

TIGER Light Service Details and Protocol

Early emotional support for children and young people (aged under 18) who have experienced sexual abuse

What is TIGER Light?

- Short-term intervention; usually 7 – 10 weeks
- New, evidence and trauma-informed approach
- Coaching to re-empower child or young person
- Co-designed intervention plan, led by young person

Early emotional support offered to families will include:

- Barnardo's Practitioner liaises with pediatrician, which may include a joint assessment and a paediatrician-led health check;
- 7–10 sessions of trauma-informed therapeutic support, advocacy, case management, symptom management with safe and appropriate onward referral as required;
- Signpost to local specialist services, for immediate or later support;
- Urgent referral to CAMHS for specialist longer-term therapy and / or case management with crisis management;
- Work with CYP Havens local pediatricians and other professionals to share outcomes, best practice and learning;
- Partnership working with other agencies for effective case management.

Where we work:

We work across the North East London (NEL) CCG in: Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest.

Local North East London Non-Acute CSA Pathway:

To refer a child or young person please refer to the NEL CSA pathway included in this document.

To find out more about Tiger Light please contact us:

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TIGER Light (TL) Pathway for children and young people living in, or under the care of, Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest councils.

