



# Child Safeguarding in Primary Care

challenges and opportunities

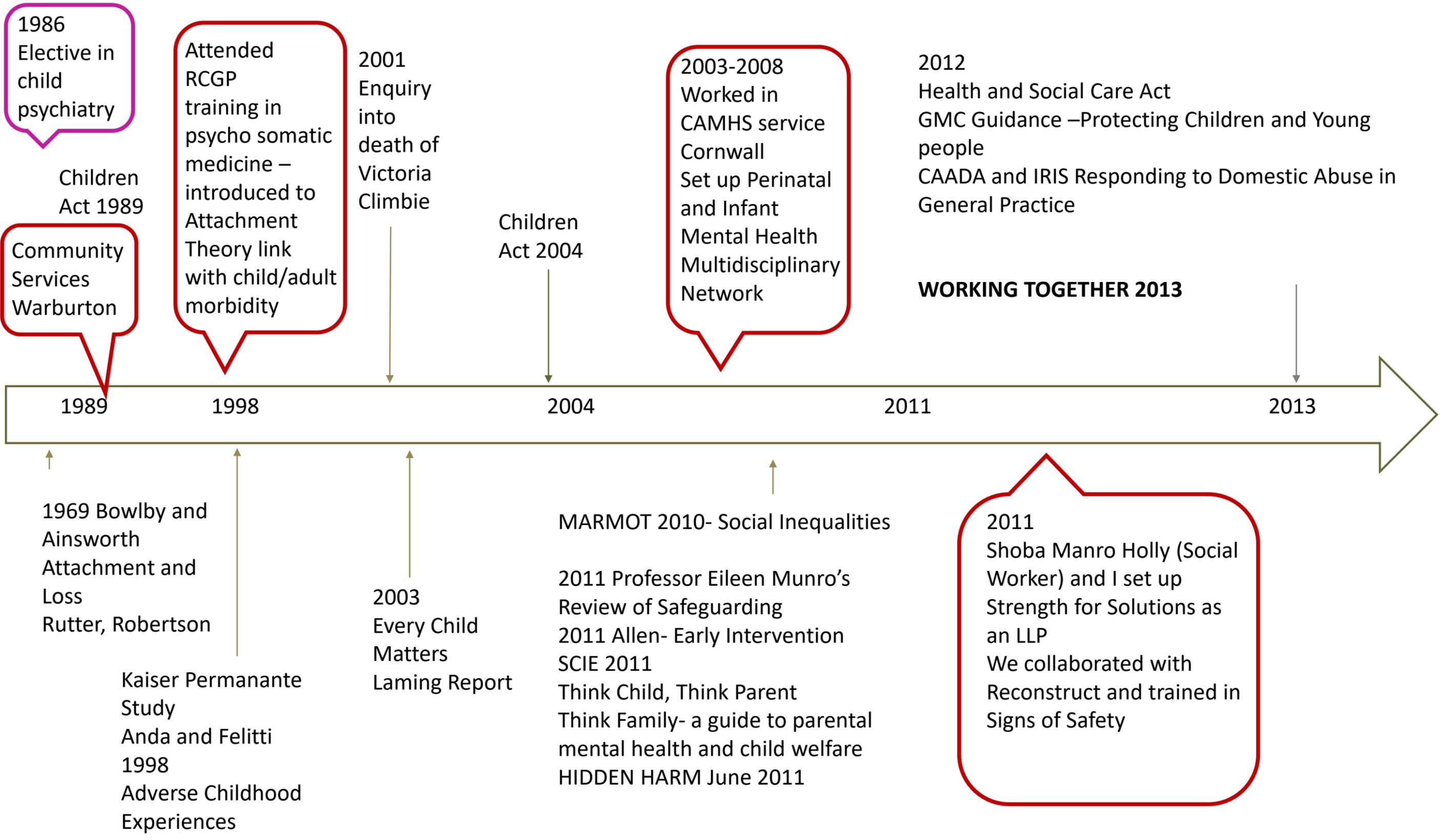
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**Effective safeguarding can only be achieved by putting children at the centre of the system, keeping the child in focus when making decisions about their lives and working in partnership with them and their families.**

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**WORKING TOGETHER 2013**

**Statutory Guide to Interagency Working to Safeguard and Promote the welfare of children**

2014  
**CHILDREN AND FAMILIES ACT - EHC Plans**

Amended Intercollegiate Document

GPs role in responding to child maltreatment

2013

April 2013  
CQC Inspections in General Practice

**2014 RCGP Safeguarding Children Toolkit**

2014  
Shoba left to work in the Goldfields, Western Australia and I set up EHCAP as a Limited Company and Social Enterprise.  
2015- Awarded Public Health contract jointly with Bath Spa University and created The Somerset Emotion Coaching Project  
[mindfulemotioncoaching.co.uk](http://mindfulemotioncoaching.co.uk)

2014

**WORKING TOGETHER 2015**

**CARE ACT (2014) -Adult Safeguarding Framework, Carers and Parent Carers PREVENT- statutory duty**

2017  
Children and Social Care Act FGM mandatory reporting

Early Action Together contract awarded to Welsh Police in collaboration with Public Health Wales

