



The Lighthouse

A place of hope and support for children and young people that have experienced sexual abuse

The Lighthouse services are provided by

University College London
Hospitals NHS Foundation Trust

NSPCC

The Tavistock and Portman
NHS Foundation Trust



Meet the team presenting today:

- Emma Harewood, Lighthouse Delivery and Service Manager
- Martin Slack, Social care liaison officer
- Victoria Mattison, Clinical psychologist
- Sherma Charles, NSPCC team manager
- Rob Senior, Clinical Lead (Emotional health and wellbeing)
- Deborah Hodes, Consultant Paediatrician and Clinical Lead (Health)
- Lisa Isaacson, Police liaison officer
- Margaret Galloway, Advocacy Team Leader

Child House model

Based on international best practice and learning from London CSA services - the Lighthouse provides a child-centred journey after a child or young person has experienced child sexual abuse including sexual exploitation

- All medical, advocacy, social care, police, sexual health and therapeutic support available in one place
- Child friendly justice and enabling better outcomes
- Early emotional support and long-term therapy for the child and family
- Expert advice, training and consultation to other agencies

The Lighthouse team



Some statistics from 2018/19 review ...

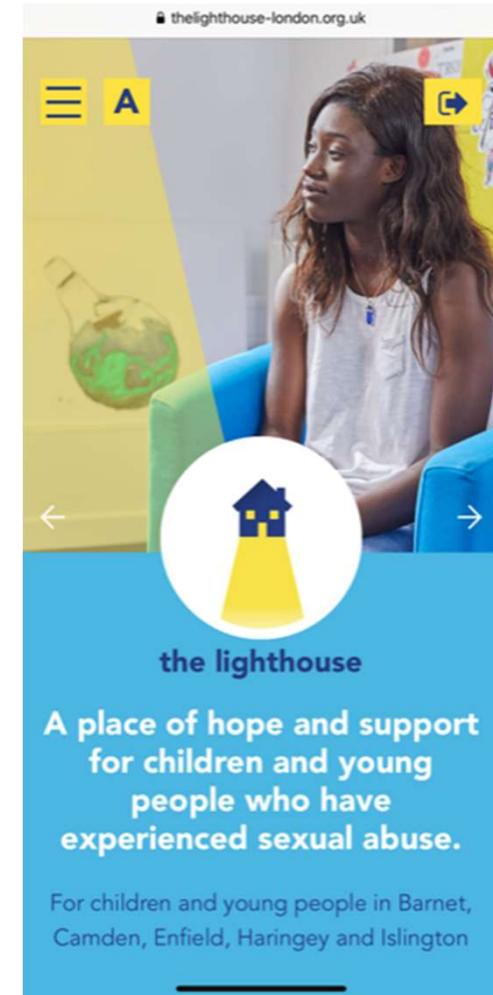
- Referrals are for 81% girls and 19% boys
- Ages of referral 5-12 year olds (34%); 13-15 year olds (34%); 16-17 (19%) year olds; under 5 years (11%)
- Increasing referrals for young people with learning difficulties (age 18-25)
- Most referrals are from children's social care and schools
- Types of CSA include 40% intra-familial, 21% peer on peer and 17% extra-familial;
- Low level of CSE as a primary offence category – by often identified during assessment
- Most children and parents access all the services on offer

Experience of children and young people at the Lighthouse

- Child centred
- At their pace
- Choice and control
- All the support under one roof
- Child and their family supported

The Lighthouse Film:

<https://www.youtube.com/watch?v=4pJ1TWcDDsU>



Typical journey for a child at The Lighthouse

- Social care liaison to gather information and ensure safety
- Intake meeting to review and triage referrals
- ABE interview at right time, child friendly surroundings and with right people in the room
- Multiagency holistic assessment including medical, mental health and sexual health



Typical journey for a child at The Lighthouse

- Early access and long-term support
therapeutic support and counselling
- Whole family approach - supports the
child, siblings and parents/foster
carers



Typical journey for a child at The Lighthouse

- Advocacy support through the process - a voice when complex decisions are made and in criminal justice process
- Police liaison to advice on the criminal justice process



