



Outline of Service Offer

Wellbeing in South West London: Emotional and practical support for children and young people aged 4-18 following any form of sexual harm

Croydon | Kingston | Merton | Richmond | Sutton | Wandsworth

Wellbeing Advocacy

A **Wellbeing Advocate** can provide a safe space for a child or young person to talk about how they are feeling following their disclosure. They will offer time and space to help guide them and their parent/carer/professional support network through the period following disclosure, and the different specialist support that is available. Support is available regardless of when the harm took place.

The Wellbeing Advocate can help the child or young person's voice be heard at school, at home, in meetings about their care, and during their medical aftercare. They can also offer direct work with teachers, social workers and parents/carers supporting the child or young person.

Areas explored in emotional support sessions:

- **Coping skills and responses to sexual violence, feelings of shame and blame**
- **Tools for coping with trauma: managing flashbacks, sleep problems, panic attacks, self-harm**
- **Health: physical, psychological, sexual**
- **Feeling safe: in self, in school, in public, at home**
- **What it's like to report to the police, what to expect, choices and rights**
- **Extra help at school**

Wellbeing Advocate support is short-term. We offer 5 direct working sessions which can be planned weekly or fortnightly over up to 8 weeks. Sessions will take place in a safe, confidential educational, healthcare or third sector setting, or virtually, based on the child or young person's preference. Sessions are 1-to-1 and confidential. Information will be shared to safeguard the child or young person where concerns arise around their safety: if we believe them to be at risk of harm, or where risk of harm to others has been shared with us.

The Wellbeing Advocate can make supportive onward referrals for therapeutic or medical assessment and support, or for support with the criminal justice system, as outlined below and overleaf.

To discuss a referral, email: kch-tr.WellbeingSWL@nhs.net

To refer, complete: <https://forms.office.com/r/sPv7u3jgCv>

Health Care

The **CYP Havens** service offers children and young people a holistic medical assessment of their health needs, sexual health screening and a top-to-toe examination in a friendly, welcoming environment. The assessment is supportive and trauma-informed; specially trained doctors and nurses place the child or young person's wishes at the centre and avoiding revisiting the details of the harm that took place. Social care involvement is required at referral for children under 13.

To discuss referral for a medical assessment please call the CYP Havens service on: 0203 299 1599

Young people can also be supported to access sexual health care at local sexual health services.



Trauma-Focussed Therapeutic Support

As part of the Wellbeing in SW London service, the CYP Havens service is collaborating with Rape Crisis South London (RASASC) to offer specialist therapeutic support, support for parents/carers, and CAMHS consultation and training in SW London, delivered face-to-face, online or by phone.



RASASC is offering a dedicated referral pathway for the 6 SW London boroughs. RASASC's empowerment model supports children and young people to take back choice and recognise their inner resourcefulness, gaining or reclaiming a sense of emotional and physical wellbeing after their traumatic experience. After assessment, RASASC can offer 6 grounding/stabilisation sessions followed by up to 24 sessions of support. The team is led by an experienced specialist practitioner and comprises a play therapist, an emotional wellbeing safeguarding counsellor, and trauma-informed counsellors offering evidence-based interventions for Post-Traumatic Stress.

The **CYP Havens** service can also offer support to help children, young people and families with the emotional impact of sexual harm. The therapy offer is informed by the child and family's needs and hopes for support. CYP Havens can offer 6-20 sessions of individual psychological support, including evidence-based interventions for Post-Traumatic Stress such as trauma-focussed CBT or EMDR.

Additional services offered by the CYP Havens and RASASC services include:

- Up to 6 sessions of 1:1 support for parents/carers and/or an 8-week parent group
- Groups and bespoke workshops are in development for young people
- Consultation with CAMHS or in-house clinical teams within children's social care to support care planning for children and young people already engaged with these services, or who have complex needs
- Training to extend knowledge and skills to wider teams

To discuss a referral to RASASC's Wellbeing in SW London team, email: thehaven@rasasc.org.uk

To discuss a referral to CYP Havens psychology: kch-tr.haventherapies@nhs.net

Criminal Justice Care

CYP ISVA: Where there is an ongoing police investigation, a child or young person can access longer-term practical and emotional support from a Child or Young Person's Independent Sexual Violence Advocate (ISVA). ISVAs help ensure that children and young people's voices are heard, offer information and advice to help them make informed choices, and ensure that they have the support they need to move through the criminal justice process. ISVAs can:

- Offer guidance with making police statements and provide support in meetings with police
- Explain the whole process, including No Further Action (NFA) decisions and Victim's Right to Review, and answer any questions the child or young person has
- Obtain updates from police on the investigation and support the child or young person to understand their rights
- Support with pre-trial visits to court and during court proceedings if the case goes to trial

Havens SOIT Clinic: If a young person is >13 and hasn't reported to the police, they might want to speak confidentially and anonymously to a specially trained police officer about any questions or worries they have around the criminal justice process without any pressure.