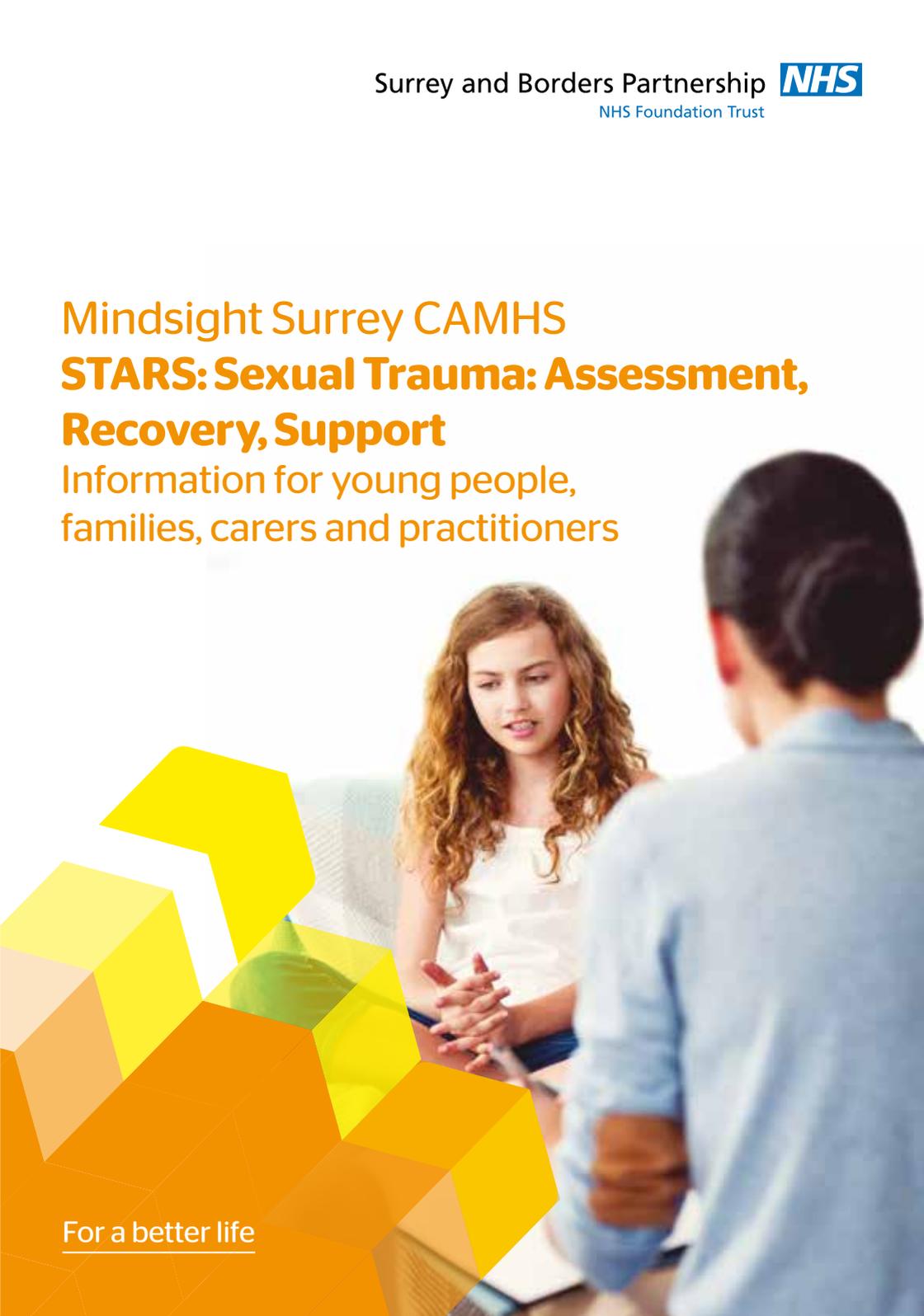


Mindsight Surrey CAMHS **STARS: Sexual Trauma: Assessment, Recovery, Support**

Information for young people,
families, carers and practitioners



For a better life

Our services for children, young people and families

Sexual Trauma: Assessment, Recovery, Support (STARS) is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

What we do

We provide specialist therapy and support for children, young people and families who have been affected by sexual trauma.