Meet the team at The Lighthouse



Social Care Liaison Role

- Two experienced Social Care Liaison Officers work alongside the local social workers
- Often first point of contact for local social workers – offer consultation and advice on sexual abuse/sexual exploitation
- Promote and establish positive relationships between The Lighthouse, the 5 boroughs, Police teams and Partner agencies
 - avoid fragmentation,
 - share information quicker
 - challenge decisions quickly where necessary

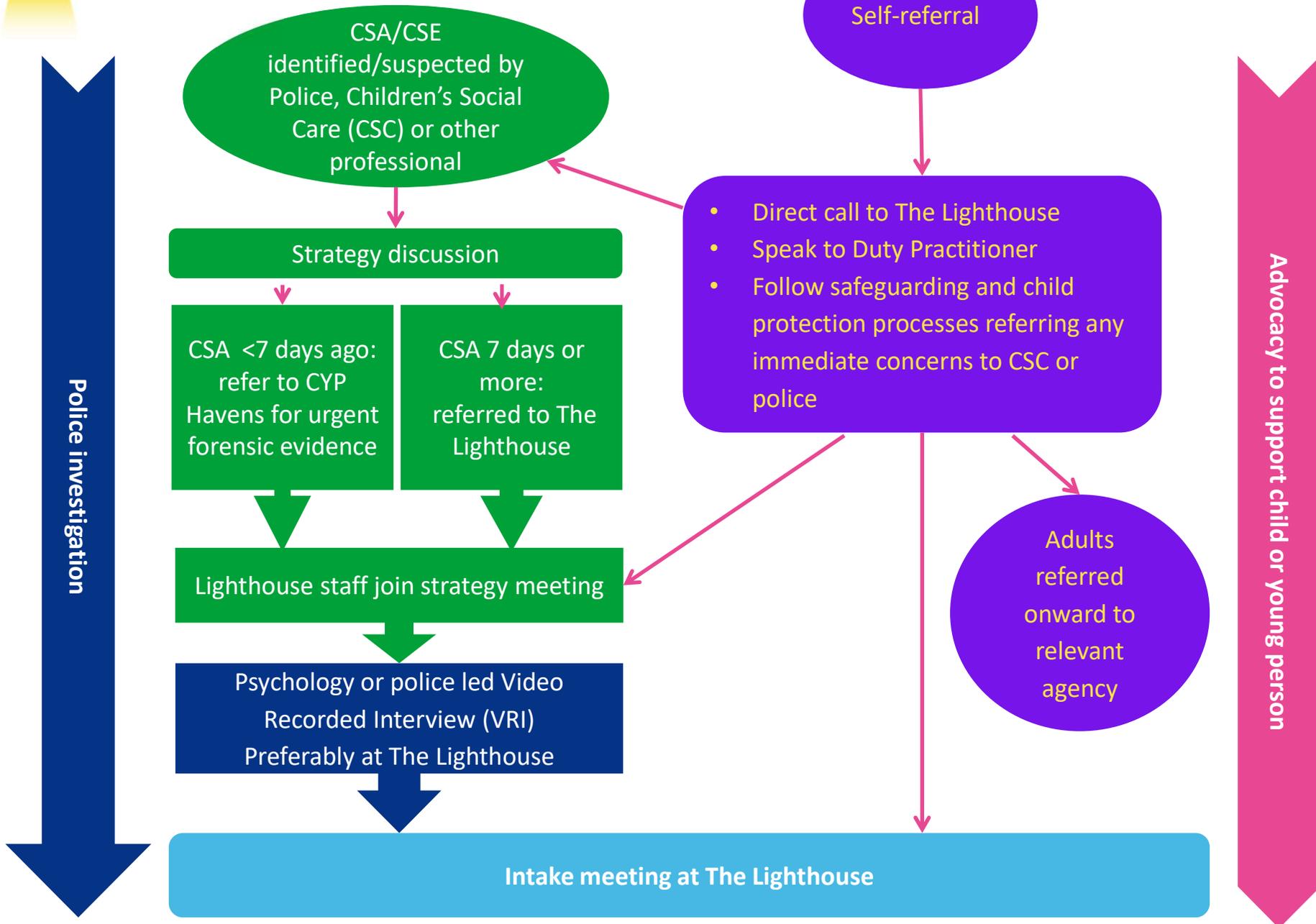
Social Care Liaison Role

- Support a population 1.5 million and expect up to 500 referrals a year
- Over 500 professionals trained - social care teams, schools, health, police
- Operate within the UK's pan London child protection statutory guidance and procedures, supporting joint local authority and police investigations and Social Care child protection processes
- Build and develop expertise in child protection work with children who have been sexually abused for our social work colleagues in local social care teams



