PROMISE 2

THERAPEUTIC SERVICES
2 PART WEBINAR

CO-FUNDED BY THE EUROPEAN UNION
The Barnahus model offers the child victim/witness of violence a child-friendly, safe and professional environment to disclose – which is fundamental to the criminal investigation, the judicial process and the follow up of the child. Interview is recorded and used as evidence in court.

Relevant disciplines and agencies are gathered under one roof, providing a multidisciplinary, including medical examination, mental health examination and treatment, response to each child. The model is integrated into the national social welfare, health, and/or justice systems in most countries.
FROM 0 TO BARNAHUS

- PROMISE 1 explored the criteria for Barnahus and similar models in depth and developed standard setting publications
- Select professionals from around Europe were invited
- PROMISE 2
  - National level progress: dialogue, roadmaps, agreements, capacity building, and more.
  - EU dialogue: From 0 to Barnahus is an open invitation to join the discussions within the European Barnahus Movement.
- Key principles, standards, and challenges to consider when opening and operating a multi-disciplinary and interagency collaboration for child victims and witnesses of violence.
KEY COMMON CRITERIA OF BARNAHUS

- Psychological support, including short and long term therapeutic services for trauma, are available to the child and to non-offending family members and caretakers.

BARNAHUS QUALITY STANDARD 8
THERAPEUTIC SERVICES

- 8.1 Assessment and Treatment is routinely made available for child victims and witnesses who are referred to the Barnahus.
- 8.2 Staff have specialised training and expertise
- 8.3 Information and child participation: adequate information regarding available treatments and can influence the timing, location and set up of interventions.
- 8.4 Crisis Intervention: a clear organisational structure and permanent staff, which routinely offers crisis support intervention for the child and non-offending family members/care-givers if needed.

RESEARCH AND EXPERIENCE

- Effective treatment for the child and, if needed, the non-offending family members/care-givers, can minimise negative social, emotional and developmental effects of the trauma on the child.
- Avoiding undue delay is central to ensuring effective treatment, and children and non-offending family members/care-givers in need of treatment should therefore be offered therapeutic/mental health services as soon as possible.
Clinical work at Barnahus

Trude Lindø
Special educated teacher, Barnahus
Kristiansand

Erlend Wittrup Djup
Specialist in clinical psychology, Barnahus
Bergen
Poll

- Do you think Barnahus should offer therapy?
1. **The role of therapy as part of the multidisciplinary response**

   Where is therapy delivered and exchange of information

   Experience with reference to other services and the child’s involvement

2. **The role of the therapist in the multidisciplinary intervention**

   How is the role of therapist influenced by professional and legal obligations-code?

   The role of the counselor and the psychologist in collaboration with other services.

3. **Ethical issues, referral and long-term follow-up in Barnahaus**

**Summary:**

Why is therapy an important part of the interdisciplinary work in barnahus
Follow up – what do Barnahus offer?

- Assessment
- Crisis intervention
- Interdisciplinary work
- Short-term therapy
- Group therapy
Assessment – plan for follow up

The process starts before the forensic interview

Background information from the police report.

Consulting meeting – participants:

Police, children’s welfare, forensic interviewer, lawyers and counselor/psychologist from the Barnahus

Cooperation/planning with the child’s trusted person (care giver)

The forensic interview – day; Observation and information.

Time for follow-up session
Multi-disciplinary work on follow up – main areas

- Consultating meetings
- The forensic interview
- Interdisciplinary cooperation
  (Who does what and when?)
- Barnahus:
  (Counselor, psychologist, medical team, others)
What are the goals with the follow-up?

• Mitigate negative consequences of forensic interview
• Help the child/ family answer any unanswered questions
• Assess the current level of symptoms and functioning
• Give the child a voice
• Assess need for care and level of care
• Prevent future negative effects of adverse experiences
• Prevent future negative experiences
Guidelines for screening and assessment

- Standardized tests with good psychometric properties
- Electronic assessment
- Use of psychological assessments as documentation of injuries in the police investigation
How is the role of therapist influenced by professional and legal obligations-code?

The Norwegian Barnahus are organized as a branch within the Police under the Department of Justice.

In other countries the Barnahus are organized within branches of social services.

This form of organization affects the premises for providing therapy in the Barnahus.
Legal issues

- Laws regulating healthcare services and law of patient rights, do not apply to therapy in Barnahus.

