

# Homicide Service Children & Young People (CYP) Outreach Protocol

In the event of the homicide of a CYP and/or community figure directly linked with the CYP, including another a fellow pupil, there is a likelihood that the CYP will be emotionally impacted. The aim of Outreach is to implement an intervention for CYP that reduces the psychological impact on them and to build coping skills, to and for, those most at risk; and, therefore, to reduce the likelihood of this becoming an adverse, early experience.

In order to be able to reduce any adverse, psychological impact, **Psychological First Aid (PFA)** will be undertaken with the CYP effected. In order for this intervention to be as effective as possible, PFA needs to be started as soon as possible after the event (or news of the event has become public, in instances where there has been a delay).



### Why PFA?

- PFA is based on the understanding that those effected by a traumatic event will experience a range of early reactions. Psychological reactions can vary due to:
  - the nature and severity of the event
  - the YP's previous experience of distressing events
  - current support
  - physical health and family mental health
  - culture
  - age of the YP.
- PFA is evidence-based: by this, it means that studies have been completed to understand and assess, if PFA works and the body of evidence supports that it does (e.g. Shultz and Forbes, 2013; Forbes, et al, 2010).
- Currently, PFA is established by the World Health Organisation (WHO) and International Red Cross (IRC), as the psychosocial intervention of choice for those impacted following a disaster, crisis, or traumatic event.

### PFA Educational/Community, Settings

- PFA in community settings assumes that CYP may experience a range of early reactions (e.g. physical, cognitive, psychological, behavioural, spiritual), following an emergency.
- When PFA is delivered in community settings, facilitators are trained to be respectful of and consistent with, the respective culture and code of conduct.

### PFA Aims

- Establish initial connection for the CYP impacted
- Enhance immediate safety
- Reduce initial shock and distress
- Meet the YP current needs
- Promote flexible coping
- Encourage adjustment to the reality of the situation
- Offer practical assistance and information
- Connect to social support networks

### When and how is PFA in educational/community, settings completed?

- Within VS, the aim is for PFA to be delivered over three, weekly sessions, with the first session taking place within the first week of the traumatic event.
- Each session will last between an hour to one and a half hours, including breaks.
- For group PFA, all sessions are delivered in a safe and private, setting by two trained facilitators.



## Confidentiality and safeguarding

*Is what we discuss in the PFA, group session safe?*

- The support provided to the CYP is confidential, unless the information involves a safeguarding concern (a concern that effects the physical and/or emotional, safety of a CYP). If there is a risk of harm, this information can be shared only with other, relevant persons who can take action to support a CYP's safety.

## Consent to take part

- Where PFA is delivered to CYP at an educational/community, setting, consent is required by the parents/carers.

## Follow-up

- Where a CYP presents as requiring additional support outside of PFA, VS may provide details of local services.

## Trauma Support

- This is an intervention of support delivered to youth/family/support workers/teachers, to help guide their support for CYP by raising awareness of emotional and behavioural, signs and symptoms resulting from trauma.

## Trauma Support- Aims

- ❖ Trauma Support can be delivered to raise awareness for support staff connected to the CYP to help support those CYP impacted
- ❖ Upskill support staff to manage signs and symptoms of stress in CYP, resulting from trauma and how to monitor this
- ❖ Understand the trajectory of trauma
- ❖ To build and develop, CYP's own coping strategies through positive reinforcement
- ❖ To understand when and how, to seek additional support
- ❖ For support staff to maintain self-care to promote their own resilience

### Additional Information

- PFA and Trauma Support, are *not* therapy, they are both interventions, informed by psychological principles.
- Trauma Support can help staff support CYP to build healthy ways to understand and to manage, their emotions connected to the traumatic event.
- Trauma Support can help empower support staff to support CYP to feel safer, calmer and connected.

### Additional information

[PHE launches new Psychological First Aid training - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

