

What we will be covering:

- ▶ **Session One:** Current legislation around safeguarding youths and young adults. Being aware of risks and preventative factors and myths around safeguarding, particularly around mental health.
- ▶ **Session Two:** Signs to look out for, red flags within young adults and those affected by mental health.
- ▶ **Session Three:** Looking at how safeguarding will look day-to-day and addressing myths around safeguarding young adults and those with mental health.



General Housekeeping...

- ▶ We will be covering Legislation and documents around Safeguarding within this session.
- ▶ This is just an introduction to safeguarding - please remember we are not here to diagnose. It is our job to 'safeguard' and refer if necessary.
- ▶ Please use the chat on the right hand side to introduce yourself and where you are from.
- ▶ If you have any questions throughout, please pop your hand up.
- ▶ We will do breakout rooms to allow you to share ideas and good practice.
- ▶ Please be mindful that certain areas of safeguarding will be discussed, everything shared is strictly confidential.
- ▶ All slides will be sent out at the end so no pressure to have to take notes.



What does the term 'safeguarding' mean to you?



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Dictionary definition:

protect from harm or damage with an appropriate measure.

- ▶ According to current legislation and NHS England:

‘Safeguarding means **protecting a citizen's health, wellbeing and human rights; enabling them to live free from harm, abuse and neglect.** It is an integral part of providing high-quality health care.’

- ▶ According to Government website:

‘Safeguarding children is defined in Working together to safeguard children as: **protecting children from maltreatment. preventing impairment of children's health or development. Ensuring that children are growing up in circumstances consistent with the provision of safe and effective care.**’

► Who is responsible for Safeguarding?



► Who is responsible for Safeguarding?

According to Government legislation, safeguarding of any form, children, young adults, adults is **EVERYONES** responsibility. Therefore, it is paramount that we remain vigilant to signs and indications that concerns may be present. Ignoring these could be detrimental.

It is crucial that anyone working with young adults understand the arrangements for raising concerns around neglect and abuse. (Safeguarding Adults Legislation - April 2019)

Ensuring there are specific arrangements in place to act in the best interests of people who 'lack capacity' under the Mental Capacity Act 2005.



Current changes to be aware of....



Keeping children safe in education 2021

Statutory guidance for schools and colleges

September 2021

According to updated legislation, it clearly stresses the link between Mental Health and safeguarding.

Important to be aware of how traumatic Adverse Childhood Experiences (ACES) can impact mental health.

That there are clear systems in place for identifying mental health problems and escalating referrals.



Action to safeguard - harm and risks you must be alert to, whether online or in person, include:

- ▶ Can you think of current risks we should be aware of when safeguarding young adults?



Action to safeguard - harm and risks you must be alert to, whether online or in person, include:

- sexual harassment, abuse and exploitation;
- criminal exploitation;
- a charity's culture, which may allow poor behaviour and poor accountability;
- people abusing a position of trust they hold within a charity;
- bullying or harassment;
- health and safety;
- commercial exploitation;
- cyber abuse;
- discrimination on any of the grounds in the Equality Act 2010;
- people targeting your charity;
- data breaches, including those under General Data Protection Regulations (GDPR);
- negligent treatment;
- domestic abuse;
- self-neglect;
- physical or emotional abuse;
- extremism and radicalisation;
- forced marriage;
- modern slavery;
- human trafficking;
- female genital mutilation.

Safeguarding locally...

- ▶ Safeguarding is now seen as a crucial aspect of local partnership work. (Safeguarding Adults).
- ▶ The Care Act (2014) builds upon current legislation. They emphasis heavily upon preventing or delaying needs. They also set out local responsibilities, that the council is the organisation with overall responsibility for safeguarding. Safeguarding is now seen as a crucial aspect of local partnership work.

Mental Health and Behaviour Nov 2018

- ▶ Paragraph 34-38: Mental health signs are an indicator of trauma or abuse.
- ▶ Paragraph 36: Everyone understands how ACES affects behavior, learning, attainment and mental health.
- ▶ Paragraph 35: Important to note any formal diagnoses must be made by a professional.
- ▶ Paragraph 111: Understanding of other vulnerability factors that will impact mental health.



ACES - A short overview

- ▶ Did you know that negative experiences in childhood and the teenage years may put children at risk for chronic health problems, mental illness, and substance use in adulthood? These negative experiences are known as adverse childhood experiences (ACEs). ACEs are potentially traumatic experiences, such as neglect, experiencing or witnessing violence, and having a family member attempt or die by suicide, that occur in childhood (birth to 17) that can affect children for years and impact their life opportunities.

