

**2023-25**



**NOTTINGHAMSHIRE  
POLICE & CRIME  
COMMISSIONER**

**Children Affected by  
Domestic Abuse  
Therapy Call for Proposals**

**7 March 2023**

## Introduction

The Police and Crime Commissioner for Nottinghamshire, Caroline Henry (the PCC) has secured Home Office funding to support children affected by domestic abuse (CADA). The aim of the PCC's CADA programme is to increase the number of children and young people in Notts who recover from harm and are subsequently better able to achieve their full potential. The programme is supporting a range of initiatives including specialist therapy for children and young people. The University of Central Lancashire (UCLAN) has been awarded a contract by the Home Office to conduct an evaluation on CADA initiatives.

The PCC now wishes to fund experienced third sector organisations to provide a range of therapy to support CADA.

The objectives of this themed funding round are to:

- Increase CADA's access to change orientated specialist age appropriate trauma informed counselling and therapy;
- Provide space for CADA to build a safe therapeutic relationship;
- Provide pre-therapeutic work to stabilise CADA's psychological health, empowering CADA with a range of coping strategies that are tailored to each child's individual circumstances and with specific regard to their safety;
- Offer and provide a range of clinically appropriate evidence based and relevant therapies to empower children to cope and recover from the harm they have experienced;
- Ensure therapy is delivered by experienced and trained therapists with expertise and insight into the risks and needs of CADA; and
- Work with the PCC's Office (OPCC) and UCLAN as appropriate to contribute towards the national evaluation of the CADA programme.

Funded organisations must work closely with commissioned domestic abuse support services to ensure that therapy considers each individual child's circumstances and is safe.

Funding is available from 1 April 2023 to 31 March 2025. Up to £120,640 is available in 2023-4 and £123,880 in 2024-5. The PCC anticipates that she will grant fund a number of organisations to ensure a good mix of accessible provision across Nottinghamshire's localities and diverse communities. Applicants should therefore indicate on their form the number of children and young people they can support in each local authority area. Successful applicants may be asked to scale up or down their delivery.

## Context

Children and young people exposed to DA are at significant risk of experiencing other forms of maltreatment. They are also at higher risk of developing physical, psychological and well-being issues throughout their lifetime. The most reported include internalising symptoms (anxiety, depression), externalising behaviours

(aggression, personality disorders) and trauma symptoms (PTSD) <sup>1</sup>. These adjustment difficulties can mediate negative repercussions in childhood (maladaptive social development, poor academic performances, and participation in risky health behaviours) that can follow into adulthood (mental health issues, criminal behaviour, and domestic abuse victimisation and perpetration).

The PCC's Police and Crime Needs Assessment 2020-3 shows that 41% of adults disclosing Domestic Abuse via the Crime Survey for England Wales reported that children were present. When these figures are extrapolated to Nottinghamshire, this means that around 46,500 Nottinghamshire residents are likely to have experienced domestic abuse last year, that children were likely to be present in around 19,000 of those cases and to have seen or heard abuse in around 3,900 cases. In 2021-2 Nottinghamshire Police recorded over 4,200 domestic abuse crimes in which at least one child was present at the time of the offence.

## Therapy delivery

Therapeutic counselling offers children and young people (CYP) a space to talk about their thoughts and feelings in a safe environment with a trained professional. There is an emerging evidence base on the effectiveness of different therapies to help CADA.

Trauma focussed Cognitive Behavioural Therapy (CBT) is a type of evidence based talking therapy that has been used to address a range of psychological difficulties. It aims to help CYP become more aware of these negative thoughts and learn to change or manage them.

Eye Movement Desensitisation Reprogramming (EMDR) is an evidence based psychotherapy which helps people including young people to process and recover from past experiences.

Other therapies that may be helpful are dialectical and narrative exposure therapy.

Therapy options will be shaped by a number of different factors and will vary according to the needs of the child. Support may be tiered and include consideration of the following:

- Current level of distress tolerance and self-harming behaviours – what degree of stabilisation is required before proceeding to further treatments;
- What protective factors the child has in place;
- Talking therapies such as specialist counselling, psychological therapies and/or other therapies (for example, art and play); and
- Risk management for ongoing abuse, identified through a robust risk assessment process.

Funded organisations may use a range of therapies. However, therapy should be change-oriented and have an approach to improve mental wellbeing and help

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<sup>1</sup> <https://www.journalslibrary.nihr.ac.uk/phr/phr04100#/s1>

children and young people to understand their emotions and actions, learning skills and techniques to make improvements in their lives.

All funded organisations must be able to demonstrate the following:

- Experience of delivering specialist age appropriate services specifically tailored for children and young people
- Significant insight and understanding into the needs of children and young people affected by domestic abuse
- Demonstrable experience of providing specialist domestic abuse services aligning to Women's Aid England and other DA specific national quality standards on safeguarding, governance etc
- Staff having a trauma-informed approach, with specialist domestic abuse knowledge and access to ongoing training which includes a contextual understanding of domestic abuse, working within the Duluth model
- Domestic abuse risk assessments are routinely in place to take harming into account
- All counsellors and therapists must be registered with a recognised UK counselling/psychotherapy body such as BACP, UKCP or HCPC and have regular independent clinical supervision.

## Scope

The PCC wishes to fund initiatives that provide 1:1 and group therapy for children and young people affected by domestic abuse living in Nottingham and Nottinghamshire.

The PCC and local authorities already co-commission specialist domestic abuse support services for children. This funding is for the provision of therapy only, with successful organisations being expected to work closely with the co-commissioned services to ensure that a holistic package of support is in place for every child supported on the initiative.

The PCC will only fund activity that complies with NICE guidance on the management of PTSD in children and young people<sup>2</sup>

## Outcomes and evaluation

### Outcomes

The Home Office's CADA programme must report against the University College London's (UCL) core outcome set<sup>3</sup>. Funded activity will achieve the following UCL outcomes:

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<sup>2</sup> [Recommendations | Post-traumatic stress disorder | Guidance | NICE](#)

<sup>3</sup> [Core outcome sets for family and child-focused interventions | Children and Families Policy Research Unit - UCL – University College London](#)

- Child health and wellbeing: increased wellbeing, reduced mental distress, improved sense of self and self-care and coping, enhanced social relations and social wellbeing
- Feelings of safety: improved (understanding of) safety, and increased understanding of abuse

Ideally, funded organisations will capture outcomes via a validated outcomes framework.

### **Evaluation**

Funded providers must work closely with the OPCC and UCLAN to contribute to the national CADA evaluation.

### **Other**

Successful providers will be expected to comply with Home Office monitoring requirements. They must also meet the following requirements and codes of practice where relevant:

- Code of Practice for Victims of Crime in England and Wales, which focuses on victims' rights and sets out the minimum standards that organisations must provide to victims of crime
- Pro-active partnership working with statutory partners within the existing frameworks such as Multi-agency Risk Assessment Conferences (MARAC) and Multi-Agency Safeguarding Hub (MASH)
- Collaboration with commissioned specialist domestic abuse support services.