

Harbour Support Services Supporting families and CYP affected by Domestic Abuse



- Background

Working with families affected by DA,
across the region for over 50 years.

Commissioned service in Stockton

Supporting the whole family

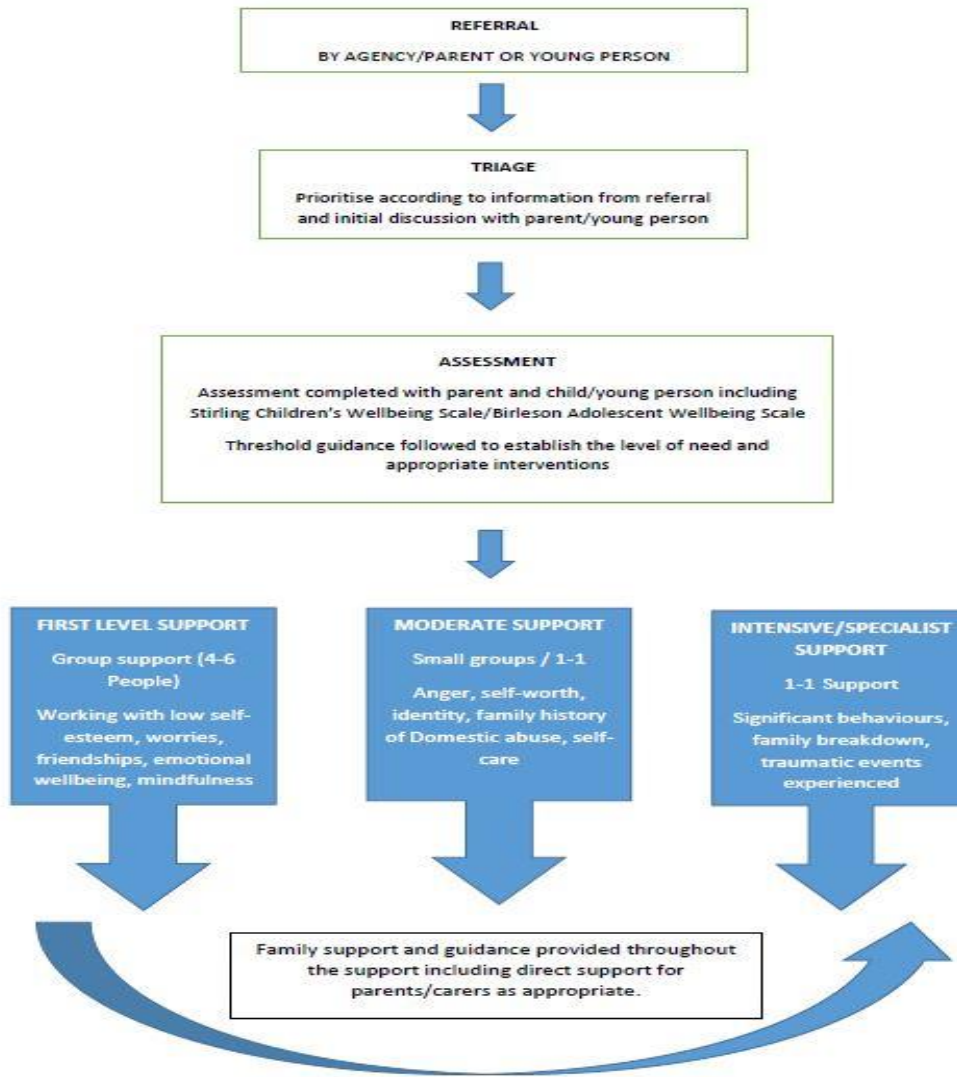
Support available for families and children in Stockton

Safe Accommodation
Outreach support
IDVA Service
Assertive Outreach
Counselling
Recovery
Health IDVA's
C&YP
DAPS

Data in relation to children affected by DA

- January 2024- July 2025 **867** individual children and young people were referred into Harbour's Children and Young people's Team
- January 2024- July 2025 Harbour has currently completed support with **690** of those children and young people and remaining children are still currently accessing the service.

