

## Our Young People's Education and Advice Service

We are always looking at ways to better our services and we are pleased to begin our new young people focussed 'SELFIE' and Recovery Toolkit programmes for Teesside. Both are nationally accredited sexual violence and abuse educational programmes which have been tailored for Teesside and brought to young people by our experienced and highly skilled team. We are able to work with individuals or groups and although the content for both programmes is age appropriate, we can arrange sessions in whatever way is right for the young person.

All ARCH practitioners are completely independent of other agencies and their only interest is in supporting and advising you. With your permission, they will work with other agencies on your behalf making sure you have all the information you need as well as always making sure your voice and opinion is heard.

## WHAT TO DO NEXT

If you want to know more about our Specialist Children and Young Peoples Services and how they might help, please get in touch and one of our team will be more than happy to answer any questions.

The ARCH Teesside website is a good way to look at ways we might be able to help [www.archteesside.org](http://www.archteesside.org)

If you want to contact us in confidence, you can email:  
General Enquiries - [admin@archteesside.org](mailto:admin@archteesside.org)  
Referrals Enquiries - [referrals@archteesside.org](mailto:referrals@archteesside.org)  
Confidential Email Support - [Support@archteesside.org](mailto:Support@archteesside.org)

Or if you want to speak to someone in person, telephone **01642 822335** during our opening hours:

Monday and Friday 8.30am - 5.00pm  
Tuesday, Wednesday, Thursday 8.30am - 7.00pm

ARCH Teesside is Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales: No 1154766

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# arch

Sexual Violence Services in Teesside



## SPECIALIST SEXUAL VIOLENCE AND ABUSE SUPPORT FOR CHILDREN AND YOUNG PEOPLE IN TEESSIDE

## We believe, we care and we are with you!

ARCH is a charity with many years' experience of working with victims and survivors of sexual violence and abuse. We are based in Middlesbrough but cover the whole of Teesside. All our services are free, confidential and available to anyone who has experienced any form of sexual violence and abuse – at any time in their life.

# WHAT CAN ARCH DO TO HELP YOU?

## **Our Children and Young People Counselling**

We know that being able to talk to someone other than a parent or carer can be very helpful for children and young people. At ARCH Teesside we offer a free and confidential counselling service for people of all ages. From years of experience we know specialist sexual violence and abuse counselling gives children and young people the opportunity to explore their feelings in a way that they would find difficult to do with others. Feeling there is a culture of belief, of safety in a trusted environment can help to understand and manage their own emotions.

Evidence tells us that talking with children and young people following trauma about their emotional needs at an early age, helps to strengthen their sense of self, build confidence, and can set strong foundations for moving forward into adult years. Our very experienced Counsellors are also able to help parents and care givers to come to terms with what happened.

## **Our Child Play Therapists**

We understand that all children develop differently and their emotional awareness and ability to express their thoughts and feelings will differ from that of an adult.

Play Therapists will use active listening and introduce play whilst providing a safe and trusting environment to explore painful memories. This will help to make sense of what happened in their lives and a way to create new ways of coping.

Children learn to understand the world and their place in it through play. It is where they are free to act out their feelings and deepest emotions. Toys can act as symbols and take on greater meaning. As children are usually unable to express themselves in the adult world, the therapist joins the child in their world, on their level with non-directive play.

## **Our Independent Sexual Violence Advisor (ISVA) for Children and Young People**

When a child or young person makes a disclosure of a sexual offence, it can be a very difficult time for them and their family. For the child or young person, they will be dealing with lots of mixed feelings and emotions and their behaviour might change, dramatically! For the family, many parents and carers tell us they feel out of their depth with what is happening, how to deal with the situation and basically, feeling overwhelmed by it all.

ISVA's are very experienced and work with children, young people, and their families to help them deal with what happened and support and guide them to engage appropriately with police and the criminal justice procedures involved. We have learned from experience that early intervention by the ISVA can help with emotional and practical support throughout the whole process.

The service is client focused and tailor made to suit the needs of the child or young person, with a choice of regular face to face or telephone sessions. The ISVA will advocate and help to empower, while listening to voice of the child and young person to help them make informed choices. If the child, young person and/or parent/carer feels they need to talk to someone on a deeper level, then we can refer them to our counselling service.

You might hear terms like Child Sexual Exploitation (CSE), Child Sexual Abuse (CSA) or online grooming. Our ISVA's are expert in what they do and can explain what these mean and give support through the whole criminal justice process. If we are unable to help, we can signpost to other agencies to ensure the family, child or young person is receiving the best support for them.