Resilience documentary screened broadly

**WORKING TOGETHER 2018**

2018

2017  
Awarded training in Mindful Emotion Coaching contract for Somerset CAMHS Transformation Project – SHARE  
[sharesomerset.co.uk](http://sharesomerset.co.uk)

Awarded contract to train Essex Child and Family Wellbeing Service Staff in Mindful Emotion Coaching and ACEs



## Voice of the Child

*'relationships are key' Professor Eileen Munro*

- to have adults notice when things are troubling them
- to be heard and understood and to have that understanding acted upon
- stable relationships of trust
- to be treated with the expectation they are competent
- to be informed about and involved in procedures
- to be informed of the outcomes of assessments and decisions
- to be provided with support in their own right
- advocacy
- to be protected against all forms of abuse and discrimination and the right to special help and protection if a refugee



## Sometimes we:

- Find it hard to believe what we are hearing
- Incorrectly apply heresay as fact
- Cannot believe suspicions about someone we know and like
- Worry we may make it worse
- Believe the services are stigmatising
- Don't want to get involved
- Do not want to admit we may be wrong
- Do not have the information on what to do and who to contact
- Fear retribution
- Have been victims ourselves

*'relationships are key' Professor Eileen Munro*



- ❖ Online abuse
- ❖ Grooming
- ❖ Sexual Exploitation
- ❖ Bruising and the non mobile baby
- ❖ Abusive Head Trauma – development of ICON
- ❖ Radicalisation
- ❖ Female Genital Mutilation
- ❖ Modern Slavery/ human trafficking
- ❖ County Lines
- ❖ Honour based violence
- ❖ Domestic Abuse
- ❖ Parental Mental health difficulties
- ❖ Parental addiction
- ❖ Factitious and induced illness
- ❖ Child and adolescent neglect
- ❖ Military Health



## Primary Care is changing

New models of care are rolling out in response to:

- Vanguard Funding – integrating primary and acute care systems
  - GPwER (GP with Extended Role)
  - Broadening of team and changing roles: Health Coaches and Connectors, Pharmacists, Paramedics, Health Care Assistants, Wellbeing Advisors
- Savage cuts in LA budgets including Early Help
- Social Determinants of Health and Social Prescribing (first Young Person contract awarded to StreetGames October 2018)
- Mental Health Green Paper (Young People)
  - increasing use of 'supervised' volunteers and peer mentoring
- Community projects eg Parent Gym, Best Beginnings



## Primary Care is changing

- Partner expectations are legislated within Working Together 2018 e.g. Police officers attending a domestic abuse incident should be aware of the effect of such behaviour on any children in the household
- ACEs – partners are leading the way in training their staff and screening the documentary Resilience
- Savage cuts in LA budgets

# Adverse Childhood Experience

In the 1998 Kaiser Permanente ACE study, in comparison with those reporting no ACEs, individuals with 4+ ACEs were many times more likely to report:

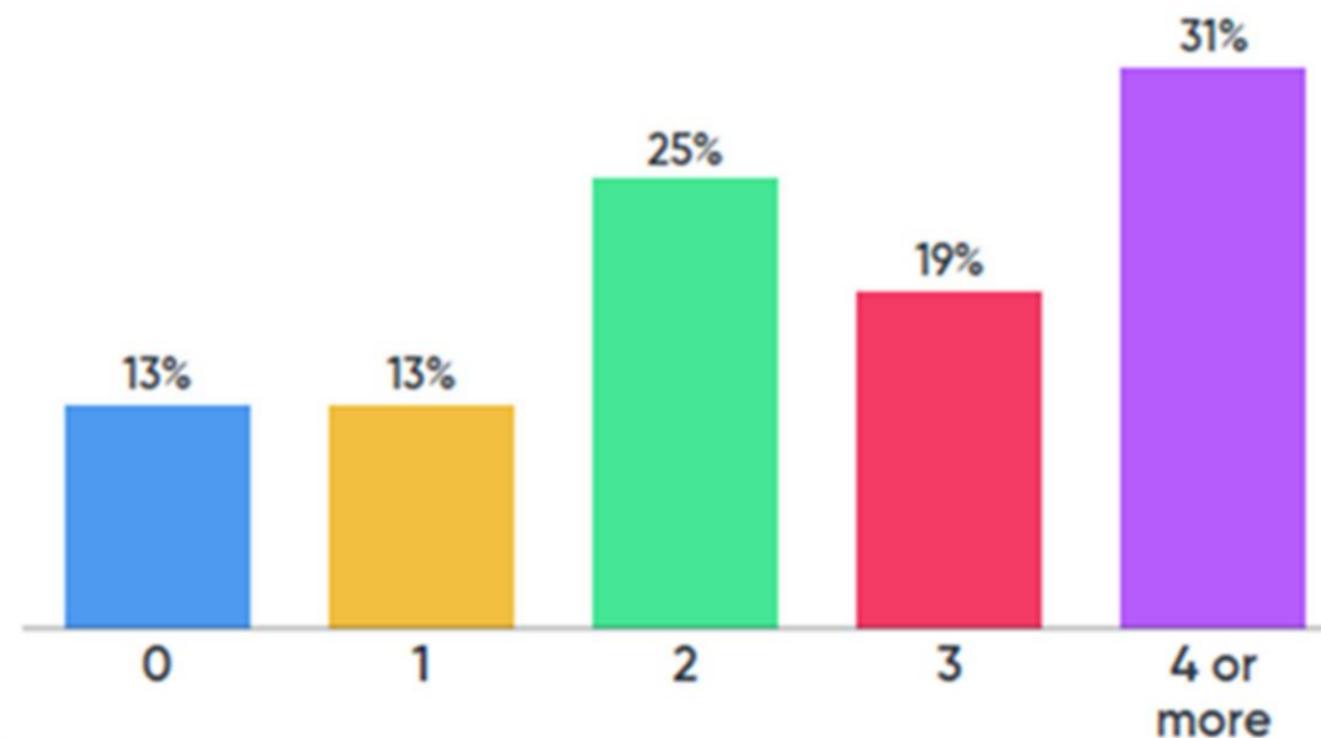
Ischaemic Heart Disease	2.2 x as likely
Any Cancer	1.9
Chronic Bronchitis or emphysema (COPD)	3.9
Stroke	2.4
Diabetes	1.6
Ever attempted suicide	12.2
Severe obesity	1.6
Two or more weeks of depressed mood in the past year	4.6
Ever used illicit drugs	4.7
Ever injected drugs	10.3
Current smoker	2.2
Ever had sexually transmitted disease	2.5

