

Charter 10.6 Bereavement Trauma Support

<p>Improvement Project Title:</p> <p>Trauma and bereavement – improving access to community support for young people involved, or at risk of becoming involved, in the justice system.</p>											
<p>Executive Sponsor:</p> <p>Derek McGowan, Chair of CJ Group</p>											
<p>Project Lead:</p> <p>Name: Joanne Aitken</p> <p>Job role & organisation: CAMHS Clinician, Child and Adolescent Mental Health Services (CAMHS), NHS Grampian</p> <p>Email address: joanne.aitken3@nhs.scot</p>											
<p>Aim statement:</p> <p>Increase number of young people who need support in relation to trauma and bereavement having access to such support by October 2021</p>											
<p>Link to Local Outcome Improvement Plan:</p>											
<table border="1"> <thead> <tr> <th>Stretch Outcome</th> <th>Key Drivers</th> <th>Improvement Project Aim</th> <th>Key Improvement Measures</th> </tr> </thead> <tbody> <tr> <td>10. 2% fewer people reconvicted within one year of receiving a community or custodial sentence by 2026.</td> <td>10.3 Ensuring people in the Justice System diagnosed with mental illness or suffering from mental ill health receive access to the right support at the right time</td> <td>Increased number of young people who need support in relation to trauma and bereavement having access to such support by 2021</td> <td>% of young people who need support in relation to trauma and bereavement having access to such support.</td> </tr> </tbody> </table>				Stretch Outcome	Key Drivers	Improvement Project Aim	Key Improvement Measures	10. 2% fewer people reconvicted within one year of receiving a community or custodial sentence by 2026.	10.3 Ensuring people in the Justice System diagnosed with mental illness or suffering from mental ill health receive access to the right support at the right time	Increased number of young people who need support in relation to trauma and bereavement having access to such support by 2021	% of young people who need support in relation to trauma and bereavement having access to such support.
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10. 2% fewer people reconvicted within one year of receiving a community or custodial sentence by 2026.	10.3 Ensuring people in the Justice System diagnosed with mental illness or suffering from mental ill health receive access to the right support at the right time	Increased number of young people who need support in relation to trauma and bereavement having access to such support by 2021	% of young people who need support in relation to trauma and bereavement having access to such support.								
<p>Why is this important</p> <p>Mental Health Strategy 2017-27 – Action 7, Outlines that Children and young people involved in and/or at risk of offending may have mental health problems, but not necessarily a mental illness. In order to address offending, stakeholders and partners must take account of, and address, mental health issues as part of improving outcomes.</p> <p>The youth justice strategy “Preventing Offending: Getting it Right for Children and Young People (2015)” identified a need to improve understanding and enhance capacity in</p>											

relation to mental health and trauma, through practice development and supporting services for young people – all as part of a preventative approach to reducing offending.

Research has established a strong association between experiencing Adverse Childhood Experiences (ACEs) and other adversities, and engaging in harmful or risk-taking behaviours. This indicates young people with these experiences are more likely to come into contact with the criminal justice system, whether as a perpetrator or as a victim. HMP YOI Polmont reported that children involved in a pattern of offending, or who are involved in more serious offences, are almost always our most vulnerable, victimised and traumatised young people (Report on an Expert Review of the Provision of Mental Health Services, for Young People Entering and in Custody at, May 2019).

ACEs are known to have a significant negative impact on children and young peoples' development, emotional wellbeing and mental health which can continue into adulthood if not supported. We understand that children and young people experiencing 4 or more ACEs are at significantly increased risk of:

- Poorer emotional health
- Increased rates for mental ill health
- Increased rates of addiction and social difficulties
- Increase rates of interpersonal violence and prison
- Poorer physical health
- Increased rates of physical illness
- Poor educational success

Webster (2016, Beyond Custody) reported studies of trauma among groups of young people found:

- 91% of violent young offenders have experienced abuse or loss
- 40% of female and 25% of male young people in custody have suffered violence at home
- 33% of female offenders have suffered sexual abuse

The bereavement rate among UK children is estimated to be between 43% (Highet and Jamieson, 2007) and 78% (Harrison and Harrington, 2001). Research has identified a higher prevalence of loss and bereavement among people who are in contact with the justice system. However, while the research is clear about the association between childhood bereavement and offending, there is less understanding of why there is an association between the two (Centre of Youth Justice 2019). Vaswani (2019) suggested that the association may be one of correlation rather than the causation and linked to pre-existing vulnerabilities such as poverty or parental mental health/substance use. Alternatively, there may be something specific about the bereavement experience, or the response to that experience, that leaves some children vulnerable to poorer outcomes.

