

**OFFICE OF THE POLICE AND CRIME COMMISSIONER
FOR HUMBERSIDE
DECISION RECORD**

Decision Record Number: **38/2017**

Title: **The Warren/Cornerhouse Counselling Service**

Executive Summary:

The project aims to support both victims and families of Child Sexual Exploitation by combining the skills of both organisations. Through a person-centred philosophy the relationship between the young person and the counsellor is at the heart of the process with counsellors forming strong and trusting relationships. In addition Cornerhouse provide additional support to parents and carers. The funding requested is £39,000 to fund a counsellor and Family Support Worker.

Decision:

That a grant of £39,000 to The Warren / Cornerhouse, in accordance with the attached report, be approved.

Background Report: Open

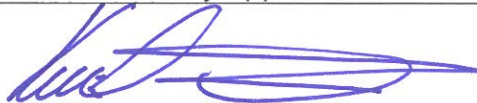
Police and Crime Commissioner for Humberside

I confirm I have considered whether or not I have any personal or prejudicial interest in this matter and take the proposed decision in compliance with my code of conduct.

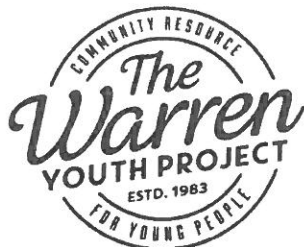
Any such interests are recorded below.

The above decision has my approval.

Signature



Date 24-10-17.



THE WARREN, 47 - 49 QUEENS DOCK AVENUE, HULL, HU1 3DR

The Warren Counselling Service

Project overview/narrative

The funding this project has received from the Office of Humberside Police & Crime Commissioner has significantly enabled us to better support both the victims and families of victims of CSE. Full details on exact figures in terms of the numbers of young people supported are detailed below. Full details of those supported through Cornerhouse's aspect of the service delivery are attached separately. However, in this narrative we are seeking to give you a greater sense of the project's range, enhanced impact, and continued future effectiveness should it's funding be renewed.

As a service that has specialised in supporting vulnerable and marginalised young people (YP) for 34 years, we have long worked with YP who have either been victims of CSE or at risk of CSE. However, we have never been able to offer dedicated issue-specific mental health counselling support until this funding from the PCC became available.

As an organisation we have always avoided working in silos, so it is important that we properly reflect how this project's impact has enhanced other aspects of our support services to young people - aspects which have in turn given this project greater reach and impact.

The Warren (alongside Cornerhouse) is now an ever-present member of the MACE group - attending all meetings in their entirety and offering vital intelligence in relation to CSE victims and those at risk and also around the wider logistical issues of CSE in terms of suspected perpetrators, locations, methodologies and understanding and recognising controlling and coercive behaviours. These MACE meetings are an excellent opportunity to share intelligence (within the parameters of confidentiality) and inform partner organisations and contemporaries of our support service for the families and victims of CSE - ensuring greater reach in terms of pathway for referrals.

The Warren is now also in its second year of delivering a three-year Headstart funded counselling service throughout the city's schools network (96 schools). This has again significantly enhanced our reach and ensured that those both accessing and delivering the HeadStart have - through this project - an additional mental health support resource at their disposal. However coordination of the monitoring of this project in tandem with the HeadStart programme has not been without its difficulties (more details of that under 'Challenges').

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We are also pleased to report that The Warren and Cornerhouse have successfully tendered for a new Street-based Outreach Service supporting young people throughout Hull as part of Hull City Council's Youth Provision Service. This will operate on a day/evening shift basis and will be instrumental in supporting some of the most vulnerable young people in the city. This presents us with a significant opportunity to engage with those most at risk of CSE and subsequently opens up another referral pathway for our PCC-funded project - a project which was instrumental in helping us secure this new Street-Based Outreach contract which will run for 2-plus-one years.

In addition to all the above project-enhancing developments, we have also developed the Three Minute Heroes project which supports young people to - through music - anonymously voice the issues that impact on their mental health. Again, due to the nature of some issues raised through that initiative our PCC-funded provision has played an important role (which is why this project has credited the Office of the PCC as a partner - www.threeminuteheroes.com)

What specific coping mechanisms are offered to Children/Young People who are victims of CSE?

We practice a Person-Centred philosophy, which places the relationship between the counsellor and the young person at the heart of the recovery process. We support the beliefs of psychiatrist Jeffery Smith who says that 'no school of psychotherapy has been shown to be significantly more effective than any other school, but everyone agrees that it is the quality of the therapeutic relationship that really makes a difference.' We subscribe to this so strongly that our counselling is based on forming strong and trusting relationships rather than using a series of techniques.

