



There for young people 24/7  
**Includem** 

# **How can the new Act help to better support children & yp who are looked after at home**

**Karen McCulloch, Team Manager,  
Includem**

[www.includem.org](http://www.includem.org)



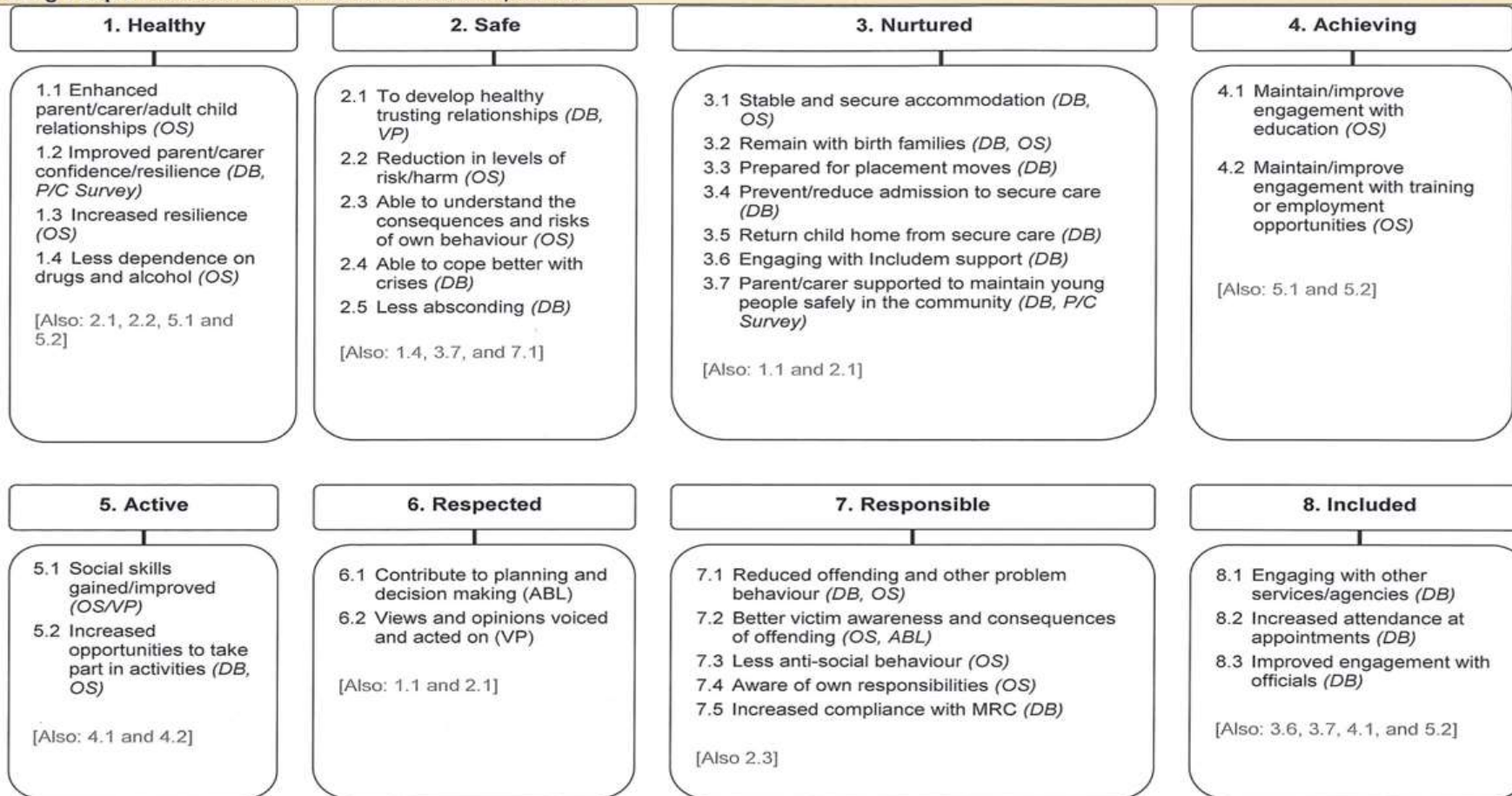
# Stages through Includem Intensive Support

