

## Support for Children and Young People affected by Child Sexual Abuse and/or Sexual Exploitation

Children and Young People who share that they have been the victim of abuse, can often wait many weeks or months for support. This information is intended to support you in finding the right support for a young person, at the right time, and to minimise their wait for support.

We also want to ensure that if a child or young person who discloses that they have been sexually harmed needs an emergency response, they get this when required. **Please note that all of the following agencies will work with young people who self harm or have suicidal thoughts- CAHMS will respond on emergency basis if indicated through triage process, from 15.30hours Crisis Team .**

### Young person under 12 years

- Refer to Children 1st **if they are not experiencing signs of a mental illness or distress. Self-Referrals accepted, as are referrals from parents and other agencies**
- If they are **experiencing signs of a mental illness or distress** - you will need to liaise with their parent to arrange for them to go to their GP who can refer them to

### Young person is over 12 and under 18 years of age

- Children 1st - **young people from 3 to 18 years who have shared that they have been the victim of any type of sexual abuse or assault are eligible for support from Children1st. Self-Referrals accepted.**
- Scottish Borders Rape Crisis - **young people aged 12 to 18 years, who are FEMALE and have shared that they have been the victim of any type of sexual abuse or assault they are eligible for support from Scottish Borders Rape Crisis. Self-Referrals accepted.**
- CAMHS - will support any young person **under 16 years of age**, who in addition to having reported sexual abuse or assault is **experiencing signs of a mental illness or distress** - should be helped to see the School Nurse or their GP who can refer

### Young person aged 16 to 18 years

- Children 1st **-(as above)**
- Scottish Borders Rape Crisis - **(as above)**
- CAMHS - take new referrals for young people aged up to the age of 18 years. Those receiving support from CAHMS on their 18<sup>th</sup> birthday will transfer to adult services. Any young person aged between 16-18 years who disclose abuse, not supported by CAHMS will be assessed by Adult Psychiatric Services. In addition to having reported sexual abuse/assault they need to have **signs of a mental illness to be eligible for support** and would need to see their GP who can refer them to psychiatric services
- Survivors Unite is a professionally and peer facilitated self-help group for adult survivors of sexual abuse and accepts self referrals from all adults, male and female, living anywhere in the Scottish Borders. Contact Amanda Erskine at Children 1st for

tion	families - who can they support and how?	
<p><b>Rape Crisis</b></p>	<p><b>Who can receive support?</b> 12+ girls and those who self-identify as female.</p> <p><b>How?</b> Needs based on assessment 12 sessions, either weekly or fortnightly or 20 sessions if complex/multiple needs.</p> <p>Family, friends and non-offending partners can be supported via a one off face to face or a number of telephone contacts.</p> <p>Susie - Here's some things I noted at mtg:- Individual support and advocacy available to young people during the court process. Some support can be given of parents but this tends to be the exception and involves up to 3 telephone calls, as support is usually offered on voluntary 'contract' basis between young persons and Rape Crisis support worker or volunteer. Service will confirm whether support can be offered to males</p>	<p>Website: <a href="http://scottishbordersrapecrisis">scottishbordersrapecrisis</a></p> <p><b>Scottish Borders Rape Crisis Centre</b> 1A Wilderhaugh Galashiels TD1 1PW Main number: <b>01896 661 070</b> Mobile number: <b>07584 149 691</b> For general information: <a href="mailto:info@sbrcc.org.uk">info@sbrcc.org.uk</a> For support: <a href="mailto:support@sbrcc.org.uk">support@sbrcc.org.uk</a> Opening hours: Monday - Friday: 09:30 - 17:00</p> <p><b>What happens after on receipt of referral?</b></p> <p>A young person will be contacted within 3 days of a referral being made and they will be offered a face to face mtg in 2 weeks. After this then will usually have a 3 month wait for ongoing support unless they are in crisis. If assessed as 'in crisis;' at point of referral, they will be offered and initial period of support for 6 weeks</p>
<p><b>Child &amp; Adolescent Mental Health Services CAMHS</b></p>	<p><b>Who can receive support?</b> up to 18 years</p> <p><b>How?</b> Supporting any child/young person up to the age of 18 to improve their mental health, including mental health difficulties deriving from CSE CAMHS on duty Nurse can be consulted</p> <p>Decision on suitability for support offered based on details of a young person behaviour and presentation issues (i.e. problems). Referrals can often be quite limited in detail so more information given the better.</p>	<p><a href="#">Child &amp; Adolescent Mental Health Services CAMHS</a> The Andrew Lang Unit Viewfield Lane Selkirk TD7 4LJ <b>Tel:</b> 01750 23715</p> <p>Referrals are accepted from: Health: GP, School Nurse, Health Visitor, Paediatrician, Occupational Therapist, Dietician, Speech &amp; Language Therapist, Family Nurse Partnership Education: Educational Psychologist Social Work: Social Worker</p> <p><b>who has met with the child or young person</b></p>