There is evidence to show that most people don't remember much about the content of what is discussed in long-term therapy, but they do remember feeling listened to, cared for and valued.

Our practice places the young person at the heart of our service, as we work hard at creating an environment for growth. We believe that experiencing such an environment, where they feel safe and supported, enables young people to trust their own decision making and choices. This in turn leads to their empowerment, to an increase in confidence and the ability to trust their own judgements.

Q: Number of children accessing counselling support services?

A:

The counselling service has supported 78 young people who are at risk of or are being exploited. This may be through direct referrals or by being the person that a young person discloses something to through the counselling relationship. We have also worked with 5 young people who have been raped and 17 who have experienced sexual violence, we add these statistics here as they often arise through

exploitation or can lead there. We also include three young people who have exhibited sexually harmful behaviour.

Q: Outcome stars – how many children/young people do these relate to?

A:

Twenty three out of seventy eight young people experiencing or at risk of exploitation have completed an Outcome Stars. This equates to approximately a third of those using the service.

We know we have to find a way to make the Outcome Star system work better for us and our funders and have been in contact with Triangle (who license the Star) to arrange to meet with the Outcome Star Lead in Hull.

However, alongside the Star we also collect feedback from young people verbally. This can often happen in a spontaneous way, or at the end of counselling when reflecting on their experience. I include some of those verbal quotes below.

"Enabled me to understand what grooming meant" Young woman 17 years

"Hadn't looked at it (coercion) in an exploitative way" Young woman 19 years

"Him (22 year old male) asking me to send nudes is not OK" Young woman 14 years (previously believed that it was just what everyone did).

"It's good to have a place to talk about things without my family being involved"
Young woman 15 years

Q: Is the Outcome star appropriate for victims of CSE?

A:

The Outcome Star is a simple and effective method to use with young people. However, we have become aware that we have not used the Star to its full potential. We aim to rectify this when we meet with the Outcome Star lead for our area. The Star is currently licensed to us through Triangle.

Although there are a number of Stars, the counselling service uses the My Star which is the Outcome Star for children and young people. This star measures eight categories - Physical health, Where you live, Being safe, Relationships, Feelings and behaviour, Friends, Confidence and self esteem and Education and learning. We see these categories as relevant to young people at risk of exploitation.

Q: How many children/young people were referred to specialist services and which ones?

A: We have been offering a counselling service to young people for over 25 years. In that time we have developed strong links with other support services such as Rape Crisis, Hull Women's Centre and Victim Support services. We occasionally refer young people to these services, but as we are one of the only free, independent counselling services for young people in the city, we tend to find that specialist services refer to us. Over the last year we have received referrals from Social Services, the Police, the Probation Service, GPs, Accident and Emergency at HRI, CAMHS and other voluntary sector services.

Cornerhouse (Yorkshire)

Supporting Parents/Carers

Introduction

Over the previous 7 years of delivering support to young people who are at risk of or are being sexually exploited, the demand for support for their parents and carers has increased. The workers on the CARE (Children at Risk of Sexual Exploitation) Project found themselves working with the parents alongside the young people they were supporting. This caused some conflict as young people did not understand why their parents needed the support. It was also felt that this could lead to a potential breakdown in trust between the workers and the young people who are the projects' priority.

The parent/carer role is crucial to the well-being of vulnerable young people. It is important that they have an understanding of when and how their children are at risk of exploitation and knowing the best way to prevent the transition from vulnerability to becoming victims. It is important to note that young people who are at risk of exploitation can be more vulnerable when they live within a family situation. This is due to the number of other issues that can impact on families and that often young people in the looked after sector have more 'eyes' on them to help the early intervention process.

Report

Over the previous year Cornerhouse has worked with 36 parents on a number of issues around Child Sexual Exploitation. The majority of these parents reside in Hull with some living on the East Riding.

The support offered includes the following:

- Educated them in signs and indicators of CSE
- Advise where to send information – Police, social care, children's homes (if their children are looked after) and CARE Project
- Support parents when to report children out as missing – day and night & weekends
- Support them in creating 'scripts' so as they are prepared for when reporting as missing – includes both English and non-English speaking families/carers
- Offer emotional support around CSE – exploring their feelings around guilt, helplessness, blame – both themselves and/or their child

- What to do with CSE information- promote keeping a book of information/diary recording dates, times, contents of belongings, leaving and returning with, names and addresses, including nicknames, cars – make, model, colour, distinguishing features and registration etc. Nicknames of locations
- Advise where to send information – Police, social care, children’s homes (if their children are looked after) and CARE Project
- Advise on what maybe CSE behaviour and what is classed as ‘normal’ teenage behaviour
- Educate around sexual health services in the city
- Breaking down barriers and helping build relationships between parents/carers and the police to enable proactive information to be shared to ensure the safety of young people. This may initially begin with the project workers acting as an advocate and go between.
- Supporting them to understand that taking matters into their own hands – for example tracking down their child and forcing their way into a building where they are or have been without knowing the risks that may be involved & not having the knowledge about what actions the police are currently taking.
- Utilising legislation and existing models especially when reporting into the police.