The Facts:

Most young adults will have experienced at least one ACE. It is when they become accumulative.

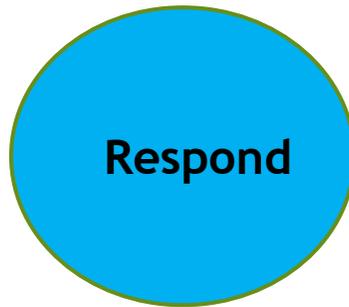
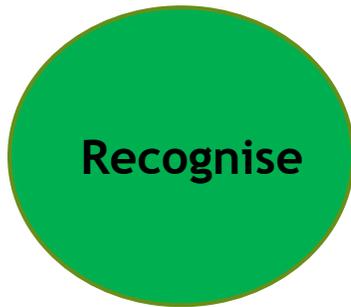
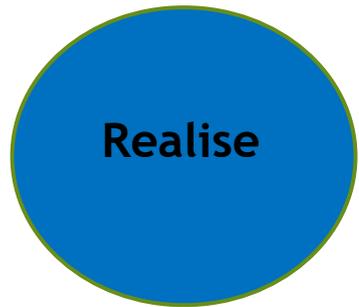
It is reported that 62% experience at least one ACE.

Therefore it is highly likely someone volunteering has been exposed or experiencing trauma. It is our role to spot the signs and intervene!

Be Trauma Aware...

It is our responsibility that no one gets missed.

Connection before Correction



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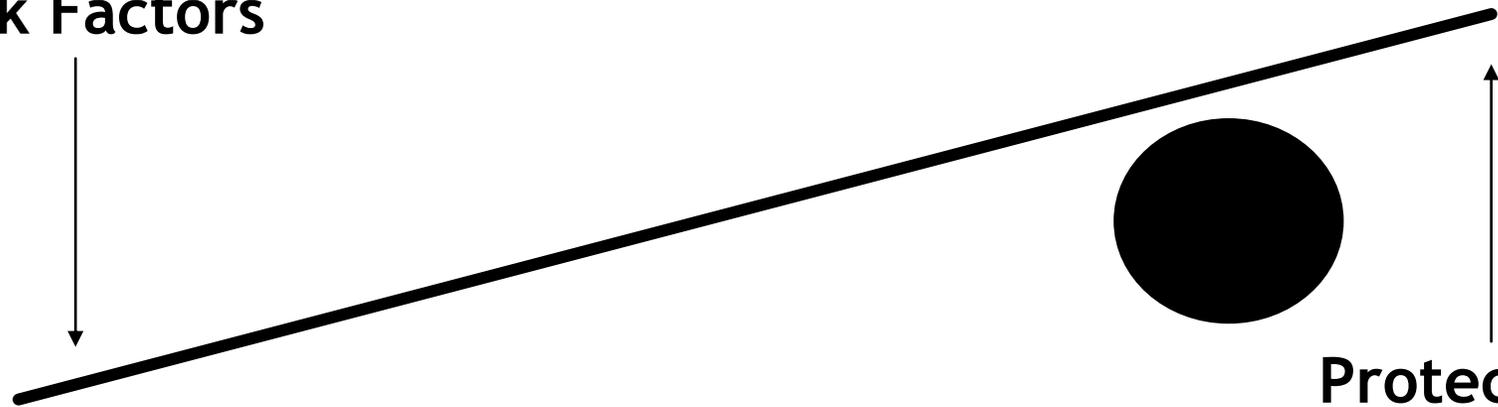


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Risk & protective factors

The more risk factors/ACES the more protective factors we need to put in.

