



Understand Local Pathways for Supporting Those Impacted by Child Sexual Abuse

Tuesday 15th October 2024

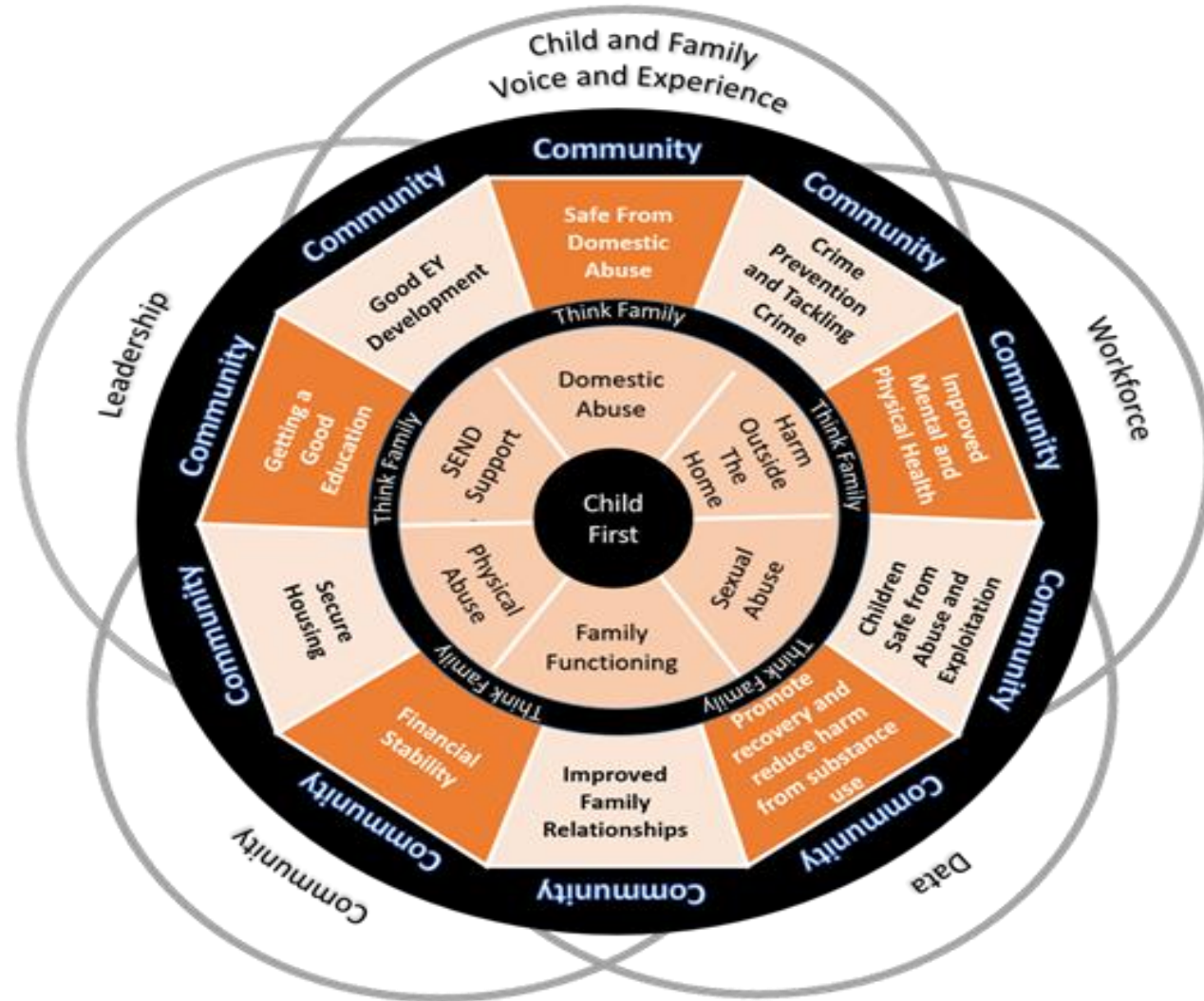
0930-1100

I wonder if you see me...

This Poem was originally written to explain a bit about what it means to be trauma informed when working with children and young people.

It **also comes with a trigger warning for anyone who has experienced any sort of trauma.** Access the clip via this link https://youtu.be/5qZ4-IlYi0Y_ (duration 3 minutes)

**Early Intervention Response
To
Child Sexual abuse**



Reporting a concern

If you are concerned that a child is at **immediate risk**, please call Wiltshire Police on **999**.

Otherwise, please call Wiltshire Police's non-emergency line on **101** to report your concerns.

If the child is not at immediate risk but you have concerns and have some details about the child, such as their name or address, please call Contact Swindon on **01793 464646** (office hours) or e-mail contactswindon@swindon.gov.uk.

MASH
All Level 4 Referrals via
MASH inbox

Contact Swindon – Integrated Front Door
(Early Help Single Point of Contact + Information, Advice & Guidance Service)

Referrals to be in the form of Early Help Assessment and Plan or Social Care
Single Assessment and Plan.