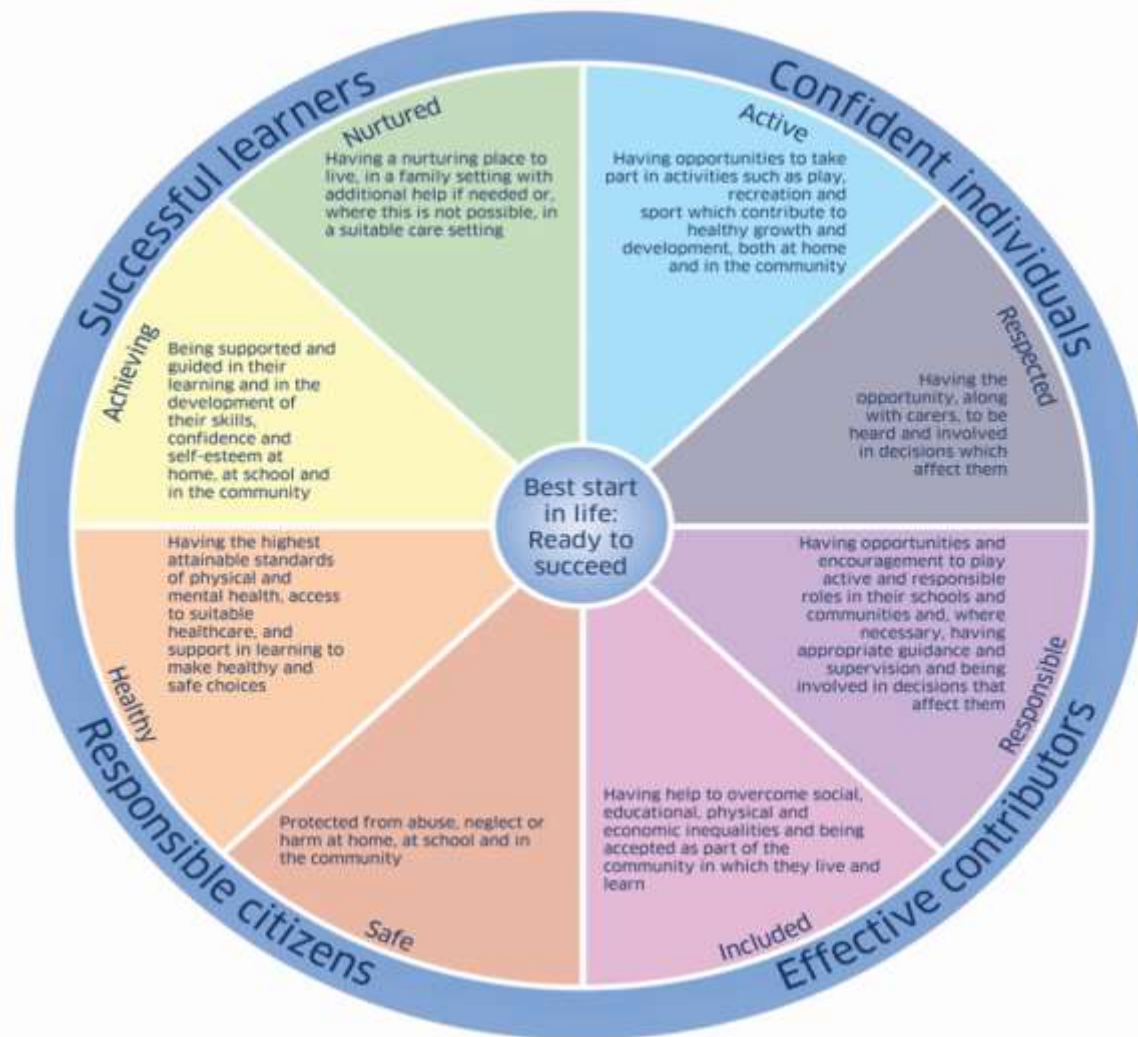
1. Referral and Assessment
2. Engagement with Young People and their Families
3. Multi-agency working
4. Dealing with Crises
5. Transitions