- Barnahus is a part of the Police, not a healthcare institution → Implications: transport, journal access, right to complain, patient rights etc.

- Psychologists must adhere to the law of health personell.

- In the development of the Norwegian Barnahus, police and legal authorities have not wanted legislation regulating therapy in Barnahus.

- A Barnahus legislation would presumably reduce differences between Barnahus.
Ethical issues – the role as therapist in Barnahus

- As the role is not legally regulated, professional ethical guidelines can come under pressure when considering issues concerning the children.

- Choices one would make in a different context considering the child's best interest, can collide with legal interests.

- The role as therapist can depend on local interpretation, as there are few specific guidelines concerning the therapists role.

- The competence possessed is mainly utilized in guiding and counselling during forensic interviews.
Ethical issues - two-way confidentiality

- From police via therapist to child: Knowing something the child doesn't know, (evidence or information).

- From child via therapist to police: When do you disclose information from therapy?
Contextual awareness - problem of causality

- Unusual context for the child
- Unprepared, feeling lack of control
- Sharing a moment in time
- Crisis in the child's system
- How the police case may affect the observation
- The possibility of ambiguous signs or confirmation bias
Influencing factors in assessment

- Developmental factors
- Prenatal experiences
- Genetics
- Environmental factors
- Attachment – primary and secondary
- Other (unknown) adverse experiences
The role of the counselor and the psychologist in collaboration with other services

• Organized within the Police - how are we perceived by others?
• Different eyes on the child
• Confusing flexibility?
Role conflict

• What do the police expect of us, and how does this relate to our other responsibilities.

• Access to information the child doesn`t have

• Different roles in the same case – from therapist to police assistant.

• What do you agree to?
Where therapy is delivered and exchange of information

- Therapy is a broad term
- The majority of therapy is done outside of Barnahus, but it is also offered at the Barnahus
- School nurse, child- and family centres, children's social services, counselors, specialized health care, primary physician and more
- Exchange of information: Important to gather the helpers but maintain patient rights
- The child/parent consent to exchange of information, dilemmas…
Experience with reference to other services and the child's involvement

- The Barnahus can be in a good position to assess the child's need for help!

- The child's own descriptions of his or her situation in the forensic interview can be an important start for further assessment

- A plan for follow-up / therapy will often be clarified in consultation after the forensic interview

- The Barnahus can contribute to referring, for example, by assisting parents or child welfare with survey and referral to other services

- Initiating therapy at the Barnahus?

- The child's involvement and motivation are important according to initiate therapy, and where this should happen

→ When experiencing violence, abuse and living with fear – the possibility to impact choices and feel control in life, will often be an important part of the recovery
Summary –

Why is therapy an important part of the interdisciplinary work in Barnahus?
Providing the right kind of help

The relationship between violence and sexual abuse in childhood - and health risk behavior and death in adulthood, are well documented. Still the health services struggle to uncover underlying problems that can be connected to the wide specter of symptoms of traumatic stress.

During forensic interviews, children may put words on their situation and describe how the situation affects their lives. This information helps us to help them at the Barnahus, or to write a more specified referral.
Talk about it!

- The Barnahus can help children and youth to address problems, but also to translate for the court in criminal cases - the relation between the crime and the child’s health and well-being when this is known through therapy.

- The court are eager to prosecute in cases with physical violence. At the same time, it is well documented that emotional violence can be equally or even more damaging. Still it doesn’t count in the same manner when it comes to prosecutions in court. It is important that therapists in Barnahus talk about the link between all kind of violence, abuse and health problems. Both in general, to inform, but also by providing witness testimonies in court.
Children need adults to cooperate!

- In the interdisciplinary work the connection between adverse childhood experience and childhood trauma can be discussed, to find the right help for children and families.
What do the children and youth report?

- **The Change Factory**
  An organization of Norwegian children who have been through the system. They report that follow-up at the Barnahus is of great importance to them after a forensic interview.

- **The report Svikt og svik – «Failure and betrayal» (Goverment.no)**
  Barnahus have an important role in helping the children that fall between two chairs, or that are not identified by other parts of health care or social services.
Poll

• Do you think Barnahus should offer therapy?
Thank you for listening!
Join us next week!

Therapeutic assessment and treatment at the Barnahus
Featuring Ms Paola Cardenas, from Barnahus Iceland

23rd May 2019 at 16:00