

# Adult Social Care Learning Journey Example A

## Webinar

### Covid 19, toxic stress and community resilience

**Teaching type:** Webinar delivered via Zoom (90 minutes). Recorded and available for those who cannot attend live event.

**Participants:** Up to 100 members of the adult services workforce across the local authority.

**Purpose:** To raise awareness and develop understanding about attachment behaviours, unregulated stress, trauma and resilience, highlighting the particular impact of the Covid 19 Pandemic, and introduce KCA's Mending Hurts model for promoting recovery from trauma.

## E-learning

### Toxic Stress and Community Resilience

**Teaching type:** Online Level 3 e-learning course (available on KCA Connected) that learners encouraged to access following attendance at the webinars

**Participants:** up to 100 practitioners who have accessed webinar

**Purpose:** to support and build on the learning content from the webinar and support practitioners to reflect on the learning and apply it to practice.

## 5 x web tutorials

### Covid 19, toxic stress and community resilience : a consolidation session

**Teaching type:** On line interactive tutorial delivered via Zoom (90 minutes). Recorded and available for those who cannot attend live event.

**Participants:** Maximum of 20 frontline practitioners per event who have accessed webinar learning content

**Purpose:** to support practitioners to reflect on their learning and participate in peer to peer discussion to explore how they were applying learning to practice.

3 key questions structured the tutorial session:

1. What is trauma informed practice? In individuals? In settings? In services?
2. How can the KCA models of Five to Thrive and Mending Hurts support trauma informed practice?
3. What does trauma informed practice mean for you personally?

## Review & reflect

### Review and Reflect with Commissioners

KCA produced a short Review document, presenting the evaluation findings from the Learning Journey as well as feedback gathered via the web tutorial discussions.

Recommendation for the development of a Trauma Informed Practice Theory of Change were included in the report and fed back to commissioners to inform their next steps.