No paperwork required for IA&G



Contacts Screened

- **If Safeguarding concern referrer will be advised to refer to MASH**
- EHCP Requests for information to be passed to dedicated worker to process request
- All EH Contacts to be booked into Locality Panel
- All potential referrals to MASH (not safeguarding) to be booked into Locality Panel
- All step-down requests from CSC to be booked into Locality Panel
- All requests for EH (level 3 services) to be booked into booked into Locality Panel



Locality Panel
(determined by child's
home address)

Locality Panel
(determined by child's
home address)

Locality Panel
(determined by child's
home address)



Level 1 or
Level 2
Support

Level 3
Support

MASH
Referral to be
made to MASH
within 24hrs

Level 1 or
Level 2
Support

Level 3
Support

MASH
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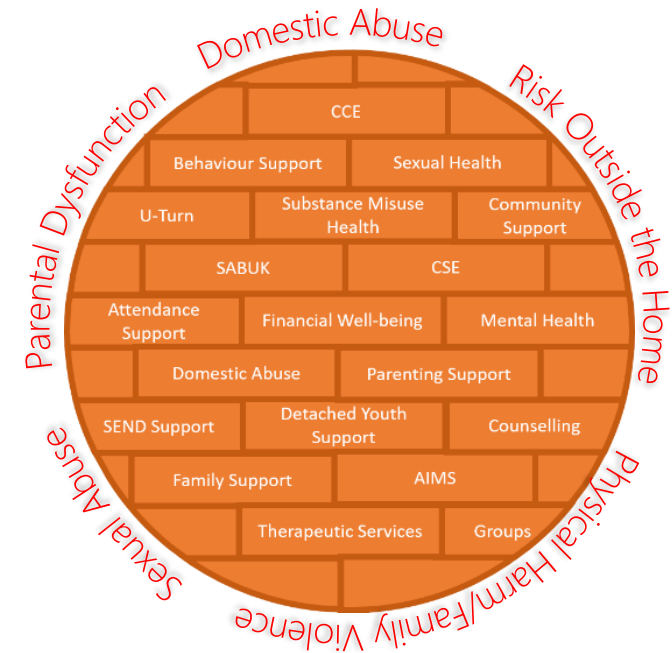
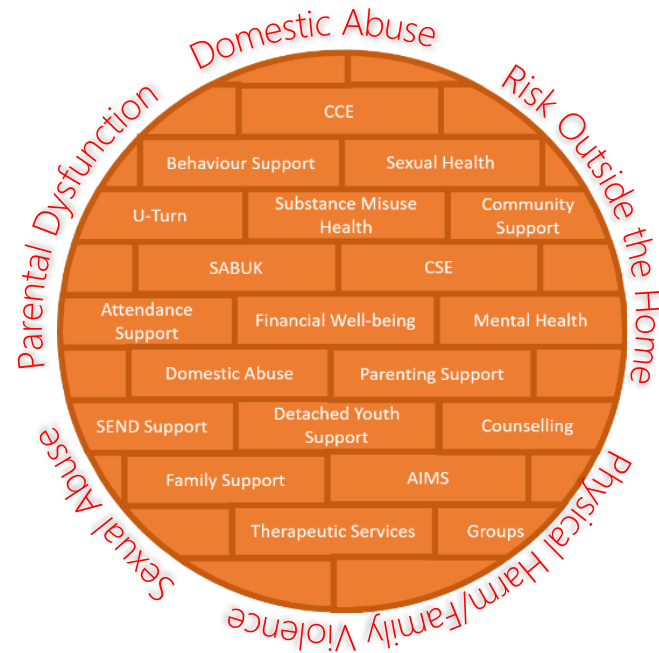
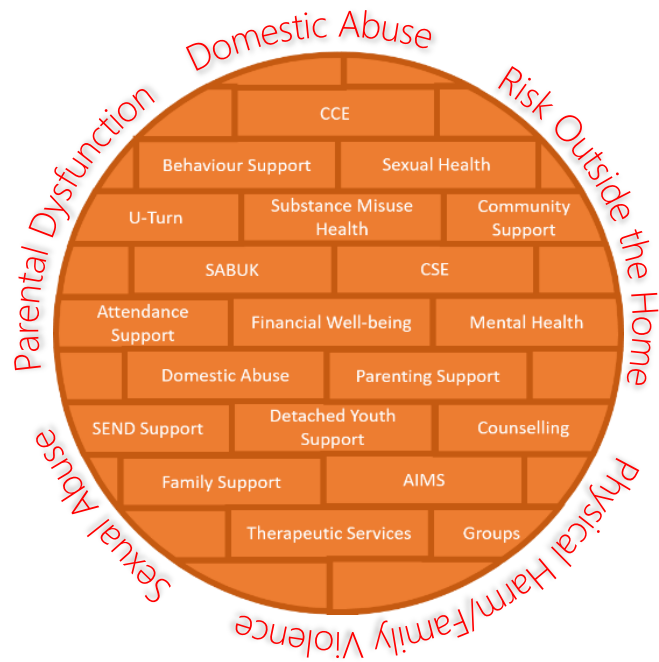
Level 1 or
Level 2
Support

