



The core aims:

- To give children and young people in families that have experienced or are experiencing domestic abuse and parental conflict a voice.
- To promote an understanding of the impacts of trauma, domestic abuse and conflict on children and young people.
- To create the opportunity to build resilience and empower children and young people, to encourage positive mental health and wellbeing and healthy coping mechanisms.
- To focus on educating children and young people on types of domestic abuse, healthy and unhealthy relationships, and safety planning.

The Intervention Offered:

- A trauma informed 8-week intervention delivered in school and/or community settings, with both 1-on-1 sessions and group sessions (groups determined by age and needs of children referred).
- Support will be adapted to ages and needs of child and will use techniques from various therapies, including but not limited to, talking therapy, self-determination theory, cognitive behavioural therapy, mindfulness, play therapy, solution-based counselling, restorative practise, and art therapy.
- Sessions occur weekly, either face-to-face or via digital offer through video or telephone calls.
- Intervention is child-led, and strength based, using goal attainment scaling and outcome stars as assessment tools so that children and young people can set their own goals and review progress.
- Additionally, there is a helpline and webchat which all children and young people in Barking and Dagenham can access, whether they are receiving direct work support or not. The out of hours helpline and webchat feature is monitored daily. The webchat feature is only for children and young people. However, the website will also provide signposting advise and wellbeing packs and information; packs and information have been created for children below 13, for children aged 13-18, and for parents and carers.

Thresholds for Support:

- Group sessions and intervention offered for lower-level domestic abuse cases that are assessed as being level 1 or 2 on the DVRM scale with focus on early intervention, prevention, understanding signs of abuse, healthy and unhealthy relationships, and coping mechanisms.
- 1-on-1 support offered for higher-level domestic abuse and violence cases where support focuses on allowing children to process and voice what they may have seen, heard, and experienced, develop safety plans and build resilience in direct sessions.

Eligibility Criteria:

- Any child or young person aged 5-17 who has been impacted by domestic abuse, either as a victim/ survivor or a witness.
- C/YP must be for a resident of the London Borough of Barking and Dagenham or attending a school in the borough.



Referral Pathway:

- Phoenix referrals are managed by Barnardo's London point of contact called SPA.
- Please email completed referral forms via [London SPA \(Single Point of Access\) | Barnardo's \(barnardos.org.uk\)](#). After you have submitted the form, someone from the SPA team will be in touch to discuss how we can best support you.
- For any enquires or to discuss concerns or cases before making a referral, please contact the Phoenix team via email at [phoenixprojects@barnardos.org.uk](mailto:phoenixprojects@barnardos.org.uk)
- Upon receiving a referral, the Phoenix team will contact the child or young person within 10 working days to discuss the service and whether it will be suitable for them.