# 1. Referral and Assessment

**Young People - Includem Outcomes Framework – April 2010**

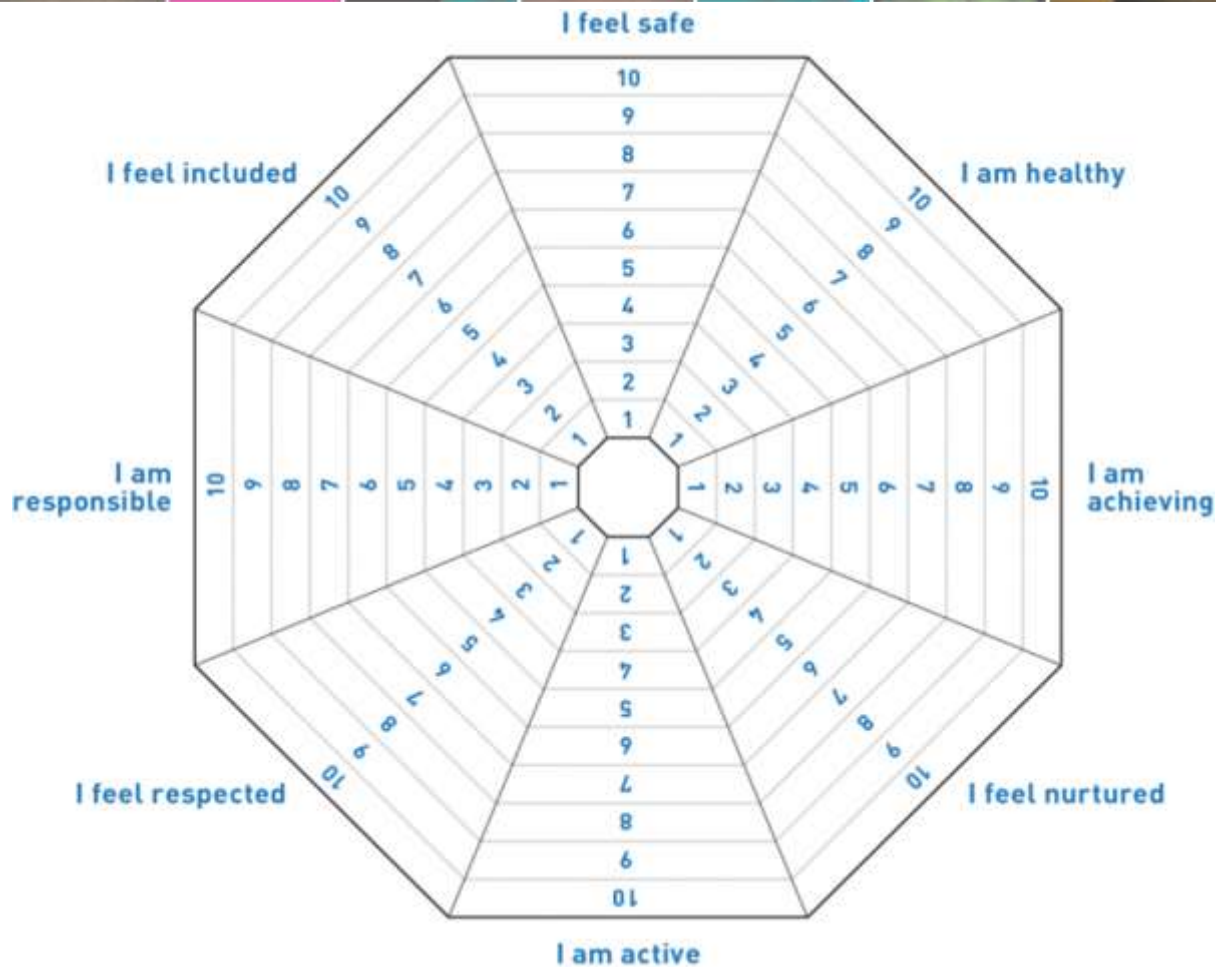






# Wellbeing Web

Tool for measuring progress and developing support plan.





## 2. Engagement with Young People and their Families

- Quality relationships are absolutely key – listen, trust, respect
- Persistence pays – expect resistance
- Being there at times of need and crisis
- Continuity especially through transitions
- Use the relationship



## Includem Model of Practice

### Assessment and engagement

- Assess risk and responsivity
- Immediate contact post referral
- Review and develop the assessment
- Relationship building

The module – *This is My Life* contributes to these initial stages

### Setting goals and action plan

- Build commitment to change and set goals
- Support planning meetings

### Structured modules

- Offending and Risk-Taking Behaviours
- Understanding How Others Feel
- Managing My Emotions
- Sexually Harmful Behaviour (integrated)
- Drugs and Alcohol
- People in My Life
- Beating Boredom
- Health and Wellbeing
- Independent Living
- Education, Training and Employment

### Structured coaching conversations

- Sustaining commitment to act on goals
- Connecting the learning from the programmes to real life
- Problem solving
- Reinforcing pro-social values and behaviours

### Review and disengagement

- Relapse prevention plan
- Recognition of achievements
- Consolidate behaviour change
  - Stronger family relationships
  - Involvement in education, training or employment
  - Positive leisure pursuits
- Transition to using other social supports

