**RESOURCES AVAILABLE TO SUPPORT PEOPLE WHO HAVE BEEN SEXUALLY ABUSED**

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| **Trustwide** | **All CAMHS services**  – * Will see and assess Children/Young People who have experienced abuse and offer appropriate interventions for mental health difficulties arising from abuse
* Have regular links with social care (bi-monthly consultation slots – *Horizon and CAHBS*), Thames Valley Police (TVP) units and Youth Justice Service (YOS). We offer consultation /expert advice and then assessment/intervention / supervision as required.

**The Safeguarding Children team** provides advice and support to practitioners within the organisation who may be working with victims of sexual abuse. The team has produced guidance on Managing Disclosure of Historic Sexual Abuse. The team regularly links with colleagues in the police to discuss cases and agree process for reporting if appropriate. |
| **Oxfordshire** | **Direct work/resources****Adult services*** Our Psychological Therapies Pathway provides access to evidence based psychological therapy for adults and older adults in Bucks and Oxon. People who have suffered sexual abuse (as children or adults) are frequently referred and make up a significant proportion of those presenting especially at our specialist Psychological Services. Treatment is provided both individually and in groups focussed on sexual abuse and for other psychological disorders in people with a background of sexual abuse.
* Talking Space Oxfordshire – does not work specifically with sexual abuse but when appropriate will refer onto step 4 services.
* Step 4  (patients would need to be in cluster 4 to 17 and have been on CPA to receive a service):
	+ The Psychological Therapies Pathway provides expert assessments and a range of group and individual interventions targeted at the psychological issues facing survivors of abuse (depression, anxiety, low self-esteem, shame, complex PTSD, psychotic experiences, ‘personality disorders’, emotion regulation difficulties etc.). The interventions range from protocol-based low intensity CBT-treatments, to specialist formulation-driven therapies in Psychological Services (often in close collaboration with AMHTs, other services and agencies).
	+ The Complex Needs Service offers group therapies for people whose symptoms fit within the ‘personality disorder’ cluster, many of whom will have been sexually abused in childhood
	+ Mind offers useful group and individual support for the psychological effects of childhood sexual abuse (e.g. their courses on managing strong emotions/anxiety/depression/low self-esteem) and peer support, benefits advice etc.

 **Older Adult Services**In light of the raised profile of historic sexual abuse allegations in Buckinghamshire last year we discussed the possibility that this may affect t some of our patients in the OA consultant meetings and the MH pathway meetings. Whilst the likelihood of direct affect of the Bucks issues is smaller in our patient group (age generally excluding them) the profile may raise to consciousness issues that may have personally affected our patients and this was what we focused upon. All initial mental health screening assessments will contain an assessment of whether there has been any sexual abuse history. The extent to which this is always formally considered is variable. **Physical Healthcare**In Physical Healthcare, the MIU and OoH services are a point of contact where patients will on occasion reveal sexual abuse. Staff are trained to recognise and address issues within the assessment which may point to such abuse and takes steps to address this. This may include issues such as confirming whether sexual contact was consensual when undertaking assessments where there are requests for post coital contraception. Addressing and challenging issues such as inconsistencies in injury pattern with the suggested mechanism of injury etc. The services do not offer a forensic service as such though will await direction from police in the event that a patient discloses sexual abuse at point of contact. **CAHBS**Offer direct intervention around sexually abusive behaviour using evidence based assessment and interventions. This will be to individuals and families. Sometimes offer input to other agencies to support their work. We have a number of resources and stay up to date with national developments in the field.**CAMHS**Dialectical Behaviour Therapy (DBT). This is a community based group treatment. It uses the principles of cognitive-behavioural therapy combined with mindfulness to help patients gain emotional regulation and control. **Kingfisher Specialist Nurse**This is a full time band 7 role. The Kingfisher team is a multi-agency co-located team which works with children at risk of CSE. As well as having a caseload of children, the Kingfisher nurse also acts as a resource to other professionals, particularly school nurses, who may be working with children who don’t meet the threshold for referral to Kingfisher.**Horizon Service**Newly commissioned serviceoffers evidence based trauma based treatment to children who have experienced sexual harm. Can also work with families and professionals.**School Health Nurses**Complete Spotting the signs tool for all young people under the age of 16 who have a consultation regarding sexual health. This may lead to further assessment and referral. Available to support children following the staging of Chelsea’s Choice performances in Oxfordshire secondary schools.**Liaison and Diversion** **project** Often assessing people at the first point of contact and are picking up a few cases which otherwise may not have been referred to CAMHs and have complex issues and concerns.**Support provided by OHFT to other agencies:*** **CAHBS/fCAMHS** attend risk panels and case formulation meetings with YOS. Supervision is offered monthly to YOS by *CAHBS*.
* **CAHBS** provide training on healthy/unhealthy sexual relationships for OSCB and agencies on request.
* **FCAMHS**
	+ Are often involved in complex cases panels etc.
	+ Offer direct supervision to Kingfisher and acting as pathway consultant. CAHBS and Horizon are closely involved in this.
	+ Now linking with 2 ‘EBD’ schools in Oxon directly who have high number of complex cases and young people who are risky/vulnerable
* **TVP** will contact us (**CAHBS/Horizon)** about cases for a consultation/assessment/intervention and we often support signposting as well. We have links with the CAIU (child abuse investigation unit) and the youth justice department who process most of the police cases to do with young people.
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| **Bucks** | **Children and Young People Services*** **CAHBS** are part of the steering group set up on Peer-on–peer violence project being run by the BSCB, and are regular contributors to GMAP gangs’ project meetings.
* **CAHBS** provide training on healthy/unhealthy sexual relationships for BSCB and agencies on request.
* **CAMHS** link with the Swan service who support young people who have been sexually exploited