		<p><b>What happens after on receipt of referral?</b>  <b>Emergency referral triaged and responded with on same day</b>  <b>CAMHS operate 0900 - 1530 hrs (after this generic crisis team)</b></p> <p><b>Urgent referral triaged and responded to within five days</b></p> <p><b>Routine referral triaged then offered appointment (target of within 18 weeks for first appointment)</b></p>
<p><b>Children 1st</b></p>	<p><b>Who can receive support?</b></p> <ul style="list-style-type: none"> <li>• 3+ to 18 years, male and female</li> <li>• Support is also offered to the parent/carer and wider family in recognition that many need this support in their own right, especially immediately post-disclosure</li> <li>• Children, young people and their families, where they are pending a court case. Support given with court visits and during court case if required</li> </ul> <p><b>How?</b>  Support recovery from Abuse and Trauma (not physical trauma) involved for as long as needed, work around self-esteem/self-confidence, normalising, life story work.</p> <p><b>Who are Children 1st and what do they offer?</b></p> <p>Children 1st recognise the importance of supporting children and young people when they have experienced sexual abuse.</p> <p>We know that when this happens it can affect the way children feel about themselves, and these feelings can be confusing and difficult to cope with. It can also be difficult for the people who love and support them to know how to help.</p>	<p><a href="#">Children 1st</a></p> <p><b>How to refer</b></p> <p>A referral to Children 1st can be made by anyone whether it is a self-referral, family member or professional.</p> <p>Referral forms can be requested from <a href="mailto:ettrick@children1st.org.uk">ettrick@children1st.org.uk</a> 01750 22892</p> <p>A confidential consultation can be requested at anytime by contacting Sarah Axford, Service Manager 01750 22892/07554779264 <a href="mailto:sarah.axford@children1st.org.uk">sarah.axford@children1st.org.uk</a></p> <p><b>What happens after on receipt of referral?</b></p>

In the Scottish Borders, Children 1st offer an Abuse and Trauma Recovery Service to any Child and Young Person aged up to 18 who has experienced sexual abuse.

Our staff use a range of therapeutic skills such as art, play and other forms of creative communication to help children and young people make sense of their experiences and encourage them to develop trusting relationships with safe boundaries. We also help families to understand the impact the abuse has on their child and their family, helping to keep them safer.

Support is not time limited, as it is recognised that children and young people who have experienced abuse have wide ranging needs and recovery may be long term.

Children and young people meet their project worker on a weekly basis for about an hour, at different venues across the region. Children and young people are given a choice on where to meet us - somewhere that is safe and comfortable to them and families can be supported with transport

We work in partnership with Survivors Unite, a charity which offers peer support and counselling services to adult survivors of childhood sexual abuse.

# Scottish Borders Recovery for Children and Young People affected by Child Sexual Exploitation

**Children and young people up to the age of 18 years, who share that they have been the victim of childhood sexual abuse/ Childhood Sexual Exploitation or are a survivor of**

Has this already been reported to Child Protection Unit? →

No

Yes - This has previously been followed up by the Child Protection Unit

Inform Young Person that you will need to pass this on. Follow your agency Child Protection Procedures and if approp ask the young person what support they need

Yes

Is there a new or immediate risk to the Young Person of further abuse or harm?

No

Consider whether the young person may benefit from support to recover from their experience.

Ask them if they would like to