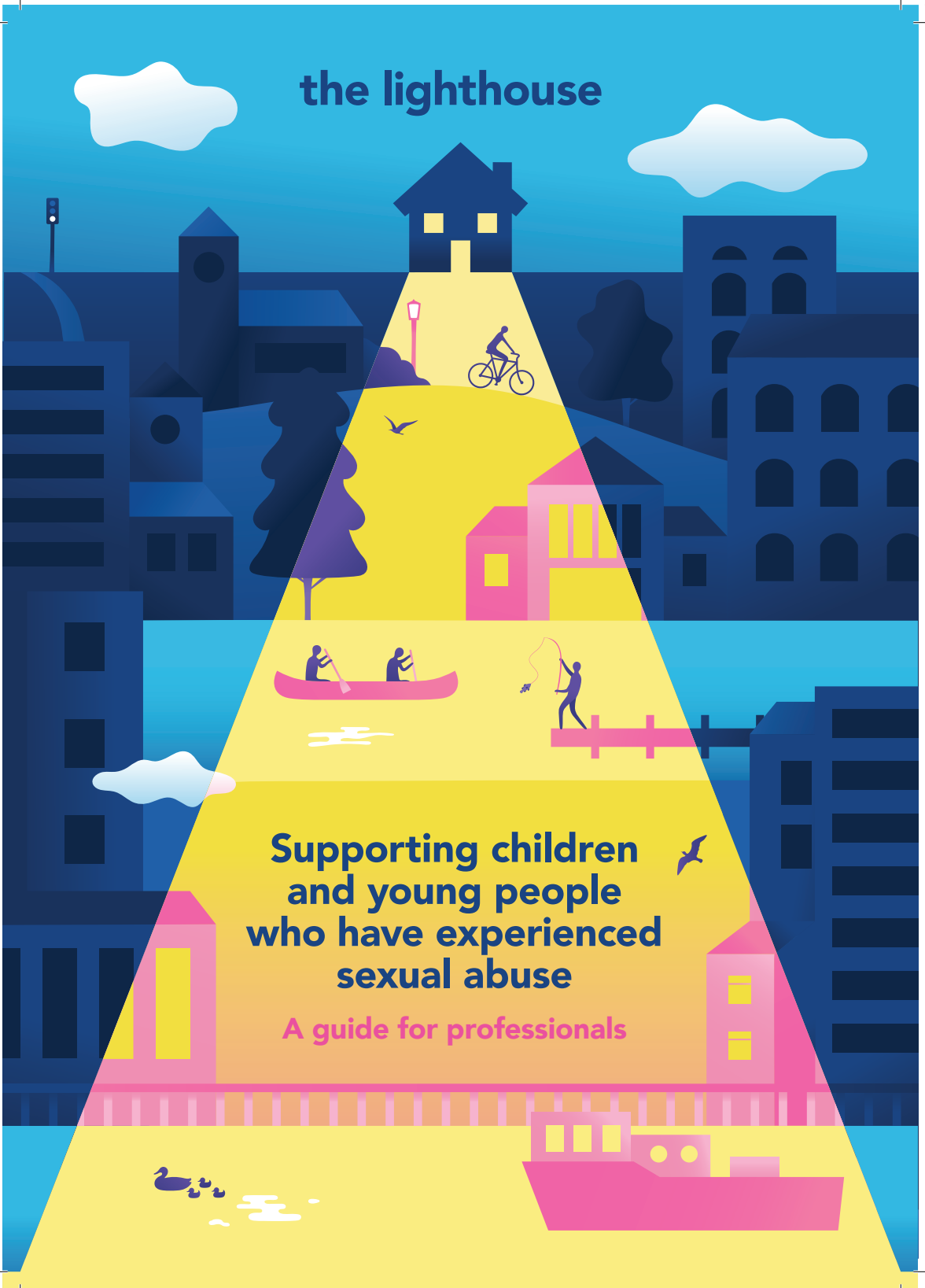


the lighthouse

**Supporting children
and young people
who have experienced
sexual abuse**

A guide for professionals



The Lighthouse is a multi-agency service for children and young people who have experienced any form of sexual abuse, including exploitation. We offer a child-centred approach, providing guidance and support to help children and young people recover.

This service is available to children and young people in Barnet, Camden, Enfield, Haringey and Islington.

Why do we need The Lighthouse?

Currently, when a child or young person discloses sexual abuse, they and their families are often left to navigate the health, police and courts system by themselves. Children and young people often relive their experience after making their disclosure, and risk being re-traumatised. Only 1 in 4 children and young people who report sexual abuse to the police in London receive emotional and health support (London Review of CSA pathway, 2015). And the ones

that do may have to wait months for the important therapy and support they need. But, we know that up to 8 in 10 adolescents who experienced sexual abuse developed mental health problems within five months (Khadr et al, 2018).

At The Lighthouse we provide a safe place for children and young people to recover from abuse at their own pace and get the justice they deserve to rebuild their lives.

What happens at The Lighthouse?

We focus on getting children and young people the right help at the right time, by putting all the services needed to respond to sexual abuse under one roof. Medical, advocacy, social care, police, and therapeutic support will be delivered from one place, providing a coordinated approach to supporting children and young people.

The young person's advocate

An advocate guides children and their families through their journey towards recovery. This helps make sure they receive all the support they need easily and quickly. The advocate also supports children and young people through the court process.

Medical support

A play therapist helps children prepare for the medical assessments with the paediatrician who is supported by a nurse. The child or young person can be seen alone or with a parent, carer or trusted adult.

Collecting evidence

At The Lighthouse a clinical psychologist can conduct the Achieving Best Evidence (ABE) interview, with support from a police officer. By putting the young person's emotional needs first we can help reduce re-traumatisation and gather the best evidence.

Emotional health and wellbeing

Early and long-term support is offered through Child and Adolescent Mental Health Services (CAMHS), the NSPCC's Letting the Future In (LTFI) and Protect and Respect services. This additional emotional support and therapy helps children and young people to recover.

Support from police and social workers

Two police liaison officers and two social care liaison officers act as links, offering advice and liaison to local police, children's social care services and MASH teams (multi-agency safeguarding hubs).

We make sure all this support is in one familiar and child-friendly place, The Lighthouse.



How to make a referral

If you suspect child sexual abuse always speak with your local Children's Social Care service or refer to the pan-London child safeguarding policy and procedures.

This service is available to children and young people in Barnet, Camden, Enfield, Haringey and Islington.

Phone: 020 3049 0010

Email: uclh.thelighthouse@nhs.net

Website: uclh.nhs.uk/thelighthouse

Opening hours

Monday to Saturday: 10am–8pm

Sunday: 10am–1pm

All services are available by a booked appointment.

The Child House partnership

The Lighthouse is the UK's first Child House. It's funded by the Home Office, NHS England, the Mayor's Office for Policing and Crime (MOPAC) and the Department for Education. NHS England have commissioned the health and wellbeing services which will be provided by University College London Hospitals (UCLH) and The Tavistock and Portman NHS Foundation Trusts, and NSPCC, supported by Morgan Stanley.

The Lighthouse services are provided by:

**University College London Hospitals
NHS Foundation Trust**

NSPCC

**The Tavistock and Portman
NHS Foundation Trust**