the lighthouse

Referral pathway



Intake process

- Representative from Psychiatry, Consultant Paediatrician, Psychologist, Social Care Liaison, Police Liaison, NSPCC Advocacy Manager and NSPCC Therapeutic Manager
- Meets twice a week
- Reviews all referrals and requests for service
- Bring information from host organisations: social care, health and the police
- Identify what the child and family want, safety issues and enable a seamless pathway for the child
- Collectively identify most appropriate intervention and timescales to ensure the child receives the right support at the right time.



the lighthouse journey

Ongoing police investigation

Pre-trial court visit

Live link for cross-examination at The Lighthouse

Court trial

Intake Process

- Safety of CYP considered**
Liaison with local CSC, MASH, community safety, police, CAMHS
- Early engagement with CYP and family**
For example: show around, community based contact
- Consultation** offered to local professional network
- Sign post** to other services if does not meet referral criteria

Holistic initial assessment with Lighthouse team and local social worker. Could include:

- Health assessment**
Evidential pictures
Sexual health needs assessment
- Child protection**
Any immediate CP issues discussed and referred
- Advocacy**
For CYP and parents
- Emotional Health and Wellbeing**
Needs assessment and early help support identified

- CAMHS**
- Letting the Future In**
- Protect & Respect**
- Parent education course**
- Advocacy**
- Health / Sexual health**

Referral to other services e.g. school, DV, sexual health, youth work, GP, CAMHS, specialist services

Open access to return

Attend professional meetings

Advocacy to support child or young person

Health team at the Lighthouse

Initial appointment: doctor, advocate, emotional wellbeing practitioner, play specialist and sexual health nurse

Preparation with photobook

- History - vulnerabilities and disabilities.
- Examination and photo documentation injuries on body and genitalia (new and old)
- Diagnosing other medical conditions
- Identifying other maltreatment
- Investigations - Sexually transmitted infections
- Immunisations
- Contraception and education



Health team at the Lighthouse

- answer questions from all and give information
- write reports – social care and criminal proceedings
- provide consultations on child abuse cases by telephone

- Care plan for follow up with the whole team

<https://www.csacentre.org.uk/knowledge-in-practice/practice-improvement/medical-examinations/>



Whole family approach and parent course

We offer a bespoke choice of support for children and families including:

- One to one sessions for the child/young person
- The Letting the Future in Programme (NSPCC) for children that have experienced CSA
- The Protect and Respect programme (NSPCC) for CSE
- Child and family work
- Sibling support

Group work:

- Parent education course
- Young persons self harm group



Child and Adolescent Mental Health Service

- Psychiatry lead, Clinical Psychologists, Trainees, CAMHS Clinician and MH Nurse
- Our offer includes:
 - Consultations including to schools and MDTs
 - Initial Assessments
 - Formulation Based Practice
 - Individual work
 - Parent work and family work
 - Groups (new initiative)
- User participation – whole families connecting through their experiences. ‘Linking Lives’

Letting The Future In (LTFI)

- A model of work recommended within the National Institute for Health & Care Excellence (NICE) guidelines.
- Therapeutic intervention to children and young people (from the age of 4 years) who have been sexually abused. This is a long-term (6 month) intervention which follows a robust assessment of therapeutic need.
- LTFI practitioners are social work trained thus are well equipped to appropriately respond to further disclosures and other safeguarding matters arising during the course of the work.
- Sessions are also offered to external professionals; (i.e. nursery / school staff) to help them in being able to understand the impact of trauma on the brain and how trauma may present in the behaviours exhibited by children and young people.

