

**6 August 2024**

## **Trauma Support**

**Can your Trust advise if the Mental Health Team that works with trauma patients is focused solely on patients affected by the Northern Irish Troubles, or do they work with people affected by any kind of trauma, such as sexual or childhood trauma?**

### **Child and Adult Mental Health Service (CAMHS):**

The Family Trauma Centre is a specialist regional psychotherapy service for children and young people (up to 18 years old) as part of the CAMHS network. The function of the Family Trauma Centre is to provide psychotherapeutic assessment and intervention for symptoms of severe psychological trauma. Referrals are accepted for a range of trauma experiences and not just Troubles related trauma. Children and young people who have experienced sexual trauma will normally not be seen by the Family Trauma Centre, as other more appropriate services are available, such as the Child Care Centre.

### **Referral Criteria for The Family Trauma Centre:**

The referred child or young person will have directly experienced a traumatic event or events that have resulted in a trauma response (symptoms) that is known to be treatable by psychotherapeutic means. The traumatic event will likely have involved actual or perceived threat of serious injury or death in violent and / or accidental circumstances. The referred child or young person must be presenting with specific symptoms in one or more of the following areas for longer than one month and these must be directly related to the traumatic event.

- Distressing dreams, memories and physiological / psychological reactions related to reminders of the event / events.
- Persistent avoidance of internal or external stimuli related to the event / events.
- Persistently heightened arousal (hypervigilance, irritability, anger).

### **Adults Response:**

The referral criteria for the Regional Trauma Network Team, based at the Everton Centre, is that the patient requires treatment for Northern Ireland Troubles related trauma.