

Participatory Research Fund Project

ARU in the Community: A Trusted Adult Scheme

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Overview:

At ARU we are committed to expanding our civic mission by engaging with the local community to actively address societal challenges and change lives. We are passionate about contributing to the local community in a positive and sustainable way. ARU in the Community: A Trusted Adult Scheme (TAS) brings together a team of youth support workers, a network of children's services practitioners, academics, and trained adults to work together in order to advance our understanding of (and ultimately address) the needs of the children and young people in our local community.

The co-produced TAS and Diversional Therapies and Youth Panel project involves Anglia Ruskin University, Youth Offending Teams, Cambridgeshire County Council, Safe Teams and now the NHS Integrated Care System. The Trusted Adult Scheme was piloted between July and August 2023. Young people aged between 14-18 years who had a social worker were risk assessed and referred into the scheme. They had access to music recording workshops, street art workshops, the gym, wi-fi and PlayStation 5 and refreshments. The aim was to support children and young people to identify the benefits of diversion activities and providing them with a safe space.

Aim and objectives:

The key aims and objectives of the scheme are for young people to:

- Engage in the scheme and understand the benefits of diversion therapies/activities.
- Gain peer and mentor support.
- Understand choices regarding breaking the cycle of violence and consequences of engaging in violence.
- Be able to safely act in an emergency situation – what first aid can be delivered and who to contact (Ambulance & Police).
- Contribute to shaping local services for young people via participating in research and the Youth Panel.
- Reflect on an A&E attendance and have the teachable moment with an aim to prevent re-attendance to hospital and engagement in violence.

Funding of £8838 was used for:

Research Assistant: £21.58 per hour x 300 = £6474

A research assistant is essential part of this project and will work alongside the researcher/s and trauma specialist to develop the methodology, surveys, collect data and help evaluate and publish the findings.

Student Ambassador/youth worker: £17.28 x 50 = £864

The youth worker will assist the research assistant, trauma specialist and more importantly act as a trusted adult during the data collection and process.

Trauma Specialist: £30 per hour x 50 = £1,500

The trauma specialist has worked with SEN schools, mainstream schools and secured settings and is able to offer a unique trauma informed experience, no matter the audience.



Do you want to know more or be involved?

Stakeholders involved:

- NHS Cambridgeshire and Peterborough Integrated care system (ICS)
- NHS North West Anglia Foundation Trust
- NHS Cambridge Anglia Foundation Trust
- Cambridgeshire and Peterborough Safeguarding Partnership
- Cambridgeshire County Council (CCC)
- Anglia Ruskin University (ARU)
- ARU in the Community: A Trusted Adult Scheme (TAS)
- ARU staff and students
- Cambridge Safe Team
- Cambridgeshire Targeted Support

Patient and Public Involvement and Engagement elements:

The next phase of TAS is to embed a clearer focus on health within our intervention model by providing health promotion, well-being and trauma workshops for those children and young people (CYP) referred to TAS through collaboration with the ICS. When CYP attend Accident and Emergency (A&E) with a serious violence related injury, they will be assessed and referred (where appropriate) into TAS. This will help us understand whether our intervention is successful in supporting breaking the cycle of violence and re-admission to hospital and/or treatment from ambulance and GP services. This is an alternative approach to the proposed A&E navigators programme which place a case worker in hospital emergency rooms to support children and young people with a violence related injury.

Research outcomes:

We currently have three publications/research outputs in progress:

1. An evaluation of the TAS project to date.
2. Tool Kit that translates theory into practice (How other HE institutes can create a TAS).
3. A collaboration approach to prevent/reduce violence and the creation of a A&E Discharge Pathway for Children with a Serious Violence Related Injury.



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