In addition to the one to one support offered to parents/carers the workers have delivered training to raise awareness of child sexual exploitation, the signs to look out for and how to keep children safe in the on-line world. There have been 60 parents attending workshops; mainly within a school environment although we have also delivered to Foster Carers.

During the work with parents we discussed the idea of setting up a self-support network for parents/carers whose children are at risk of sexual exploitation. The parents welcomed this idea and agreed to explore this option. However, the project found that this was not an ideal way for parents to support each other. The main reason for this was that the parents we were supporting were at different points within crisis situations with their children. There was also the risk that through discussion/support that the parents may realise that the same potential perpetrators were involved and that could lead to them taking matters into their own hands, confronting them and/or giving inaccurate information to the police. Therefore, we have explored other options to enable parents to support each other. As the CARE project know the background and latest intelligence in regards the young people who are being exploited, they are aware when different parents are in crisis. This information is shared and the parents in crisis are matched up with other parents who have been through a similar process and who are now in a position to offer support and whose children are not in the same exploitative arena. They are able to empathise with the parent in crisis, share their stories and help them gain a better understanding and level of trust in services that can support them and their children.

The parents we have worked with over the length of this project have had the opportunity to seek support in times of crisis. They often feel that either they are to blame or their child is to blame for what is happening. They do not understand the effect of the push and pull factors involved in sexual exploitation. For example if their child goes missing, then on their return they may choose to forbid their child to go out and socialise with their friends. This will often mean that the child feels pushed away from their parents and pulled to the person who has been showing them love and attention. Parents will often find this situation difficult to deal with and will turn to the project for additional support. This is often on weekends or evenings and as much as possible the worker will respond to their needs.

The feedback the project has had from the parents state that they feel they always have someone who they can talk to and seek support from and as a result they feel less isolated. The matching up with other parents who have been through a similar situation has also enabled parents to feel that they are not on their own and that often being able to talk through issues with them enables them to feel empowered. This is also reflected in the fact that the worker, through the provision of information and ensuring that relationships are developed with the police, means that parents are able to take control of a situation and feel that they are helping to keep their child safe from harm.

The project relies on feedback directly from the parents supported as well as being able to monitor improved changes in the relationships between the young person and their parents.

The project also seeks feedback from statutory services including social services and the police. We work very closely with the Protecting Vulnerable People Unit where DI Paul Welton is able to supply further information in relation to how the project has enabled an improved dialogue and trust between themselves and parents.

Parental case study

The following is a case study of a piece of work carried out with a young person who was being sexually exploited and their parents. This support relationship is still on-going.

The CARE project worker came into contact with a young person who identified as being homeless. She stated that she had a row with her stepfather and that she had left the family home to move to Hull and managed to get a place at a hostel.

She had been 'kicked' out of the hostel that day. The worker was concerned about a number of issues that the young person talked about and assessed that she was at risk of sexual exploitation. She asked permission to contact social services in East Riding. They stated that they were working with the family due to the daughter having had cancer. The young person was currently in remission after 10 months of treatment. Further information came to light after discussions with the young person and an emergency strategy meeting was called. The worker contacted the parents and it was clear that the young woman had a very supportive and loving family. The parents acknowledge that they had smothered their daughter following her treatment; whilst she just wanted to be a 'normal teenager'. Following the crisis work with both the young woman and her parents, the young woman has returned home. She has a wraparound plan in place to help keep her safe. A referral to the Teen Cancer Trust for the family to receive extra support was made. The situation has remained fairly stable, however, the project supported the parents and raised their awareness around the issues of CSE. They are aware what they need to do if their daughter goes missing. They will ring the worker and the police to make them aware of the situation. They are then supported in being proactive in searching for her through linking them in with British

Transport Police and the area policing teams. The project has continued to work with the family and the parents wrote a letter of thanks to the organisation for the support they have received.

Funding requested:

Cornerhouse: £15,000 for 18 hours per week i/c pension, NI & £500 travel

The Warren: £24,000 for 33 hours per week i/c pension and NI

TOTAL: £39,000

In – Kind/Financial support

Volunteers – 2 x 3 hours per week x 52 x £11 ph = £3432

Management supervision & admin time = £4364

IT = £500

Marketing = £500

Training for worker = £250

Contribution to Insurance = £300

Printing & stationary = £250

Meeting space = £535

Total = £10,031