The module – *This is My Future* contributes to this final stage

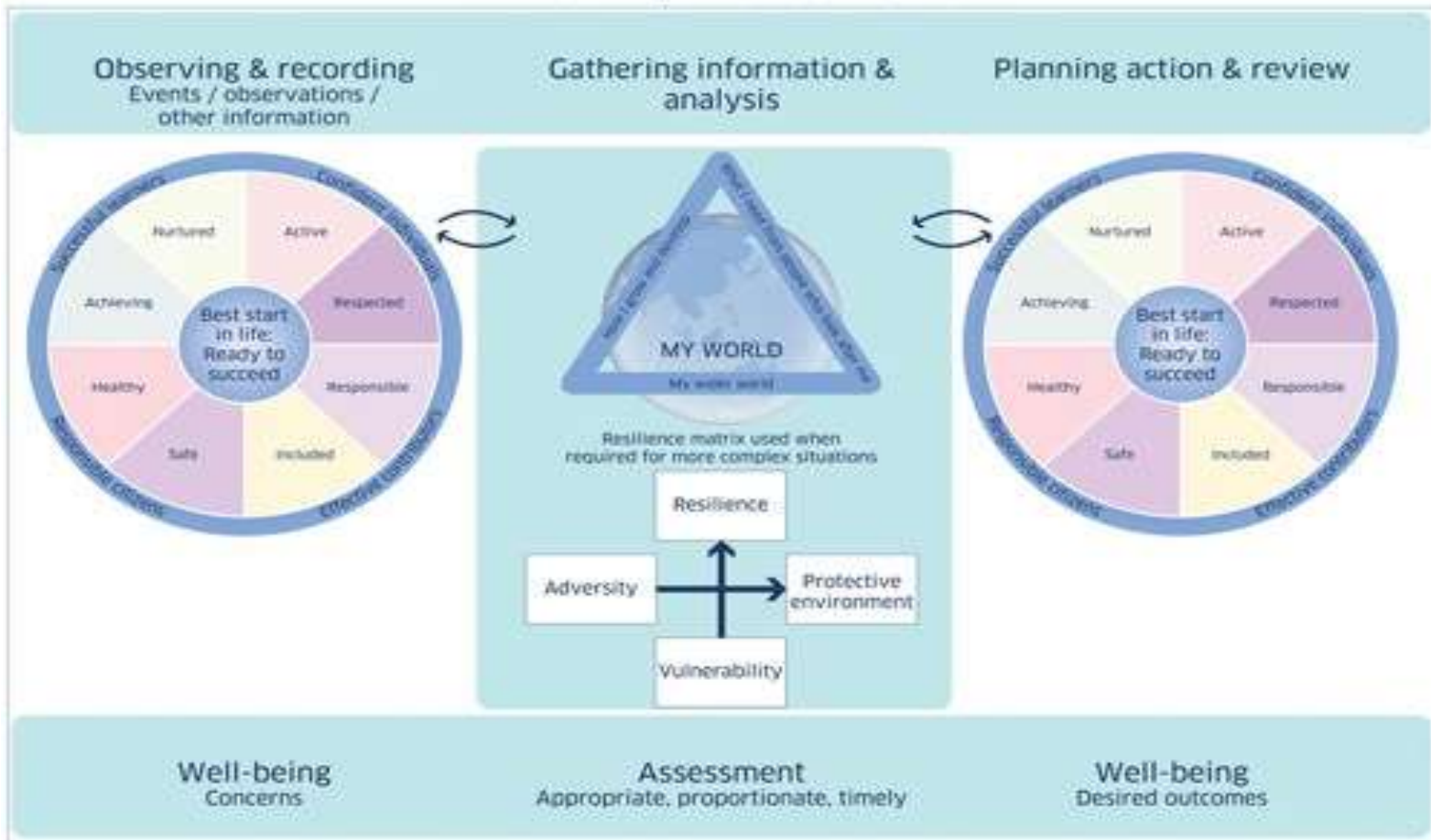
### CORE ELEMENTS THROUGHOUT INTERVENTION

- Persistence and Stickability
- One-to-one relationships based on respect, honesty and care
- Help and support at times of need
- Focused supervision and support
- Crisis management
- Rigorous and positive responses to non-compliance
- Working in partnership with parents/carers
- Active brokerage role
- Rigorous risk management
- Monitor and evaluate outcomes



# 3. Multi-agency working

National practice model







## 4. Dealing with crises

What happens when –  
Its 8pm

Mum and Kyle screaming at each other with  
threat of violence and risk of placement  
breakdown?



## 5. Transitions

- ABL This is My Future
- Relapse prevention plan
- Transition to use other support services
- Big Lottery Funded Transitional Support