Risk Factors



Protective Factors

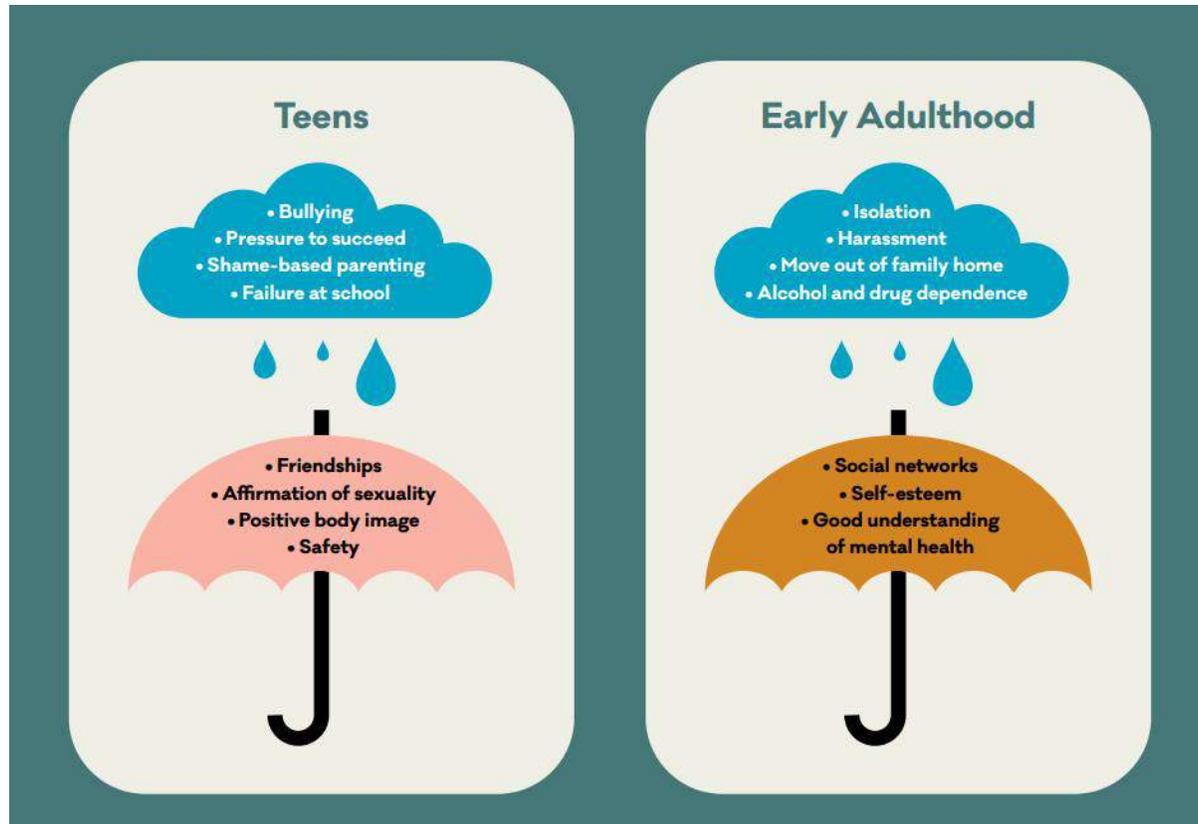


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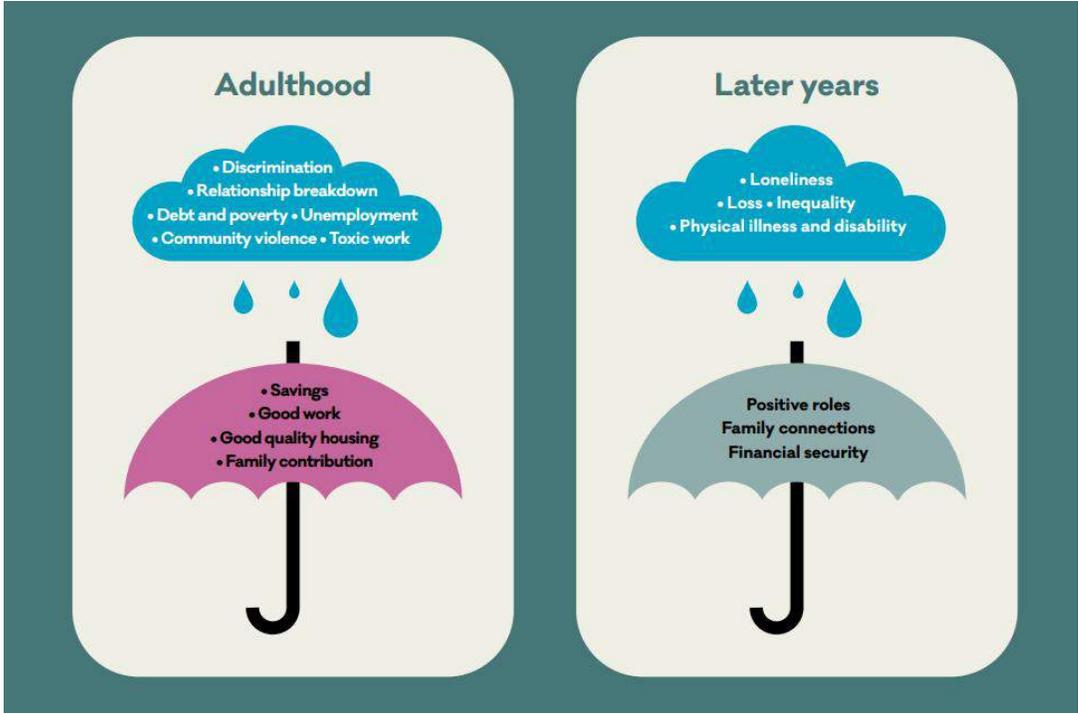


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Examples of protective factors, particularly around mental health outcomes (*Mental Health Prevention Report 2019*)



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Protective factors that allow individuals to thrive, not just survive.