We also provide consultation and training to other professionals working with cases of sexual abuse. STARS currently run a one day training course 'An Introduction to working with sexually abused children and young people' through the Surrey Safeguarding Board.



“Coming to the girls group was really helpful and meeting the other girls was really good. I liked having a chance to talk about what happened outside the family with people who understood.”

G aged 16

“Struggling alone and suffering in silence can be almost as painful as the reason we’re in the group. Being at STARS gives you a sense of community. You’re not alone and there are other people who feel the same as you. STARS can help!”

J aged 13

How we can help you

Any experience of sexual assault or sexual abuse is traumatic and this specialist service offers support and therapy from clinicians with specialist knowledge and skills in this area.

We offer support to children from 4 years old to 18 years old using a variety of therapies and techniques. These include:

Child ISVA (Independent Sexual Violence Advisor) Support: The CISVA offers support for children and families during the investigation process when therapy might not be appropriate. The CISVA will start things off with a home visit to see how things are going and to make plans of how best to offer you support. The CISVA will offer practical support and advice and will liaise with the other agencies involved with your child and family.

Individual therapy for children and young people: All therapy starts with an assessment of the child or young person's therapeutic needs. We will meet you at home (or elsewhere) and then set up some weekly sessions at a local CAMHS Clinic or at our base in Epsom.

We have a variety of different therapies on offer: play therapy, drama therapy, talking therapy and EMDR (Eye Movement Desensitisation and Reprocessing)

Group therapy for children and young people: Again group therapy starts with a number of assessment sessions to check whether group therapy is right for you.

The group then meets weekly for 12-15 weeks after school once a week. Each group usually has about six members. The group enables you to share thoughts, feelings and experiences with people your age and gender who understand what you have been through. The group does involve talking but there are lots of other activities involved too.

Group therapy for carers: The carers group tends to run on a week day morning, although we are currently exploring running some groups in the evenings to accommodate working parents. Again the aim of the sessions is to give carers a safe place to explore their own thoughts and feelings about what has happened to their children.

What you can expect from the STARS service

We understand how difficult things can be when a child is subjected to sexual abuse, whether this happens in the family context or in the wider community. STARS offers a sensitive, non-judgemental service that aims to help children and their families move on to a more positive future.

You can expect:

- An initial home visit to explore the issues and to plan the next steps
- A discreet and confidential service
- A team who are experts in working with children, young people and families affected by sexual abuse
- A respectful, listening service that aims to put your child first

Children and young people

STARS is focused on the needs and wishes of the children and young people who use our service. We aim to help you choose the right therapy for you, which could include:

- Child ISVA Support
- Assessment of what you need
- One to one therapy
- Group work

Parents and carers

We will visit you at home and can also see you in a clinic to provide help and advice.

You can also benefit from the Child ISVA service as it provides practical help and support during any criminal investigation, including:

- One to one support and advice
- Working with you to develop a support plan
- Providing a simple explanation of the investigation process and justice system
- Liaising between you and agencies such as the police, Crown Prosecution Service, social care, Youth Support Service, sexual health clinic and the Witness Service as well as school or college

Helpful contacts

Solace Centre (Sexual Assault Referral Centre, SARC)

0300 130 3038

Rape and Sexual Abuse Support Centre, Guildford (RASASC)

01483 546400

Childline

0800 1111

NSPCC

0808 800 5000

Samaritans

116 123

jo@samaritans.org

Contact us

The **STARS team** is based at

Ramsay House
Richmond Crescent
West Park
Epsom KT19 8PB

Tel: **01372 203096**

In case of a crisis

If you are seeing or looking after a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week

including bank holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

How to make a referral

We accept referrals **directly from young people, carers and other professionals**. Please call us on **01372 203096** to make a referral or just to talk things through.

Referrals can also be made by any health, social care or education practitioner via CAMHS One Stop.

This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

To make a referral or for advice contact CAMHS One Stop



0300 222 5755



Visit our website here:

sabp.nhs.uk/mindsightsurreycamhs



**CAMHS One Stop, 18 Mole Business Park,
Leatherhead, KT22 7AD**

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285

Email: communications@sabp.nhs.uk

Confidentiality and information sharing

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

www.sabp.nhs.uk  [@sabpnhs](https://twitter.com/sabpnhs)  www.facebook.com/sabpnhs