Level 3
Support

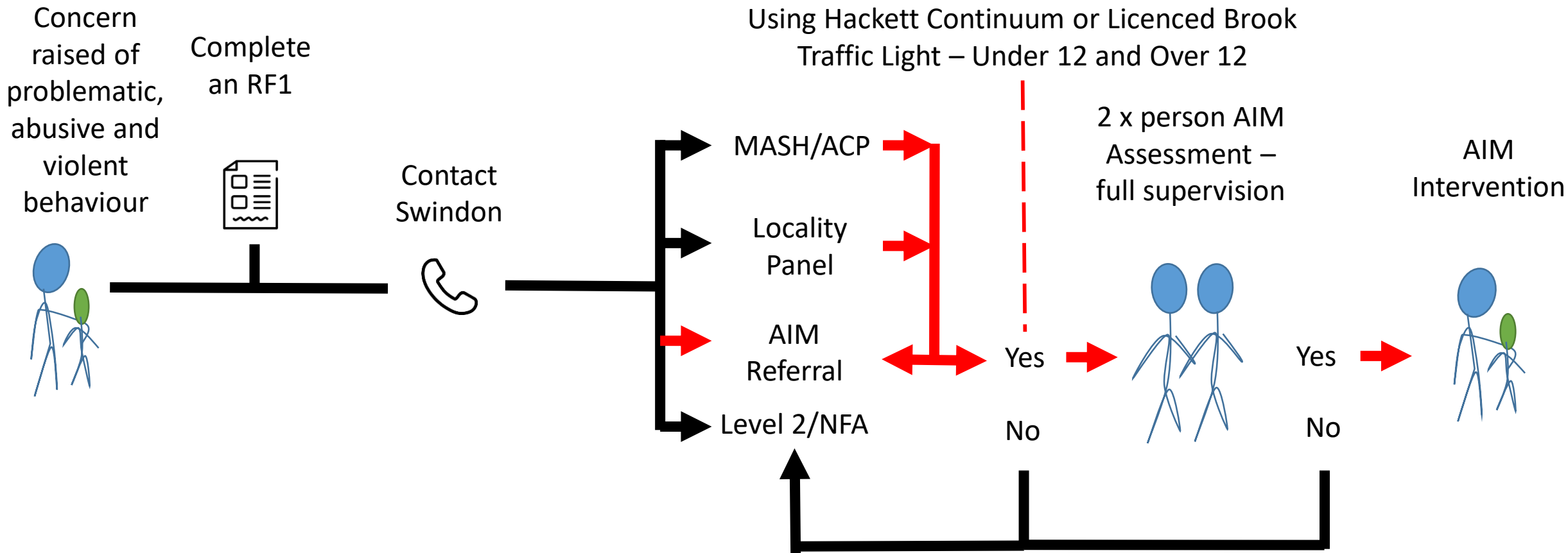
MASH
Referral to be
made to MASH
within 24 hrs

Local Set Up

The fabric of localities of where we want to be.....



Aim Assessments



3 Main Approaches to Harmful Sexual Behaviour

- Education with Young Person, Parents/Carers and Staff
- Disruption activities – how to stop behaviours being able to continue – positive activities
- Strengthening the protective factors – family, pro social identities, resilience and social awareness

What Early Intervention Teams do in their Roles

- Advocate for young people
- Push for Child Abduction Warning Notices
- Identify those who are missing and where the connections with others are
- Keeping a Child First focus and avoiding adultification
- Holding MACE meetings and Swindon Multi Agency Missing meetings
- Making referrals for direct interventions when Sexual Abuse is part of the child's history
- Provide education on keeping children safe and working with parents as protectors.
- Swindon Safeguarding Partnership are delivering NSPCC training across the partnership

Respect

AIM

Escapeline

**Criminal Exploitation
Toolkit**

Circles of Influence

**Brooks Spotting
The Signs**



**University Hospitals
Bristol and Weston**
NHS Foundation Trust

The Bridge SARC: our offer for Children and Young People

The Bridge Adult and Children's Centre of Excellence Sexual Assault Referral Centre
University Hospitals Bristol and Weston NHS Foundation Trust

The Bridge SARC

- 'The Bridge' is a Sexual Assault Referral Centre (SARC)
- Opened in 2009 on Second Floor of CHC – UHBW
- Joint funded by: Police Crime Commissioner & NHS England
- Support for: Any adult or child, living in Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset or Somerset.
- A child, living in Gloucestershire, Wiltshire or Swindon.
- We also offer information and support to friends and family if someone you care about has been affected by rape or serious sexual assault.
- Clinical support 24/7/365 – same number – strategy meetings

Our purpose

‘To enable adults, children and young people who have been raped, sexually assaulted, or sexually abused at any time in their lives to live healthier, hopeful lives, empowered by the support they have received’





Forensic medical examination referrals

- Of the 532 care episodes for children through these 12-months, 233 were attendances for forensic medical assessment/examination.
- 14 from Swindon (Bridge Annual Report 2023)

Acute Forensic Medical Examination (FME)

Why?



Collect and record evidence that could be used to prosecute
e.g. DNA, sperm, documentation of injuries

How?



Police or childrens Social care must refer for 0-12 year olds

13+ choice of police or self-referral



When?

Last 7 days and informed by "forensic window" = time that DNA may be found on different body areas




Where?

The Bridge has 2 special "forensically clean" (DNA free) examination suites





Non Recent Health Assessment/'CSA Medical'


Why? 

Holistic assessment of physical, emotional, mental and sexual health; un-met health needs. To record evidence that could be used to prosecute. Includes suspected FGM


How?



Referral into The Bridge. A safeguarding referral must have been considered/made.

When? 


For 0-18 year olds, at any point in their recovery, regardless of when the abuse took place

Where? 


Avon River Clinic,
Southmead Hospital

Swindon children can be seen in the GWH service


Non FME service

Why? 


Consultations and aftercare referrals/actions including ISVA/counselling/GP/Sexual health

When? 

For 0-18 year olds, at any point in their recovery, regardless of when the abuse took place

How? 

Referral into The Bridge. A safeguarding referral must have been considered/made.

Where? 

Online/telephone service provided by the crisis worker team

Advice and guidance role

Paediatric advice line 24/7
on 0117 342 6999



Links:

[The-Bridge-CYP-Guide-10-17.pdf \(thebridgecanhelp.org.uk\)](https://thebridgecanhelp.org.uk/The-Bridge-CYP-Guide-10-17.pdf)

[Here, no matter what | The Bridge Sexual Assault Referral Centre - YouTube](#)



FIRST LIGHT

Domestic Abuse and Sexual Violence Support for All

ISVA Service Team
for Swindon and Wiltshire

First Light ISVA Service for Swindon and Wiltshire

❖ Our team is made up of:

Five Adult ISVAs

Three CYP
ISVAs
- 1 full-time
- 2 part-time

Four Support
Coordinators

What is an ISVA?

