

Supporting People with Multiple and Complex Needs

Further Reading and Resources

A list of resources relating to multiple and complex needs:

Lankelly Chase – ‘Hard Edges: Mapping Severe and Multiple Disadvantage in England’ report. Lankelly Chase with Heriot-Watt University released the most robust research to date on severe and multiple disadvantage in England in January 2015. <https://lankellychase.org.uk/resources/publications/hard-edges/>

Making Every Adult Matter Coalition (‘MEAM’): The MEAM website has a lot of useful information about multiple and complex needs from across the UK: <http://meam.org.uk/>

Agenda: Have published a number of useful reports on the impact of multiple and complex needs and offer a gendered perspective. This particular short report published last year offers a useful overview of some key concerns for women with multiple and complex needs: <https://weareagenda.org/wp-content/uploads/2019/01/Multiple-disadvantage-Jan-2019-1.pdf>

Multiple Disadvantage Day: An annual event to raise awareness and tackle the stigma faced by people with multiple and complex needs. Further information can be found here: <https://www.multipledisadvantageday.org/>

Fulfilling Lives South East: Our website shares further information about our work across Brighton & Hove and East Sussex. We also have useful reports capturing our project’s learning to date and the voices of those with lived experience of multiple and complex needs. <https://www.bht.org.uk/fulfilling-lives/>

A list of resources to learn more about trauma and trauma-informed practice:

Mind offers a useful overview of trauma and the links with mental health: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

Homeless Link have published useful resources on trauma informed care and psychologically informed environments that you can access here: <https://www.homeless.org.uk/trauma-informed-care-and-psychologically-informed-environments>

Safe Hands Thinking Minds has a wealth of creative resources for exploring trauma and helping to explain what it is and the impacts it can have: <http://www.safehandsthinkingminds.co.uk/>

The Kings Fund have published a useful article exploring how trauma impacts on physical health and the positive role trauma informed care can play in helping people with complex needs engage with healthcare services, published in Nov 2019: <https://www.kingsfund.org.uk/blog/2019/11/trauma-informed-care>

Blue Knot Foundation, National Centre of Excellence for Complex Trauma have published many useful resources on trauma and trauma-informed practice: <https://www.blueknot.org.au/>

NHS Scotland have produced a short animated video about trauma-informed practice: <https://www.youtube.com/watch?v=zg8ahtHIRxU>

Two significant books on trauma and trauma-informed practice:

Judith Herman, Trauma and Recovery: The Aftermath of Violence-From Domestic Abuse to Political Terror, Basic Books, 1992.

Bessel Van Der Kolk, The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma, Penguin, 2015.