CYP model of support



First Level Support



- CYP aged 3-18 requiring First Level Support will join therapeutic support groups. The focus will be prevention, safety, risk management and healthy relationships, a space for CYP to express feelings about their experiences and have these acknowledged.
- Before starting any group work CYP will attend a 'Getting to Know You' session to alleviate apprehension about attending sessions and this will be on a 1to1 basis. At the end of group support each child attending will also attend a further 1to1 session to provide them with the opportunity to re-cap and to further understand any additional support needs.
- Groups will be ran outside of school times and will be delivered in age groupings.
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- Groups themes:
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 - Emotional well-being (feelings, worries/anxieties, anger, self-esteem)
 - Well-being and Resilience (Mindfulness, emotional literacy, goal setting)
 - Emotional Intelligence (self-awareness, self-management, social awareness, self-care)
 - Healthy relationships (family, bullying and abusive behaviours, equality in relationships, safety)
 - Managing emotions (guilt, anger, mindfulness)

Each group will run weekly for four weeks and the young person will attend those beneficial to their needs.

Moderate Level Support



- Where children's needs are assessed as moderate, they would be offered an intensive version of First Level Support. This will target any problematic behaviours/presenting issues and will involve 1:1 support or smaller groups.
- These CYP will be experiencing acute circumstances and without support, harms could escalate. As well as covering the themes for groups in first level support, these CYP may also explore self-worth/identity, emotional regulation, anger management, family history of domestic abuse and self-care.
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Specialist Level Support



- The decision about specialist level support would depend upon the circumstances of the CYP as well as the level of need. In line with Maslow's hierarchy of needs, if a CYP's physiological and safety needs are not met, they are unable to engage with psychological therapy. Therefore, if a CYP is still experiencing domestic abuse, specialist therapy may not be appropriate. In such cases they would be allocated a caseworker to work intensively as above to prevent escalation. If appropriate the child/ young person would receive support from our specialist trained counsellor

Adolescent support

- Specialist adolescent worker role
- Supports children and YP age 12 plus
- Supports Young people who may be using harm
- Works closely with YP IDVA to support with teenage relationship abuse

YP IDVA- Commissioned by PCC

- The Overall purpose of the YP IDVAS is to provide a trauma-informed, client-led support service to Young People who are experiencing harm from domestic abuse (interpersonal abuse) Our YP IDVAS will support young people age 12-17 enabling them to:
 - Address issues resulting from experiences of domestic abuse
 - Empower young people to aspire to a positive future
 - Contribute to the prevention of future abuse by promoting healthy attitudes to relationships
- Our YP IDVAS will offer immediate and intensive support to young people and will engage with the young person right from the point of referral to build and strengthen relationships and to provide continuity to the young person

Support provided to families and children in our safe accommodation

- Family work- 1to1 and group sessions with mum's and children
- EYP support- Pregnant mum's and 0-3's
- Weekly well-being sessions for mum's and children (funded separately from kids in mind)
- HAF- additional funding from SBC in school holidays

Voice of the child

- How do we capture this?
 - Making the child or young person central to the story being told
 - No child is too young to have a voice - involve the child regardless of age
 - Think about creative methods used to involve the child or young person,
 - Observe and record their behaviour and experiences
 - Have a real understanding of what makes a child or young person's day good or not so good
 - Focus on what you are hearing or seeing means for a child
 - Think about outcomes.
 - Observe the interactions between a child and their parents or carers – is there any difference in their interactions with other people
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- All Harbour staff regardless of role undertake voice of the child core training
 - Regular consultations undertaken with CYP

Tell Nicole

- Harbour has worked closely with the DAC office and our children and young people were involved in the Tell Nicole project
- Through creative pieces of work they told Nicole what support they found helpful, what needs to improve and what changes they would like to see that will help children in the future
- The voice of our children were at the heart of this and were published in the report issued from the DAC office and their feed-back and work included within the Tell Nicole framework
- Nicole and her team came to visit our children and young people who took part to thank them for their involvement and to share with them the next steps and the commitments to child victims of domestic abuse

Working with SBC and partners

- Work closely with a multitude of agencies involved with families
- Attend joint visits and assessments
- Work together to support engagement, safety planning
- Attend safeguarding meetings in relation to families accessing support
- Provide weekly updates and liaise regularly throughout support
- Work force development available
- SPOCS

Existing challenges

- Understanding new social care transformation
- The need for specialist roles in social care settings
- Ongoing funding- e.g health roles
- Education and DA awareness for CYP not consistent across the Borough
- Highest referral rate across areas

Any Questions?