- ❖ Independent Sexual Violence Advisors, for Children and Young People as well as Adults.
- ❖ Operating hours between 9-5pm, Monday to Friday.
- ❖ ISVAs are not counsellors or qualified mental health workers.
- ❖ Offer support through the Criminal Justice Process, as commissioned by OPCC.
- ❖ Primary Purpose:
 - Independent Support and Information throughout the Criminal Justice Process
- ❖ Signpost to internal and external support services, such as counselling.
- ❖ Collaboratively working with, but independent from, the police .
- ❖ Client-led service.



Essential Elements of the CYP ISVA Role

- ❖ Provide tailored support to individual needs of the client – including parents and/or guardians.
- ❖ Provide accurate and impartial information to victims and survivors of sexual violence.
- ❖ Provide emotional and practical support to meet the needs of the victim. Trauma Stabilisation is incorporated in sessions with the CYP.
- ❖ Engage with other professionals to provide collaborative support.
- ❖ Complete Coping and Recovery throughout sessions where questions are CYP age specific and identify the needs of the clients.
- ❖ Provide support from report to court and after.
- ❖ Act as a single point of contact for the CYP and their parent/guardian.
- ❖ Provide a qualified professional service.



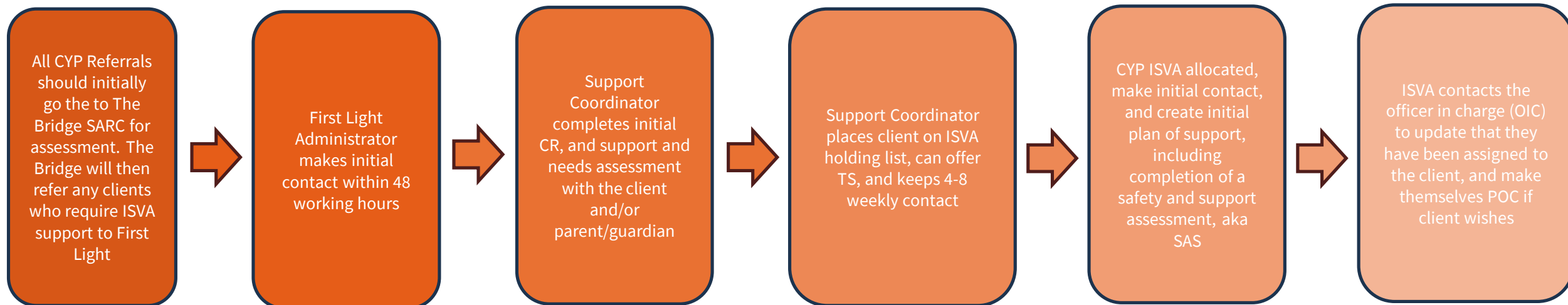
Home Office (2017)

Trauma Stabilisation Programme

- ❖ Available to survivors of sexual violence, with and without an open criminal investigation.
- ❖ Can be completed alongside ISVA support, before ISVA support begins, or after ISVA support ends.
- ❖ 3, 60-minute sessions, across a 6-week period (a session every 2 weeks).
- ❖ CYP ISVA's will incorporate this into their sessions with all clients.
- ❖ It is NOT counselling or therapy, but instead looks at grounding techniques and coping mechanisms
- ❖ Client-led and tailored to suit specific client support needs
- ❖ **Session 1** – Understanding Trauma and the Impact on me
- ❖ **Session 2** – Learning to feel safe again
- ❖ **Session 3** – Coping with trauma responses



The CYP Referral Pathway





FIRST LIGHT

Domestic Abuse and Sexual Violence Support for All

0300 373 2715

www.firstlight.org.uk

Any Questions?

Feedback is highly appreciated. This can be sent to our main email address:

SWSPOC@firstlight.org.uk

Home Office (2017). *The role of the Independent Sexual Violence Adviser (ISVA)*. Gov.uk. [The role of the Independent Sexual Violence Adviser \(ISVA\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/ISVA_role_2017.pdf)

First Light is the operating name of First Light South West Ltd.
Company number: 03440794 registered in England and Wales.
Charity registration number: 1090457.

The Business Centre, 2 Cattedown Road, Cattedown, Plymouth, PL4 0EG



Changing childhoods.
Changing lives.

Swindon & Wiltshire Phoenix Project

Therapeutic recovery support for children
and young people who have experienced
Childhood Sexual Abuse

15 October 2024

Private & Confidential



Swindon & Wiltshire Phoenix Project

Somerset Phoenix Project launched 2016

Nationally Barnardo's has 50+ specific CSA services

Swindon & Wiltshire Phoenix Project launched Feb 2024

We have a 5-year NHS contract to provide Specialist Counselling and Trauma Recovery Work

In partnership with Revival, we have an MOJ Grant which runs till Mar 2025.

Service website due to launch in Nov 2024

Our Team

Kath Kinloch – Team Manager

1 x PT Administrator

2 x PT Specialist Counsellors

1 FTE Trauma Recovery Worker

1 As & When Counsellor

1 x Volunteer Counsellor

Covering all of Swindon & Wiltshire

Referral Criteria

- must be a resident in the Swindon Borough Council or Wiltshire County Council area.
- be aged up to 18 years at point of referral. Must want to voluntarily engage
- must be in a safe and stable place
- must no longer be experiencing or at immediate risk of further sexual abuse or child exploitation.
- cannot be subject to a current Child Protection Plan at point of referral.
- must not be already receiving another specialist, therapeutic support service.

