Community engagement, education and participatory initiatives - such as festivals and events - can help to clarify misconceptions about young people with ASN, reduce stigma and promote acceptance.



Therapeutic arts, crafts and sensory activities are beneficial to the mental health and well being for people with young people with ASN because these activities help them to manage stress, anxiety and sensory sensitivities and create an outlet for self-expression and emotional regulation.



RIGHTS-BASED PRACTICE?



The principles of our trauma-informed work align with several human rights legal documents, including:

1. **Universal Declaration of Human Rights** (UDHR): Recognises the right to equality and freedom from discrimination (Article 2).
2. **International Convention on the Elimination of All Forms of Racial Discrimination** (ICERD): Prohibits racial discrimination and promotes equality before the law (Article 5).
3. **Convention on the Rights of the Child** (CRC): Guarantees the right to education (Article 28) and protection from discrimination based on race, ethnicity, or other status (Article 2).
4. **Convention on the Rights of Persons with Disabilities** (CRPD): Ensures the right to education (Article 24).

PROJECT ESPERANZA



OUR TRAUMA INFORMED AND CULTURALLY NUANCED PRACTICE

OSCR Scottish Charity Regulator www.oscr.org.uk
Registered SCIO SC051454

WHAT DOES BEING TRAUMA INFORMED MEAN?

Being 'Trauma-informed' means being able to recognise when someone may be affected by trauma, collaboratively adjusting how we work to take this into account, and responding in a way that supports recovery, does no harm, and recognises and supports people's resilience.

An organisation or service is trauma-informed if its culture reflects each of the values of safety, choice, trust, collaboration, and empowerment in each contact, physical setting, relationship and activity.



HOW DO WE PREVENT THE RE-TRAUMATISATION OF YOUNG PEOPLE FROM BLACK AND MULTI ETHNIC BACKGROUNDS?

- Culturally nuanced Mental Health and Social support.
- Exploring Cultures through food for care experienced young and adult people.
- Art Therapy.
- Outing with young people for socio-emotional development.

Support groups and safe spaces create opportunities for building friendships and peer support, and allow for people with young people with ASN and their families to connect with others who have similar experiences and challenges.

CONTACT US

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We create culturally sensitive activities for young people with additional support needs from Black and Ethnic Minority communities, such as:

- A support group that provides a safe space to share experiences and challenges related to young people with Additional Support Needs (ASN).
- Therapeutic art spaces where participants can express themselves creatively, regardless of language barriers.
- Sensory friendly activities.
- Traditional cooking and nutrition class to promote culturally appropriate diet healthy eating habits.
- Outdoor activities, such as nature walking, therapeutic gardening and picnics to provide opportunities for physical activities.