Other protective factors include...

- ▶ Clubs, extra curricular activities;
- ▶ Good housing;
- ▶ Creating high morale - behaviour, attitudes, anti-bullying;
- ▶ Range of sport and leisure activities.



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Making Safeguarding Personal (MSP)

- ▶ Making Safeguarding Personal: is set out alongside six key principles as a core requirement. These also should underpin work locally.

| | |
|--|---|
| Empowerment: People being supported and encouraged to make their own decisions and informed consent. | 'I am asked what I want as the outcomes from the safeguarding process and these directly inform what happens.' |
| Prevention: It is better to take action before harm occurs. | 'I receive clear and simple information about what abuse is, how to recognise the signs and what I can do to seek help.' |
| Proportionality: The least intrusive response appropriate to the risk presented. | 'I am sure that the professionals will work in my interest, as I see them and they will only get involved as much as needed.' |
| Protection: Support and representation for those in greatest need. | 'I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want.' |
| Partnership: Local solutions through services working with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse. | 'I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me.' |
| Accountability: Accountability and transparency in delivering safeguarding. | 'I understand the role of everyone involved in my life and so do they.' |

Multi-Agency Safeguarding Hub (MASH)

The MASH are an external network, there is one for each council. We will cover more on MASH in the following courses however, they are a fantastic resource to use to help assess concerns you may have.

There is lots of guidance on what constitutes safeguarding for both children and adults. Obviously, due to the age ranges you will be working with this could cover both.



Nottinghamshire County Council

Home > Care > Children's social care > Nottinghamshire Children and Families Alliance > Pathway to Provision > Multi-Age

Multi-Agency Safeguarding Hub (MASH)

Member of the public

If you are a member of the public and concerned about the safety of:

- a child, see our [safeguarding children page](#)
- an adult, see our [safeguarding adults page](#).

Professionals making a safeguarding referral

Due to the current situation with Covid-19 and the high volume of referrals that the MASH is receiving, please only telephone the MASH if your referral is urgent, requiring a Social Worker to visit the child or adult today.

<https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/pathway-to-provision/multi-agency-safeguarding-hub-mash>

Nottinghamshire Safeguarding Adults Board (NSAB)



Worried an adult is at risk of abuse or neglect? Report your concerns

Home About Training Procedures Reviews Resources News Reports

Home / About us

About us

The Nottinghamshire Safeguarding Adults Board (NSAB) is made up of representatives from organisations including:

- Nottinghamshire Police
- Crown Prosecution Service
- NHS
- local councils
- voluntary organisations.

Our main responsibility is to work together to help adults who may have been abused and to help prevent adults being abused.

The NSAB is made up of outside organisations working collaboratively. Their main focus is on abuse and neglect within adults.

Again we will cover further later on. Depending on the age range you will be working with and alongside it is good to be aware of what is available.

<https://nsab.nottinghamshire.gov.uk/about>



Mental Capacity Act 2005

‘Any decisions must be taken with a view to preserving their dignity, safety and liberty as much as individual circumstances allow. And even if that person is deemed unable to make their own decisions, they must still be an active participant, as far as possible, in processes intended to keep them safe and healthy.’

Mental Capacity Act 2005

The legalisation sets out to protect and empower those that may lack the mental capacity to make their own decisions and applies to those aged 16+.

Examples of people who may lack capacity include those with:

- ▶ dementia
- ▶ a severe learning disability
- ▶ a brain injury
- ▶ a mental health illness
- ▶ a stroke
- ▶ unconsciousness caused by an anesthetic or sudden accident



Mental Capacity
(Amendment) Act
2019

CHAPTER 18

Mental Capacity Act 2005

The MCA sets out a checklist to consider when deciding what's in a person's best interests.

It says you should:

- ▶ encourage participation - do whatever's possible to permit or encourage the person to take part
- ▶ identify all relevant circumstances - try to identify the things the individual lacking capacity would take into account if they were making the decision themselves
- ▶ find out the person's views - including their past and present wishes and feelings, and any beliefs or values
- ▶ avoid discrimination - do not make assumptions on the basis of age, appearance, condition or behaviour
- ▶ assess whether the person might regain capacity.

In your organisation:

You may want to complete a safeguarding audit or policy or procedures.