Our Pathway

Consultation call

Submit Referral

Information Gathering

Assessment

Trauma Support and Stabilisation (typically 6-8 sessions)

Counselling (up to 24 Sessions)

Exit planning & Signposting

Key Principles

Child Led

Trauma Informed

Creative engagement

Outreach model

Holistic approach working alongside parents/carers

Attendance at multi-agency meetings

Signposting

Managed exits

CSA Centre of Excellence

Hosted by Barnardo's

www.csacentre.org.uk

Sign up for their newsletter

Research

Training

Free resources

I appreciate that [...] was very attentive by checking in with me outside of sessions as well as my child in sessions. She went out of her way to be accommodating



Tel:01793 915125

Swindonandwiltshirephoenixproject@barnardos.org.uk

Michael.Hammond@barnardos.org.uk

Barnardo House, Tanners Lane, Barkingside,
Ilford, Essex IG6 1QG | Tel: 020 8550 8822

Barnardo's Registered Charity Nos.216250 and SC037605 24413AM23



**Changing childhoods.
Changing lives.**



Wiltshire and Swindon sexual violence therapeutic service

Kate Williams – Service Manager

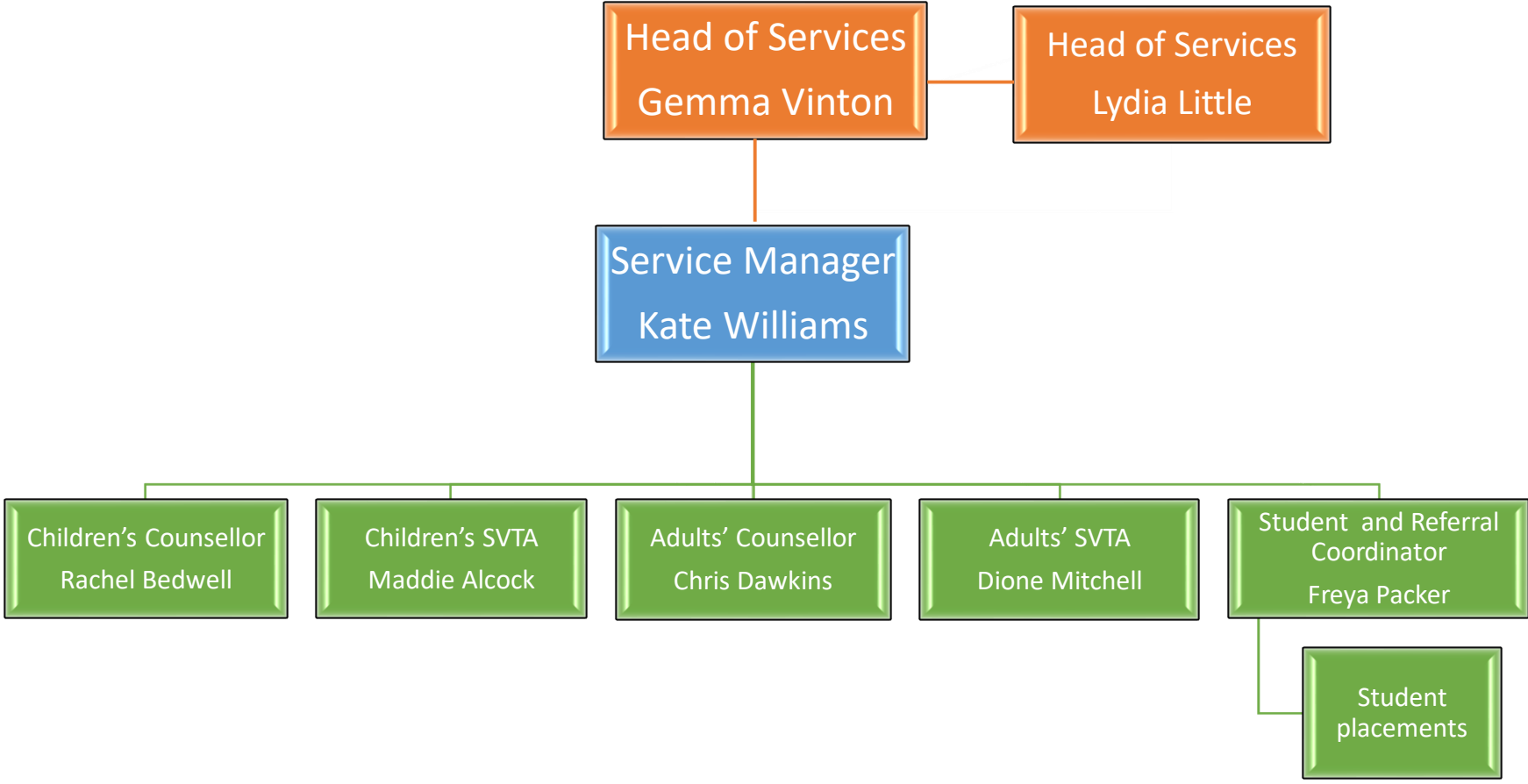


Sexual Violence Therapeutic Service:

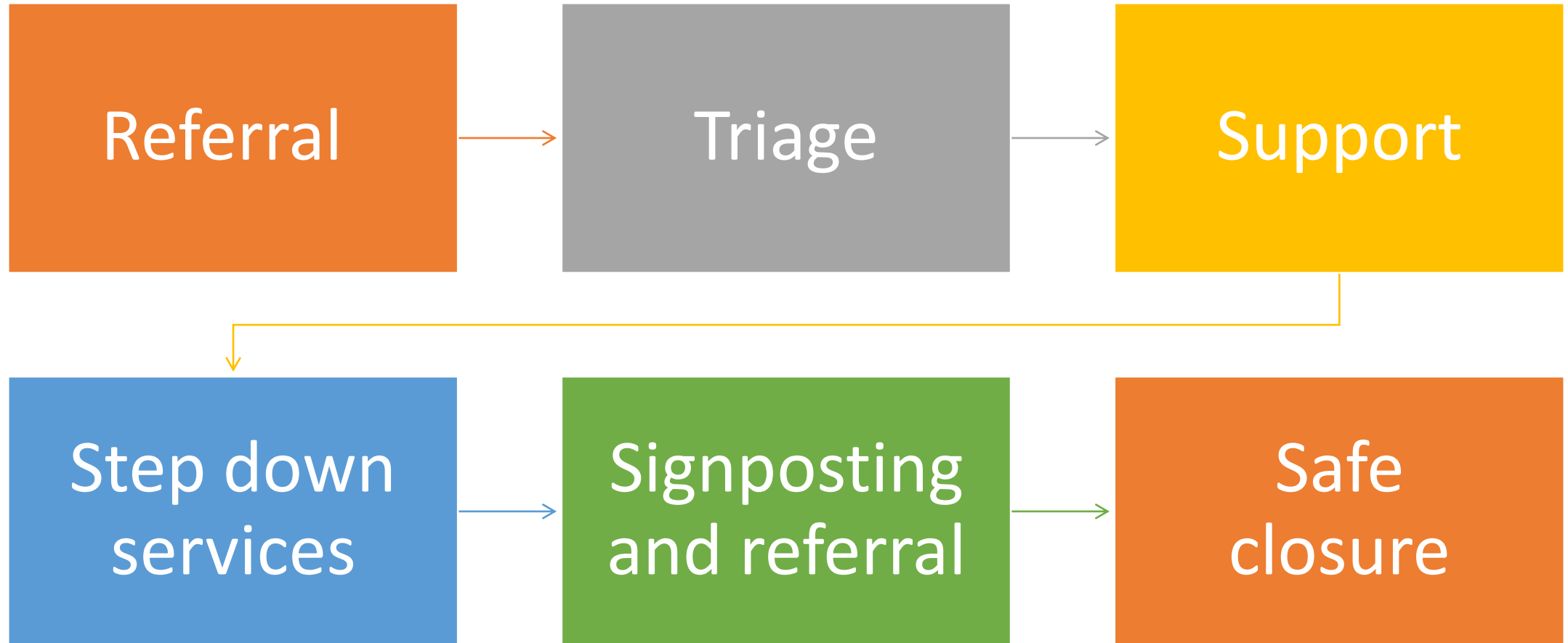
- Adult support.
- Child and Young person support.
- Distinct from the SARC and ISVA Service.
- Regardless of when the abuse occurred or whether the victim reported to the Police.
- Focus on a trauma-informed approach towards recovery and empowerment.

We offer an all-inclusive, holistic, trauma-informed service.

Organogram:



Support journey:



Counselling:

Person-centred and tailored support to adults, children and young people.

- Tailored to the needs of the individual.
- Average counselling intervention will be between 10 and 12 weeks – however, this can flex to meet the needs of the client. This short to medium support will be goal focused to ensure we meet the needs of the individual
- Safe and consistent space to talk through experiences and look at strategies to help victims move forward.
- Child counselling is child-centred, age appropriate and utilizes games and creativity to engage children.



SVTA – Sexual Violence Therapeutic Advisors:



- Our SVTAs will work with adults, children and young people.
- Provide tailored therapeutic support, focused on psychoeducation.
- Safety and stabilization approach – helping clients to move forward in their recovery journey.
- Support can be provided face-to-face, by telephone or virtually.



Group Work:

***Reducing
isolation and
creating a
positive and
inclusive space
for people with
shared
experience.***



- A range of groups will be offered, incorporating wellbeing, psychoeducational, and talking therapy approaches.
- Rediscovering You and Courage to Heal will be the first groups to launch.
- Initially groups will be for adults – CYP groups will be developed in the future
- Our groups will focus on:
 - Developing peer relationships
 - Understanding trauma
 - Providing a safe space
 - Self-care and why it is important
 - Offering creative and practical interventions

Befriending and peer support:

Recruiting volunteers now!

- Facilitated by highly trained volunteers.
- Takes place weekly or fortnightly by phone.
- Initially focuses on building a relationship before moving on to look at goal setting and moving forward.
- Can additionally be used as a 'step down' service.
- Recognises the intrinsic value of listening and peer support.



Future developments:



Childrens Groups – Ensuring children and Young people have a space to come together and can benefit from peer support.

Peer Support and wellbeing groups – Development of peer support groups to aid long-term recovery. Additional wellbeing groups – such as an art based group.

Chat Bot - easily access information, night or day as well as being able to make referrals into our service without having to use the duty number. During working hours, clients will be able to chat directly with our duty staff.

EMDR – Our adults counsellor is completing her qualification to offer EMDR to adults.

Referring to the service:



- Referrals can be made by professionals or by the individual themselves.
- Self-referrals can be made online, by phone or email.
- Professional referrals are made online.
- Dedicated email address: SVTS@fearfree.org.uk

**Duty line available to professionals and service users
from Monday to Friday 9am to 5pm.**

01793 317482

NSPCC

Letting The Future In

Lisa Strode
Team Manager

LTFI

**Our therapeutic
service for children
who have been
sexually abused.**



Where we run our LTFI service:

- Cymru/Wales National Hub (Cardiff)
- Jersey
- Lighthouse (London)
- London and South East Regional Hub (Camden)
- Midlands Regional Hub (Nottingham)
- North East, Yorkshire and the Humber Regional Hub (Bradford)
- North West Regional Hub (Liverpool)
- Northern Ireland National Hub (Belfast)
- Northern Ireland National Hub (Foyle)
- Plymouth Together for Childhood
- South West and Channel Islands Regional Hub (Swindon)



National Institute for Health and Care Excellence (NICE) (NICE, 2017)

LTFI

This service is recommended by NICE and was showcased as an example of commissioning practice in the Home Office's commissioning framework for support services for victims and survivors of child sexual abuse in England (Home Office, 2019).

