HEARD THEIR ISSUE, THE PAIN OR PROBLEM BY REPEATING IT BACK TO THEM, NOT WORD FOR WORD BUT SO THEY KNOW YOU HAVE REALLY LISTENED AND UNDERSTOOD WHAT THEY HAVE SAID .**
- **DON'T JUDGE THEM, SHOW EMPATHY TO THEM EVEN IF THEY ARE THE PERPETRATOR**
- **DON'T TALK FOR THEM, DON'T PUT WORDS IN THEIR MOUTHS, LET THEM TELL YOU IN THEIR WORDS**
- **DON'T TRY TO FILL THE SILENCE, IF THEY STOP TALKING, GIVE THEM SOME THINKING TIME**
- **IF YOU KNOW YOU DON'T HAVE THE SKILLS OR EXPERIENCE TO HELP, TELL THE YOUNG PERSON BUT ASSURE THEM YOU WILL FIND A WAY TO HELP THEM - SUPPORT THEM TO ENGAGE WITH A SERVICE THAT CAN HELP**
- **LET THEM KNOW YOU CARE, YOU ARE WORRIED AND THAT YOU WANT TO HELP...THEY MAY NOT SHOW IT BUT THEY WILL APPRECIATE IT**

THE IMPORTANCE OF YOUR INTERVENTION

- **YOU MAY HAVE BEEN THE ONLY PERSON TO ASK IF THEY ARE OK**
- **THEY HAVE NO-ONE THEY CAN TALK TO WHO WILL NOT JUDGE THEM FOR BEING SOFT, WEAK, A BABY**
- **THEY WILL KNOW YOU CARE BECAUSE YOU HAVE NOTICED SOMETHING IS WRONG**
- **YOU ARE GIVING THEM A FORUM**
- **DO YOU KNOW THE IMPRINT YOU WILL LEAVE ON THEM FOR SHOWING YOU CARE? WE DO...**
- **ALLOWING THEM TO BE A CHILD REMEMBER THESE YOUNG PEOPLE NO MATTER HOW VIOLENT, AGGRESSIVE OR BAD THEY ARE, THEY'RE STILL A CHILD (EVEN THEY FORGET THAT SOMETIMES)**
- **THEY ARE USED TO THE WORLD DISMISSING THEM**
- **THEY ARE PRONE TO NEGATIVE REMARKS, THAT THEY THEN LIVE UP TO**
- **YOU MAY BE THE ONE RAY OF LIGHT THEY HAVE IN THEIR LIFE OF DARKNESS**
- **YOU MAY BE ABLE TO STOP THEM GOING THROUGH THE REST OF THE CYCLE**
- **YOU COULD ACTUALLY BREAK THE CYCLE**

FINISHING UP

THE PURPOSE OF THIS GUIDE IS NOT TO REINVENT THE WHEEL OR TO TELL YOU ANYTHING YOU DON'T ALREADY KNOW, IT IS MORE TO REFRESH YOUR THINKING AND PRACTICE. WE ALL GET TIRED, RUN DOWN AND COMPLACENT AT TIMES.

WE HOPE THIS REMINDS YOU HOW IMPORTANT YOUR INTERACTIONS, INTERVENTIONS AND SUPPORT IS TO THE YOUNG PEOPLE YOU WORK WITH.

JONAH'S PROJECT CIC

THANKS YOU FOR TAKING THE TIME TO READ THIS RESOURCE AND WE HOPE IT HELPS.

FOR FURTHER INFORMATION:

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