The vast majority of people who become involved in offending do not persist with this behaviour, nor do they find themselves in custody. The Youth Justice Improvement Board, "Improving the life chances of children who offend: A summary of common factors" (September 2019) stated that the link between vulnerability, experiences of adversity and offending is retrospective not predictive, in that most children who experience ACEs and trauma do not go on to seriously offend, but children who are involved in serious or

frequent offending have almost always experienced trauma (CYCJ, 2016). Research also indicates that offenders are more likely than non-offenders to have suffered adverse effects from bereavement and traumatic experiences, which appear to be directly linked to offending behaviour. Therefore, intervention should be both universal and targeted. By supporting early intervention to provide CYP with accessible support when they need it, along with specialist services to support young people already involved in the justice system, this would aim to reduce rates of reconviction.

Analysis was undertaken this year on the history of social work involvement in young people with the highest number of offences for the period 2019-2020. This analysis identified a number of factors that increase a young person's risk of being involved in offending behaviour.

- The majority of the young people were known to social work pre-birth or in their first year.
- All but one case had parental substance use as a factor for social work involvement.
- Domestic abuse was a factor in a 3rd of cases
- Only one of the young people was in secondary education before being open to social work.
- More than half of the young people had looked after status

Based on this information it is likely that these young people have experienced multiple traumas throughout their lifespan. We understand that trauma/complex trauma impacts emotional and brain development, how children view and relate to their internal world of emotions and interact with the world around them. These complex life circumstances and ACE's can breed complex systems of psychological trauma, in which maladaptive, disabling and self-destructive coping strategies occur. Trauma can impact upon adolescents by making them more likely to exhibit reckless, self-destructive behaviour, experience inappropriate aggression, over- or underestimate danger, or struggle to imagine or plan for the future.

It is important to recognise that not one approach fits all, and having an understanding of the impact of trauma along with services that can support children at different ages and stages means we can flex to their developmental needs and readiness to engage in trauma-based work. Bereavement and trauma which occurs early on in childhood is recognised as having a continuing effect on children throughout their development; it is therefore important that this work is revisited throughout their lifespan, as CYP process events differently at different ages and stages.

The Youth Justice Improvement Board notes a range of factors that can contribute to improving the life chances of children involved in offending, including:

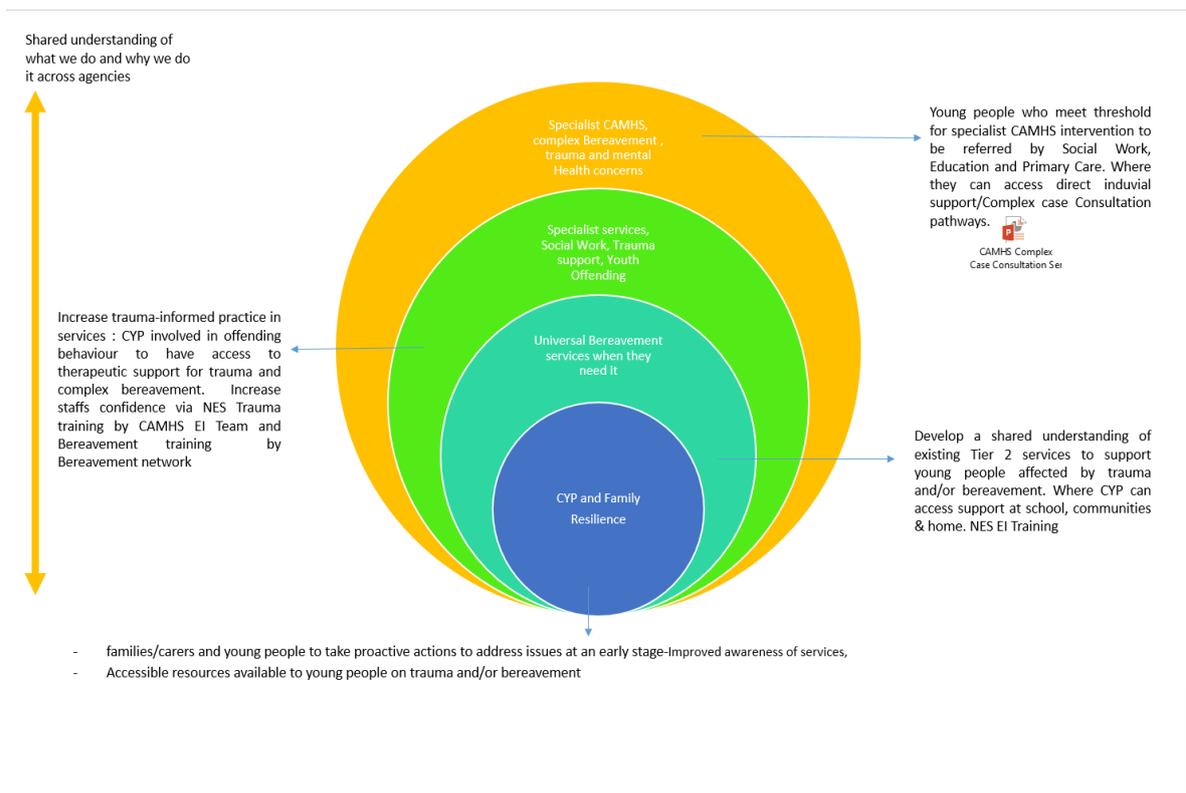
- Providing a wide range of universal, targeted and specialist services that are publicised, available, accessible, local, responsive, flexible, sustainable, and that adapt an assertive outreach approach to actively engage with children, with any geographical or service-led barriers that get in the way of meeting needs addressed through joined-up and partnership working. Consistency and continuity of service is particularly crucial for our looked after children, those transitioning to and from secure care or custody, and from child to adult services.