Home
Office

Home Office (2019) Commissioning framework for child sexual abuse support (PDF). London: Home Office.

NICE

National Institute for Health and Care Excellence (NICE) (2017) Child abuse and neglect: NICE guidance (PDF). London: National Institute for Health and Care Excellence (NICE).

Helping children and young people recover from sexual abuse:

LTFI

Designed to help children and young people who have experienced sexual abuse rebuild their lives.

Age 4 -
17

We support children and young people so that they can recover from the impact of their abuse

learning
disabilities

Referrals can also be made for children or young people with learning disabilities up until the age of 19.

Siblings

Siblings who require support may also be provided with a service.

Parents
and
carers

We work with parents to help them support their child throughout the therapeutic process. This support is critical.

Referrals

We accept self-referrals or referrals from professionals

What the LTFI service looks like:



- Assessment of Therapeutic Need for child and parents
- Intervention for up to 24 sessions
- Face to face
- Therapeutic relationship
- Child centred and child led

Our services and how to make a referral



[South west HUB LEAFLET - February 2024.pdf](#)



[Referral Form LTFI: Child sexual abuse - revised standard request for service form \(LTFI\) - May 2023 - Swindon Safeguarding Partnership](#)



[LTFI - Views of Child and Young Person.docx](#)

NSPCC: Letting the Future In service
(youtube.com)

Services for children and families |
NSPCC Learning

Videos about our services:

[A tour of our NSPCC South West and Channel Islands Hub \(For Children\) \(youtube.com\)](#)

[A tour of our NSPCC South West and Channel Islands Hub \(For Professionals\) \(youtube.com\)](#)

NSPCC

Thank You

Any questions?

Please contact the SW&CI Regional Hub on 01793 683100 or email
swciregionalhub@NSPCC.org.uk



CSA Awareness session- CAMHS



Getting Advice

Single Point of Access (SPA) - Wiltshire
 Single Point of Contact (SPOC) - BaNES
 Request for Service - Swindon

Mental Health Support Teams (MHSTs) (in schools)

Getting Help (GH)

Coping Skills
 Anxiety/Parenting – Child Wellbeing Practitioner (CWP)
 Video Interaction Guidance (VIG)
 Mentalization-Based Treatment for Families (MBT-F)
 Cognitive behavioural Therapy (CBT) Informed
 Behavioural Activation (low mood) – Child Wellbeing Practitioner (CWP)

Getting Risk & Crisis Support

Crisis and Home Treatment Service (CAHTS)
 Duty
 CAMHS Helpline
 Complex Case Consultation and Care,
 Education and Treatment Reviews (CETR)
 Hospital Liaison
 Out of Hours On Call
 CAMHS inpatient

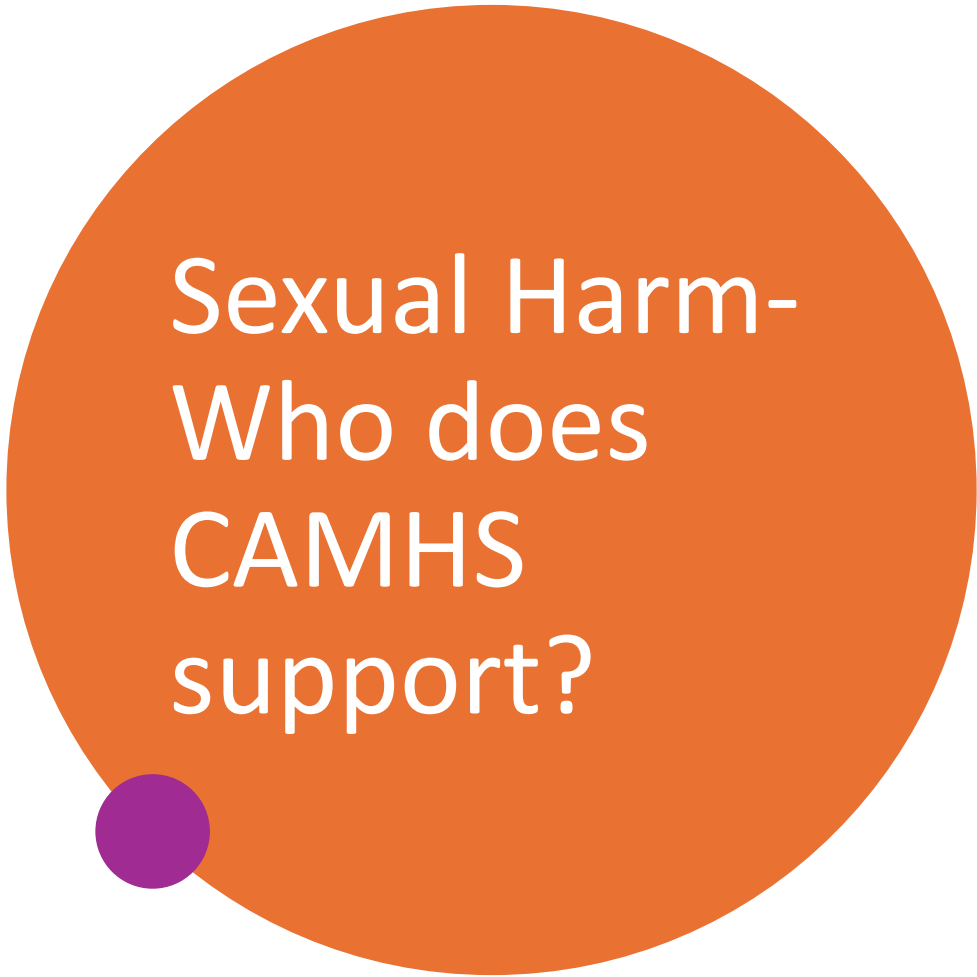


Getting More Help (GMH)