Protect and Respect (P&R)

- A specialist **programme that works** with children and **young people around child sexual exploitation**. Dual strand programme providing awareness raising; 1:1 and group work, and (preventative work) 'protection and support' (eg. currently being exploited or have been). This includes direct work with children and parents but also support and guidance to internal and external professional colleagues
- Strong strand of consultation - Local Authority social workers are offered the opportunity to '**reflect, think and plan**' responses to child sexual exploitation in the context of their fast paced, **complex safeguarding responses**.

Parent Psychoeducation Course

Parent 1 'I don't feel I am ready to leave you yet. I have valued all our meetings so much. Even though it felt heavy at times, there was a sense of moving forward in the course – we got so much support and in the company of people who understood. No one on the outside can understand what it is like for us as parents.'

Parent 2 'We really valued all the support and all the incredible help. Not just from the group but all the work you have done with us outside of the sessions too. It has made the most enormous difference to us.'

Parent 3 'Candice I have really appreciated your input – you are such a role model. It would be amazing if our daughter turned out like you have – thank you'.

Parent 4 'You have no idea how we have enjoyed being together and supporting each other and rejoicing when things have felt easier for each other and supporting each other when making sense of things too.'

What is working well to support CYP in the criminal justice pathway?

- Advocacy show-arounds to encourage children to use the services and engage at their pace
- Enabling children and young people that initially do not want to give an interview, to do so
- Supporting young people in their decision whether to report to the police
- Clinical psychology led Video Recorded Interview (VRI)
- Early guilty pleas in a number of Lighthouse cases
- Faster disclosure of notes for police investigation
- Young people and parent(s) supported to go to court instead of withdrawing

How are we achieving improvements in the experience of the criminal justice process

- Optimising training and support of interviewers – quality assurance role of police liaison officer and professional supervision
- Police liaison officers with expertise in investigating child sexual abuse and experience of CSA trials in court
- Using the least possible number of interviews
- Pilot of clinical psychologist led VRIs
- Psychologists or registered intermediaries to ‘scaffold the interview’ if required
- Enable access to therapy as this can support ‘coherence’
- Be aware of possible ‘defence’ argument when interviewing

Clinical psychology led VRI

Arrival

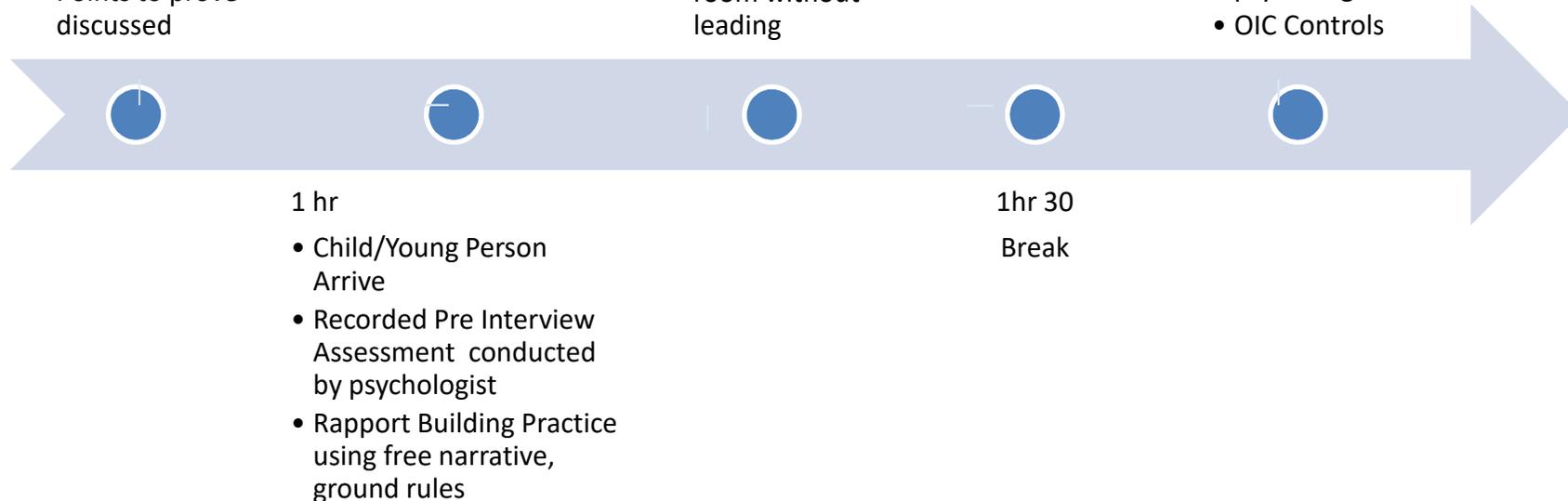
- Professionals Arrive
- OIC, Social Worker, Registered Intermediary meet with the psychologist
- Points to prove discussed

