

# Child Sexual Abuse Practice Leads Programme for services working with adults who have substance misuse issues

*Five-day programme (including an additional introductory session)*

£7,500 + VAT for 6 to 12 participants

£10,000 + VAT for 13 to 25 participants



## About the programme

Recent years have seen increased awareness around child sexual abuse and its impact on victims and survivors. We know there continues to be a disproportionate number of adult survivors of sexual abuse in mental health services, substance misuse and homelessness services, in the criminal justice system and with survivors' own children coming to the attention of children's services. Professionals working with adults who access specialist support for these issues have understood this for decades, but often felt unsure and helpless in how to provide the best support.

Designed specifically for experienced professionals working in substance misuse, homelessness, mental health and criminal justice services, this programme will develop their knowledge, confidence and skills so they can better identify and respond to adult service users who have been sexually abused in childhood.

The rigorous five-day programme consists of a day of learning per month, split between a half-day of formal teaching and a half-day of reflective case discussion, to connect evidence to 'on the ground' practice experiences. Each session uses research, evidence, practice and lived experience to explore key areas for understanding and addressing child sexual abuse. Before the course starts, there is an additional introductory session for participants and their line managers.

The programme has been co-developed and is co-delivered by two trainers: one with vast experience of working with adult survivors of child sexual abuse across multi-agency safeguarding partnerships, and the other an adult survivor of child sexual abuse.

The programme's purpose is to create empowered Child Sexual Abuse Practice Leads who are skilled, confident and knowledgeable about child sexual abuse and can embed new approaches to support adult survivors across their service area and organisation.

## What you can expect to learn

This is a comprehensive training and development programme to:

- improve the professional response to adults who have been sexually abused in childhood
- enhance the knowledge, skills and confidence of professionals who have the potential through their work to support adult survivors
- increase the number of disclosures from adults who have been using services for years and were sexually abused in childhood
- create substantial changes in how Child Sexual Abuse Practice Leads and their teams routinely and safely ask about child sexual abuse and provide appropriate support.

## How the sessions will be run

This programme is delivered through a range of methods, including:


- Interactive small and large group discussions
- Stimulating PowerPoint presentations
- A variety of multimedia – videos, podcasts, audio etc
- Powerful reflective case discussions
- Dedicated skills practice
- Booklists and carefully chosen references to explore and learn further on the impact of child sexual abuse.

## How the programme works

- **Introduction to the programme.** Meeting the participants and their managers; key principles and context of the work; role and responsibilities during and after the process; impact of the work and self-care.
- **Session 1.** Scale, nature, and impact of child sexual abuse.
- **Session 2.** Substance misuse and child sexual abuse and how sexual abuse happens in families.
- **Session 3.** Institutional child sexual abuse.
- **Session 4.** Understanding the long-term impact of child sexual abuse and the implications for practice.
- **Session 5.** Working with and supporting adult survivors of child sexual abuse.

If you would like more information on this unique programme, please don't hesitate to get in touch with Lamont Emesibe ([training@csacentre.org.uk](mailto:training@csacentre.org.uk)).

To read about the success of previous delivery of the programme, see the [programme evaluation on our website](#).



## Additional resources

- Training slides for attendees to refer back to and keep for reflection, with links to learning videos.
- List of resources to aid assessment and intervention.
- A digital copy of *Signs and Indicators: A Template for Identifying and Responding to Concerns of Child Sexual Abuse*.
- A digital copy of *Communicating with Children: A Guide for Those Working with Children Who Have or May Have Been Sexually Abused*.
- A digital copy of *Supporting Parents and Carers: A Guide for Those Working with Families Affected by Child Sexual Abuse*.
- References and resources list.

## What past attendees said about this course

“Really interesting ... The link with substance misuse, like, ‘How have we forgotten this for so long?’, ‘How has it not cropped up on someone’s agenda?’ really. And yeah, the trauma stuff has been really useful, and thinking about the behaviours that we often see with our service users ... and how that links to whatever traumas in the past.”

**Child Sexual Abuse Practice Lead (adults with substance misuse issues)**

“I think from the assessments that I’ve done and for rehab, and clients saying, ‘Yes, I was sexually abused as a child’ – making that connection between that and substance misuse ... I just see it all the time, but it’s never really talked about in connection, and then my developing understanding about trauma and how the three really connect and how can we work more efficiently around that.”

**Child Sexual Abuse Practice Lead (adults with substance misuse issues)**

“Confidence to routinely ask about CSA, confidence to manage disclosures – ability to support client, confidence in my own ability.”

**Child Sexual Abuse Practice Lead (adults with substance misuse issues)**