Psychology – Cognitive Behavioural Therapy (CBT) / interpersonal psychotherapy (IPT)
 Psychology (Trauma, etc.)
 Family Therapy [Attachment-Based Family Therapy (ABFT) /Systemic]
 Psychotherapy [Short-term psychoanalytic psychotherapy (STPP) /longer term]
 Mentalization-Based Treatment for Adolescents (MBT-A) – all disciplines
 Dialectical Behaviour Therapy (DBT)
 Positive Behaviour Support (PBS)

Specialised services within GMH
 Learning Disabilities Service,
 Neurodevelopmental Disorders (NDC),
 Outreach Services for Children and Adolescents (OSCA), The CAMHS Community Eating Disorders Team (TEDS)
 Multi agency complex case pathway

**Crisis and Home Treatment Service (CAHTS)
 Forensic CAMHS (FCAMHS)**



Sexual Harm- Who does CAMHS support?

- Anyone living in BSW under the age of 18 presenting with Mental Health needs as a result of sexual harm, or their professional network, who requires specialist MH intervention



GH/GMH CAMHS offers

Trauma-focused cognitive behavioural therapy

Psychotherapy

Eye movement desensitisation and reprocessing (EMDR)

Support for non-abusing parents/carers



Access to evidence-based trauma therapy, consultation to network to ensure everyone is trauma informed.

Consultation with outreach/ social prescribing/ coping skills from support worker who is supported by trauma expert.

Multi agency consultation, team around the worker, possible engagement work from support worker/safe adult.

Supporting existing relationships to build stability. Intensive support to carers/residential home.

Mobilising/coordinating existing resources in network

+

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○

Who does the Inreach C-SALP role work with?

Young people living in Wiltshire or Swindon who are struggling with their MH as a result of sexual harm:

- Where their needs do not require a GMH intervention
 - They would benefit from a GMH intervention but are struggling to engage with CAMHS or
 - The CAMHS clinician requires support to ensure they can meet the young person's needs
-
- ✓ Referrals can be internal (within CAMHS) or external
 - ✓ Initially the service is via consultation to the network working with the CYP to try and ensure the young person who has experienced sexual harm does not go on to develop a MH need
 - ✓ Parent/carer workshops to help them to support CYP who have experienced sexual harm
 - ✓ Limited scope for NICE informed/evidence based clinical work



we
STAND

An Introduction to We Stand's Whole Family Approach



With families impacted
by Child Sexual Abuse

We Stand's History

We Stand is a UK -Wide Charity supporting families impacted by Child Sexual Abuse.

It was established over 30 years ago by four mothers whose children had been sexually abused. They realised there was support for their children but not for parents/carers.



We Stand's Ethos

Child sexual abuse affects the whole family. It can fracture family relationships and creates lasting trauma. We Stand takes a unique whole family approach to supporting victims of child sexual abuse and their non-abusing parents, carers, and siblings.



Whole Family Approach



- Parent/Carers are victims too
- Parents/Carers are best placed to mitigate the long-term impact of the abuse on the child(ren)
- Parent/Carers are best placed to protect their child(ren) from further harm

The Services



We Stand Services



Helpline

Our specialist helpline is a confidential, supportive, and informative space for all non-abusing parents/carers and professionals affected by child sexual abuse.

Lines are currently open

Monday: 10am - 2pm

Tuesday: 10am - 2pm

Wednesday: 10am - 2pm

Thursday: 10am - 2pm

Helpline number - 0800 - 980 - 1958



Therapy for Parents/Carers

Non-abusing parents and carers experience feelings of loss, isolation, guilt, anger, and anxiety, while also dealing with significant life changes. Our therapy service provides a safe, confidential, non-judgmental space where they can feel supported and listened to. One-to-one sessions, help to rebuild their confidence, alleviate isolation, and gain skills needed to safeguard their children going forward.

We offer 20 weeks of one to one therapy, with an option to extend if needed. Our trauma-informed person-centred approach, supports clients to process their trauma. Our counselling service is staffed by trained and experienced volunteer counsellors and counsellors on placement.

We Stand Services



Legal and Advice Services

We offer access to qualified legal advice on family law. As well as general advice and support around other legal matters including schooling, housing, benefits, criminal and civil court cases and child protection procedures.

The service is delivered by our in-house solicitor who is able to provide 1-2-1 support for the family. The scope of the work is developed in partnership with the family. We are, however, unable to represent clients in legal proceedings.

The majority of the work is delivered online.



Parent Workshops

We understand how difficult parenting can be after a disclosure of child sexual abuse. To address this, we have developed a training programme which aims to help parents/carers support their children through trauma while regaining confidence in their parenting.

We deliver a structured four-week group programme and tailored one-to-one sessions depending on need. This includes *'Understanding the impact of trauma on the brain'* and *'How to have difficult conversations.'*

For families who are unable to participate in a group program, we offer the program as an individual support program tailored to the needs of the family.

Referral Pathways for We Stand Services

1

Helpline

Clients are able to call the helpline for emotional support and to discuss more about our services.

The helpline team will then make referrals to other services across the organisation

Helpline number

0800 - 980 - 1958

2

Online Self-Referral

Clients are able to self-refer to our services through an online referral form.

The online form is reviewed by the helpline team and the referral then passed on to the requested service/s

www.westand.org.uk/wales

3

Partner Referrals

We are keen to work in partnership with organisations supporting child/young people victims of child sexual abuse so that our combined support offers holistic, whole family support.

susan@westand.org.uk

Contacts

Susan Moore

CEO

susan@westand.org.uk

Helpline Number: **0800 - 980 - 1958**

Website: www.westand.org.uk



We would really appreciate your feedback

Link: <https://forms.office.com/e/VdaTzsdubu>