**Adult services**As per Oxon. We currently have a cross county working group in Bucks looking at our provision of psychological therapy for people with CSA.* Chiltern or Aylesbury Vale CCG GP. Steps 2 and 3 of the pathway for those with common mental health disorders (depression and anxiety disorders) are provided by Buckinghamshire Healthy Minds – Improving Access to Psychological Therapies (IAPT) service. Step 4 of the pathway is provided by Buckinghamshire Psychological Services which provides specialist psychological therapies for people with severe and/or complex mental health problems.
	+ People who have experienced sexual abuse may benefit from psychological therapies focussing directly on the abuse or on co-morbid mental health problems. For co-morbid mental health problems people could be seen at any step in the pathway. For people who have experienced single episode adult sexual abuse with associated PTSD Healthy Minds can offer trauma focussed CBT and EMDR at step 3. For those who have experienced child sexual abuse and/or multiple traumas or who have not benefited from treatment at step 3 Psychological Services can offer a range of specialist psychological therapies including CBT, EMDR, CAT and psychodynamic psychotherapy. A specialist therapy group for those who have experienced child sexual abuse is also provided.
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| **SWB** | **Children and Young People****BaNES -** CAMHS provide in-reach support to the multi-agency Willow team in BaNES, who work with children at risk of CSE.**Swindon** - CAMHS link with the SARC and NSPCC who provide therapeutic services, the Opal team who support those suspected of being involved with CSE.**Wilts** - CAMHS link with the emerald team and have an embedded CAMHS practioner working alongside the team offering training, consultation and joint work with CAMHS. CAMHS in Wilts also link with the Swindon SARC |
| **Resources external to OHFT** | (This information is taken from Oxfordshire Commissioners Report- full report attached)**Youth engagement in East Oxford and Banbury (Barnardo’s)**This programme targets disengaged young people, predominantly boys, and works with them to engage in positive activities. The programme focuses mainly on street based activity, including group work and will include opportunities to discuss a range of safeguarding issues including sexual consent, healthy living and views on radicalisation.**Safer Futures Oxfordshire** is a Barnardo’s service working with parents, carers and families of children and young people either known or thought to be at risk of Child Sexual Exploitation. This is a voluntary service which the parent/carer can end at any time. Support includes awareness around:* Risk indicators of CSE
* The different forms CSE can take
* What increases a child’s vulnerability to CSE
* What to do if your child goes missing
* How your child can stay safe online
* Any other areas identified during assessment and one to one work

In addition to person-centred parent/carer support, the service has accepted referrals from the Kingfisher team for young people for example 18 plus with additional needs and at risk of or experiencing CSE. Other activities include supporting work in schools, colleges and working in partnership with other community and voluntary sector services to raise awareness about CSE. The service is building capacity to support parent/carers where a child in the family has Autism, Asperger’s or a Learning Difficulty and is vulnerable and at risk of CSE. This service is co-located with the Kingfisher team in Cowley Road Police Station**Barnardo's** have been working closely with schools and youth groups to help identify and refer CYP who are displaying risky behaviours to the service. The Safer Futures Team work flexibly to support this service.**Kingfisher team- Outreach Work**Katie Ball, Family Support Worker has developed a 7 week programme of CSE awareness to deliver to groups of boys and girls in schools. These sessions can be used to deliver individual pieces of work where need is identified.This programme is being delivered by Kingfisher Family Support Worker to schools and individuals across the county.The Family Support Workers within Kingfisher have delivered CSE awareness raising at parents evenings at schools across the county and have been involved in Sexual Health Carousel Days at four schools. The Team have supported schools with PSHE lessons where they have delivered CSE awareness raising to year 9 &10 classes and taken part in an assembly to approximately 200 students, This delivered jointly with Topaz and focused on gender identity and transgender children. Five, seven week sessions have been delivered to groups of boys to raise awareness of consent, the use of pornography, sexual health and attitudes towards women and girls. The Kingfisher team continues to progress the preventive work within schools and the BME community and this is a priority for forthcoming year. **Proposed Group work: National Association for People Abused in Childhood**It has been agreed that NAPAC will run a therapeutic support group as a pilot project with adults who have been victims of abuse through child sexual exploitation. Participants will be identified through the Kingfisher and Operation Sabaton Teams. The group will work with up to 6 adults aged 18 years or over at the time the group begins.**Counselling services: Oxford Sexual Abuse and Rape Crisis Centre (OSARCC)**The programme works with women survivors who may find it difficult to engage, have multiple vulnerabilities and complex needs, who do not fit easily into other services and who find it difficult to access appropriate therapeutic interventions or other relevant services. It provides a face-to-face counselling service to adult female survivors of sexual violence, including child sexual exploitation.**Support for adult victims: Elmore Community Services**A short term contract has been agreed with Elmore Community Services, to increase their staffing capacity to support more adult survivors of CSE**The Parent Action Group** has been set up by parents affected by the sexual exploitation of their child, for affected parents to work collectively to tackle Child Sexual Exploitation. Using the ‘lived experience’ of parents, we are able to understand the intricacies of this deeply complex and traumatic experience. We see the effects from the inside of the family and we want to work with providers to find ways to work pro-actively and in partnership with other agencies to safeguard our children and communities.**Charities*** The Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC) offers individual support, phone support and a group counselling programme, but we are unable to verify the quality, evidence-base and governance.
* The National Association for People Abused in Childhood (NAPAC) has a good website and a telephone helpline. I have also heard reports that they are setting up counselling groups, but as with OSARCC we cannot be sure of the type or quality of provision
* Eve/Amos/ Believe/ Clean Slate – all part of the same project, leaflets attached. As with other charities we can’t verify the quality of the provision
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