

Safe!

Support for Young People
Affected by Crime

NHS

Oxford Health
NHS Foundation Trust



Supporting young people and families affected by sexual harm

Information booklet

Horizon

Information for professionals

Horizon: Supporting young people and families affected by sexual harm

The service aims to help reinstate a sense of safeness and well-being for young people and their families who are experiencing distress as a result of sexual harm.

We provide advice, formal consultation, and supervision for professionals working with the young person or family. Through consultation, we look to bring together an understanding of the young person's situation and establish how their needs can be met.

For some young people, where there are particularly complex needs, we can offer specialist assessment and recommendations about further care, or direct psychological intervention from our service.

In all cases, we will work jointly with other agencies, such as social care, and in partnership with SAFE!, as needed.

The service sees children and young people under 18 living in Oxfordshire.

Who are we?

We are a multi –disciplinary team of mental health professionals.

The team is made up of a Clinical Psychologist (clinical/team lead), Specialist Social Worker, Specialist Mental Health Nurse, and a Consultant Psychiatrist.

Occasionally, we may also have a Student Nurse, Trainee Clinical Psychologist, or Junior Doctor working within the team.

About the services we offer

Advice

Any professional can contact a member of the team for advice about a young person who has experienced sexual abuse. We can provide advice on what your team can do to help support the young person and their family and where to access further support.

The young person's name and identifying information can be kept confidential at this point and no referral would be needed; however, it may be agreed that a formal referral to the team would be helpful for further consultation or for a specialist assessment.

We appreciate that for some young people there will be ongoing safeguarding concerns. Please note that you would need to contact your local social care team to discuss any active safeguarding issues for the young person, or concerns that other people may be at risk.

Consultation

We provide a formal consultation process following a referral for a young person who has been sexually harmed. This will be a formulation-based process and aims to develop a joint understanding of the strengths and difficulties of both the young person and their environment.

This will include discussions with the referrer and with others involved with the young person.

At the end of the consultation, a clear plan of action to be implemented by the referrer will be agreed.

Specialist assessments

In some cases, a specialist assessment of the young person's psychosocial needs may be required.

This will take into account the young person's mental health needs, as well as any areas of strength and difficulty in their environment.

These assessments will be multi-disciplinary and carried out face to face.

Direct therapeutic input

Following assessment, if the young person is willing and in a sufficiently safe and stable situation, they can be offered psychological therapy.

There are a range of interventions and treatments that the team can provide.

Individual work may include:

- Resilience and resource building
- Social skills training
- Relapse prevention, and identifying triggers and boundaries
- Attachment/relationship work
- Trauma –focussed therapy using a range evidence-based approaches, including Cognitive Behavioural Therapy.

Family work may include:

- Positive engagement with the family or carer, including participation in assessment and care planning
- Working to understand the young person’s experience and responses
- Developing family resilience, with support and guidance to maintain safety and wellbeing

Training and supervision

We are able to offer additional support to other teams through tailored workshops and/or on-going supervision.

These are delivered with the aim of helping your team work as effectively as you can with young people and families who have been affected by sexual harm.

How to refer?

All agencies and professionals can refer a young person to Horizon.

We will accept referrals for any young person who is under 18, lives in Oxfordshire, and is distressed by their experience of sexual harm.

If you would like to discuss a potential referral, please contact us on 01865 902634.

Completed referral forms can be sent to oxfordhealth.horizon@nhs.net.

Or, you can post a completed referral form to:

Horizon
CAMHS Horizon Service
Maple House
The Slade
Horspath Driftway
Oxford
OX3 7JH

We are open from 9am—5pm Monday to Friday (except bank holidays).

Horizon is proud to work in partnership with SAFE!

SAFE! work with young people who have experienced any form of crime, and are commissioned by the Thames Valley Police and Crime Commissioner.

Information for professionals

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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