- Recognising that service design matters and building services around the needs of children and driven by them, not the service, ensuring that organisations and their processes do not replicate previous negative experiences (including trauma, adversity, stigma or poor relational experiences)
- Ensuring the whole workforce has a robust baseline and ongoing training on trauma, adversity, mental health, attachment, and resilience, child development and the impact on young people. In addition there is a need to support the workforce in managing the often challenging work of supporting children with complex needs.

Recommendations from the Polmont Expert Review include:

- Embedding trauma informed practice, knowledge of child development and age, and gender-specific training for all working with children and young people is essential.
- Staff confidence in dealing with distress and building nurturing relationships should be enhanced by regular and refresher training and awareness in child and adolescent health and wellbeing.
- In recognition of the impact unresolved trauma and bereavement/loss had on rates of offending, in conjunction with Barnardo's, the 'Here and Now' project was piloted, reviewed and now implemented as a core service to young people sentenced at HMYOI Polmont.

Following the recommendations of the Youth Justice improvement board along with HMP Polmont finding this Project Charter aims to Increase knowledge and understanding of bereavement and trauma support services of key professionals, to improve access of support for young people involved in, or at risk of becoming involved in, the justice system. The aim is to promote and support existing services to create an accessible comprehensive tiered support plan for young people in Aberdeen.





In order to test change; this project will collect data for 12-16 year olds at Lochside catchment area of Aberdeen, young people involved in offending behaviour will be target via specialised support services, RAFT, CAMHS and Social Work staff. Offending behaviour is defined as those young people who are known to the police and youth management team, and they have been charged with and received a police or court disposal.

Lochside was identified for 3 reasons:

1. A new school which has brought together two communities, creating a new culture of school in the city.
2. Existing teaching staff are trained in Seasons for Growths (bereavement group work programme)
3. Linking in with the 'Fit Like' Torry Hub may be able to support and embed changes in the community hub.

Measures:

- **Outcome measures**

The number of young people who need support in relation to trauma and bereavement, having access to such support by August 2021

CYP and Family - Resilience

- The number of self-referrals to bereavement support services by young people in the Lochside catchment

Universal Bereavement Support

- The number of young people being referred to Bereavement support by professionals

Specialist Support Services

- The number of Social Work and RAFT staff self-reporting increased confidence in recognising and responding to trauma and bereavement
- The number of people who access the bereavement workshop/webinar

CAMHS

- The number of young people being referred to CAMHS Services with mental health problems who are involved in offending behaviour (tier 3/4)

Accessibility

- Number of young people accessing support virtually, eg via QR Code
- Number of young people/ families self-referring

- **Process measures**

- No of SW & RAFT staff accessed Trauma Specific training (NES/CAMHS)
- Data collection CAMHS referrals for CYP with mental health and offending behaviour
- No of young people engaged in trauma focused work with Social Work and RAFT

- **Balancing measures**

Change ideas

CYP and Family - Resilience

- QR code/s that provides information and allows young people to access online resources on trauma and bereavement
- Information sharing of Bereavement support in local communities, sharing information in schools, community centres and primary care

Universal Bereavement Support

- Existing Bereavement network to promote links with schools and support services: Invite Bereavement Network (collaboration of all Bereavement support in Aberdeen), to host conference/workshop in Aberdeen to provide practitioners with an opportunity to build their knowledge and practical skills in supporting bereaved children and young people. This can be recorded as a Webinar for future access.