1 hr

- Professional Discussion
- What worked well
- What didn't work well
- How to get the topic into the room without leading

2hr

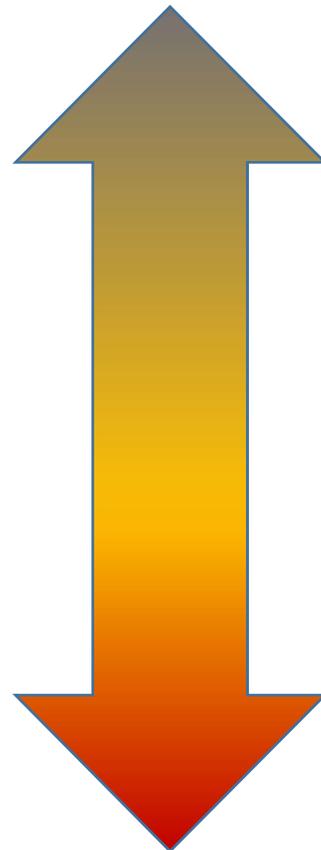
- VRI led by psychologist
- OIC Controls



Children and Young People's Feedback

Worst things

- Telling what happened / Answering the questions
- Being in front of the camera was difficult
- Police officer listening to what I was saying
- Feeling scared and Not knowing what will happen next
- Missed school



Best things:

- Pre-interview “helped me know what to expect”
- “ I didn’t feel pressure”
- The interviewer understood me and made it easy for me
- “I got breaks”
- I felt safe
- The room was homely
- Playing / colouring / playdoh / toys
- Hot chocolate

The Lighthouse services are provided by

Feedback from the Criminal Justice System



“The child was at ease during the interview and it was evident that it was a relaxed interview despite the topic under discussion.”

“Extremely patient with good social skills so the conversation flowed well which allowed the child to open up further.”

“Confident that the child was telling the truth.”

“Kept control of the interview so that the child wasn’t asked the same questions repeatedly.”

“All the offences were covered. The psychologist probed further to make sure nothing was missed.”

How do children and young peoples advocates support in the Lighthouse?

- ✓ As advocates we promote and safeguard your rights, and provide impartial information on a range of topics and issues.
- ✓ We can offer you support that sensitively considers what has happened to you; we can help you think about the impact, your feelings and ways to cope.
- ✓ We want to empower you to be more involved in planning and decision-making.
- ✓ We are here to ensure professionals such as police, social workers and therapists are providing the services you require.
- ✓ We want to work with those who are important to you, to help improve services and achieve better outcomes for you. People we may work with include: your family and carers, social worker, police, teachers and sexual health services.
- ✓ We want to help you achieve your goals, whatever they may be.
- ✓ We can work with you to develop a better understanding of police processes, such as supporting an investigation, giving evidence in court and making complaints.
- ✓ We support you to have a voice and represent your wishes and feelings in a way that works for you

How we work with other agencies outside the Lighthouse

- Offer consultations to local social workers and other teams
- Advocates work with contextual safeguarding and systemic support in mind – schools, housing, community safety
- Advocates work with teachers to support children and young people's return to school
- Joint work with local mental health services
- Referral onto other services e.g. domestic violence, sexually harmful behaviour, local sexual health teams

A young woman with long, straight red hair and freckles is sitting on a purple sofa. She is wearing a red and white plaid shirt. She is looking slightly to her left with a gentle smile. The background is a plain, light-colored wall. The text is overlaid on the right side of the image.

We asked young people using the Lighthouse services what advice they would give to people coming to the service.
This is what they said...



Images and voices of actors

What is unique about the London Lighthouse?

- Advocacy
- Paediatric and sexual health support
- Long term therapeutic support
- Social care liaison role
- Police liaison role
- Active user engagement



Questions?