If this is the case then there are some fantastic resources on the NSPCC website:



[Introductory guide to safeguarding and child protection | NSPCC Learning](#)
[Writing safeguarding policies and procedures | NSPCC Learning](#)
[Safeguarding and child protection self-assessment tool | NSPCC Learning](#)

- ▶ Also, if more in relation to adults and those affected by mental health this is a great link to follow.
<https://elearning.rcgp.org.uk/mod/book/view.php?id=12530&chapterid=349>
- ▶ If you feel you need any support or advice in your organisation with policies and procedures please let us know at BCVS. You can contact Lucy (VCSE Development Officer) for advice on lucy.Curtis@bcvs.org.uk

Safeguarding Myths

- ▶ **Abuse doesn't happen in my area.**

Myth: Abuse can occur anywhere. For example in Cheshire East last year, there were 3684 safeguarding concerns reported.

- ▶ **It's not my job to report abuse.**

Myth: Reporting abuse is everyone's responsibility whether you are professional, a family member or a member of the public.

- ▶ **People will know it was me that reported the concern.**

Myth: When you report concerns and referrals, you will be asked for your details and can discuss if you'd prefer for your details for be kept private.

- ▶ **It's not my job to report abuse.**

Myth: Reporting abuse is everyone's responsibility whether you are professional, a family member or a member of the public.

- ▶ **It is best to wait until you're certain you have firm evidence before reporting a concern.**

Myth: No, if you feel something is not right then please talk to adult social care who can look into your concerns.

Safeguarding Myths

- ▶ **Reporting abuse means my loved one will go into a care home.**

Myth: No, sharing your concerns with a Local Authority does not mean a person will go into a care home.

- ▶ **If the young adult does not discuss the abuse taking place, it cannot be serious.**

Myth: No, it is difficult to tell someone about the abuse and neglect that is happening, especially if they are being controlled by another person. They may show signs in other ways such as becoming withdrawn, having injuries or bruising and having unpaid bills. People need support and understanding not judgement.

- ▶ **Most abuse is perpetrated by a stranger.**

Myth: Most abuse is carried out by someone we know and commonly, within families. However, anyone can be an abuser including carers, professionals, a neighbor or a member of the public.

- ▶ **Physical abuse is the most common abuse.**

Myth: The highest form of abuse in Cheshire East was neglect (48%). The most common varies locally and yearly.

Safeguarding Myths

- ▶ **Once a concern has been reported to the Local Authority, it is over to them to investigate.**

Myth: Safeguarding is everyone's responsibility and it is about working in partnership with the person who raised the concern and other people who can contribute, as well as the individual themselves.

- ▶ **Safeguarding is all about intervening when things have gone wrong.**

Myth: No, safeguarding is wider than this and is about prevention of abuse and engaging with communities and people to spot signs and offer support at an early stage to minimise any likelihood of harm.

Your next steps ...

Now that you have completed the session, please let us know in the chat area one thing that you have learnt today that you will take back and implement in your organisation.

Evaluation

Please complete our short evaluation form on how you have found this session.

Being able to measure the success of funded sessions like this one will give us more opportunities to be able to do more.

You can either scan this QR code to take you to the Form, or you can use the link, which we will put in the chat comments for you.

<https://bit.ly/bcvs-evaluate>



Links for relevant websites:

- ▶ Safeguarding Adults Legislation:

<https://www.england.nhs.uk/wp-content/uploads/2017/02/adult-pocket-guide.pdf>

- ▶ Mental Capacity Act:

<https://www.legislation.gov.uk/ukpga/2005/9/contents>

- ▶ Keeping Children safe in Education 2021

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1021914/KCSIE_2021_September_guidance.pdf

- ▶ Mental Health Prevention Report

https://www.mentalhealth.org.uk/sites/default/files/MHF_Prevention_Report_ONLINE-VERSION_0.pdf

Links for relevant websites:

- ▶ Making Safeguarding Personal

<https://www.local.gov.uk/sites/default/files/documents/Making%20Safeguarding%20Personal%20-%20Guide%202014.pdf>

- ▶ Nottinghamshire MASH

<https://www.nottinghamshire.gov.uk/care/childrens-social-care/nottinghamshire-children-and-families-alliance/pathway-to-provision/multi-agency-safeguarding-hub-mash>

- ▶ Nottinghamshire Safeguarding Adults Board

<https://nsab.nottinghamshire.gov.uk/>

- ▶ NSPCC

<https://www.nspcc.org.uk/>

Special thanks to NAVCA



Special thanks to NAVCA for working in collaboration with BCVS to make this safeguarding training possible.