Trauma Skills and Training available for Social work, Teaching and specialist support staff (RAFT)

- Virtual NES Training: Trauma Focused (CAMHS EI Team)
- NES Essential CAMHS Training Modules 1-3 – self-directed learning accessed from TURAS
- Virtual multi-agency events to understand each other's roles in supporting young people who experience, and raise awareness of, trauma and bereavement.

Accessibility

- Virtual training Notice board to be shared across services
- Use of technology e.g. Skype/Attend Anywhere/Near Me by existing bereavement network to improve young people's understanding of and to support via virtual support sessions/consultations/clinics for those who do not wish to or cannot go directly to services
- Linking in with Wellbeing Hubs to embed in culture for future sustained change tbc
- Change in no of Self referrals to bereavement groups by accessing via QR Codes, analysed by using run charts

Potential risks and/or barriers to success & actions to address these

- Staff/service/organisational capacity and readiness to change
- Service response to questionnaires
- Gaining baseline and comparative data

- Funding
- Ongoing unpredictable COVID situation
- Competing demands and priorities
- Data sharing (GDPR)
- Cultural shifts

Project Team (proposed):

Jo Aitken, Clinician, CAMHS
 Breige Yorston (Assistant Psychologist, CAMHS)
 Julia Milne, Team leader, RAFT, Barnardo's
 Jody Matheson (Sw Manager Kincorth)
 Brett Morrison (Team Manager) Kingsfield Children's Unit TBC
 Irene Stove (DHT) Lochside Academy
 Gemma Gilchrest –Education psychology/Seasons for Growth TBC

Outline Project Plan

Project Stage	Actions	Timescale
<p>Getting Started (Project Score 1-3)</p>	<p>Draft charter developed</p> <p>Project team identified yet to be confirmed full members</p> <p>Project team meet</p> <p>Base line data to be collated :</p> <ul style="list-style-type: none"> • Guidance teachers (Lochside academy), Social Work, and Specialist support (RAFT) confidence and knowledge of trauma and bereavement work • No of young people referred and self-referred to bereavement services and received support • CAMHS referrals rate for Young people with Offending behaviour, accepted and rejected rated • No of young people involved in offending behaviour who require, have access 	<p>Completed</p> <p>Complete by October 2020</p> <p>November 2020</p> <p>November 2020</p> <p>December 2020</p>

	<p>Bereavement and trauma support</p> <p>Staffs Readiness for Change questionnaire</p> <p>Scope existing services capacity vs demand</p> <p>Baseline of use of virtual appointments across different services</p>	<p>December 2020</p> <p>December 2020</p> <p>December 2020</p>
<p>Designing and Testing Changes</p> <p>(Project Score 4-7)</p>	<p>What activities are required to start testing changes?</p> <p>AWARENESS RAISING</p> <p>Share tiered approach with professionals to develop a shared understanding of services and support available.</p> <p>Attend bereavement network monthly meeting to identify and plan bereavement agencies to virtual training and networking event.</p> <p>Training and Networking event</p> <p>Liaise with Seasons for Growth trainers and Guidance Staff at Lochside Academy. Set priorities and plans for bereavement support in the curriculum with current COVID pandemic</p> <p>Create QR Codes and awareness raising of bereavement services in community (Education, NHS (CAMHS/School Nurses) Social and Voluntary services), posters, links on websites and promote on Facebook pages.</p> <p>Involving young people, raising peer awareness through posters/ experiences of bereavement services</p>	<p>When do you expect to complete this stage?</p> <p>January 2021</p> <p>November 2021</p> <p>May 2021</p> <p>January 2021</p> <p>March 2021</p>

	<p>TRAINING Signpost staff in to free NES training available and track attendance</p> <p>CAMHS Early Intervention to team to establish Trauma training schedule and prioritise staff in Lochside catchment area to begin to test change and Identify key staff to be available for trauma training programme track attendance</p> <p>Virtual Learning Notice board to be shared with all agencies</p> <p>TRACKING CAMHS to track referral rates of YP involved in offending being referred and accepted for MH support</p> <p>No of young people involved in offending behaviour offered and engaged in trauma work</p> <p>Bereavement network to track self-referrals</p>	<p>June-August 2021</p> <p>June-August 2021</p> <p>June 2020</p>
<p>Implementing and sustaining changes that demonstrate improvement (Project Score 7-10)</p>	<p>What actions would be required to implement and sustain the changes that have resulted in improvement?</p> <p>Embed training into induction programmes for new staff</p>	<p>When do you expect to complete this stage?</p>
<p>Spreading Changes (Project Score 9-10)</p>	<p>What actions are required to reach the full scale of the project?</p> <p>Linked in with the Wellbeing Hubs</p>	<p>August 2021</p>