# Why we need to practice self care and support staff who flip their lids

Go to [www.menti.com](http://www.menti.com) and use the code **10 95 38**

In the 1998 Anda, Felitti Kaiser Permanente ACE Study 33% scored 0 and 14% scored 4 or more. Please enter your score.

Mentimeter



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# What is Mindful Emotion Coaching?

‘Mindful Emotion coaching is about helping us all understand the different emotions we experience, why they occur and how to handle them’

It is a way of supporting people (including children) who are struggling to regulate their behaviour.

It enables us to potentially diffuse and de escalate situations where people (including ourselves) are becoming angry, aggressive or upset.

**Whilst the research is grounded in parenting the principles hold true more broadly for any interaction.**



# Core Principles

The core principles we are working from are:

- **responsive relationships and positive experiences build sturdy brain architecture** and promote healthy development, starting before birth and during infancy
- toxic stress disrupts the developing brain and other biological systems with lifelong consequences for learning, behaviour and health (more likely to have heart disease, diabetes, hypertension, addiction)
- the **foundations of resilience can be strengthened in young children through reciprocal 'serve and return' interactions** that scaffold the life skills of self-regulation, emotion regulation and executive function

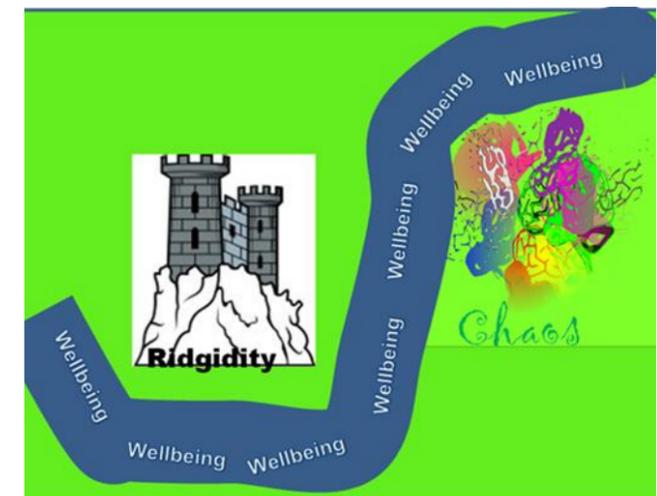
# Core Principles

As adults around children we have the opportunity to model responsive relationships and scaffold life skills and to identify toxic stress (safeguarding).

**By paying attention to our own emotion regulation we improve our own wellbeing and model responsive relationships**

How we build these skills

- The Hand Model metaphor
- Mindful Exercises
- Emotion Coaching
- Family of Origin Exercise
- Free On Line Resources
- Coaching, Counselling and Supervision



# Evidence and Research

Center on the Developing Child Harvard University

***‘When adults model responsive relationships, the benefits come full circle, ultimately helping children become healthy, responsive parents themselves’***

<https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/>

<http://www.ehcap.co.uk/news/resilience-model-for-schools>  
(our 2017 report contains lots of links to evidence base)



**[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)**

Links to our on line resources and information about our work

**[www.ehcap.co.uk/news/resilience-model-for-schools](http://www.ehcap.co.uk/news/resilience-model-for-schools)**

**[www.iwara.co.uk](http://www.iwara.co.uk)**

Wellness Planning