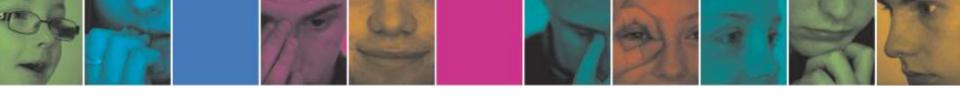




# How can the new Act help to better support children & yp who are looked after at home

Karen McCulloch, Team Manager, Includem



# 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

### 1. Healthy

- 1.1 Enhanced parent/carer/adult child relationships (OS)
- 1.2 Improved parent/carer confidence/resilience (DB, P/C Survey)
- 1.3 Increased resilience (OS)
- 1.4 Less dependence on drugs and alcohol (OS)

[Also: 2.1, 2.2, 5.1 and 5.2]

### 2. Safe

- 2.1 To develop healthy trusting relationships (DB,
- 2.2 Reduction in levels of risk/harm (OS)
- 2.3 Able to understand the consequences and risks of own behaviour (OS)
- 2.4 Able to cope better with crises (DB)
- 2.5 Less absconding (DB)

[Also: 1.4, 3.7, and 7.1]

### 3. Nurtured

- 3.1 Stable and secure accommodation (DB, OS)
- 3.2 Remain with birth families (DB, OS)
- 3.3 Prepared for placement moves (DB)
- 3.4 Prevent/reduce admission to secure care (DB)
- 3.5 Return child home from secure care (DB)
- 3.6 Engaging with Includem support (DB)
- Parent/carer supported to maintain young people safely in the community (DB, P/C Survey)

[Also: 1.1 and 2.1]

### 4. Achieving

Appendix 64

- 4.1 Maintain/improve engagement with education (OS)
- 4.2 Maintain/improve engagement with training or employment opportunities (OS)

[Also: 5.1 and 5.2]

#### 5. Active

- 5.1 Social skills gained/improved (OS/VP)
- 5.2 Increased opportunities to take part in activities (DB, OS)

[Also: 4.1 and 4.2]

### 6. Respected

- 6.1 Contribute to planning and decision making (ABL)
- 6.2 Views and opinions voiced and acted on (VP)

[Also: 1.1 and 2.1]

### 7. Responsible

- Reduced offending and other problem behaviour (DB, OS)
- 7.2 Better victim awareness and consequences of offending (OS, ABL)
- 7.3 Less anti-social behaviour (OS)
- 7.4 Aware of own responsibilities (OS)
- 7.5 Increased compliance with MRC (DB)

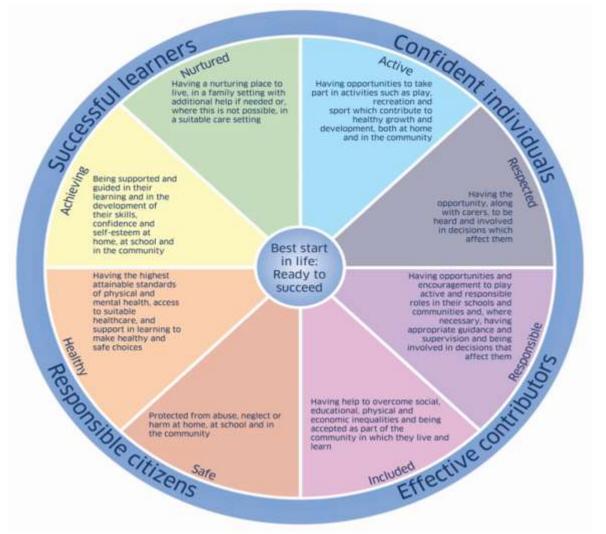
[Also 2.3]

### 8. Included

- 8.1 Engaging with other services/agencies (DB)
- 8.2 Increased attendance at appointments (DB)
- 8.3 Improved engagement with officials (DB)

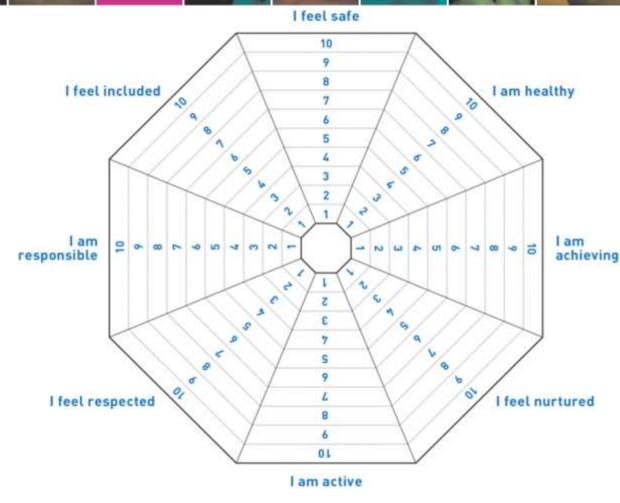
[Also: 3.6, 3.7, 4.1, and 5.2]







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

# Setting goals and action plan

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

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

### 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

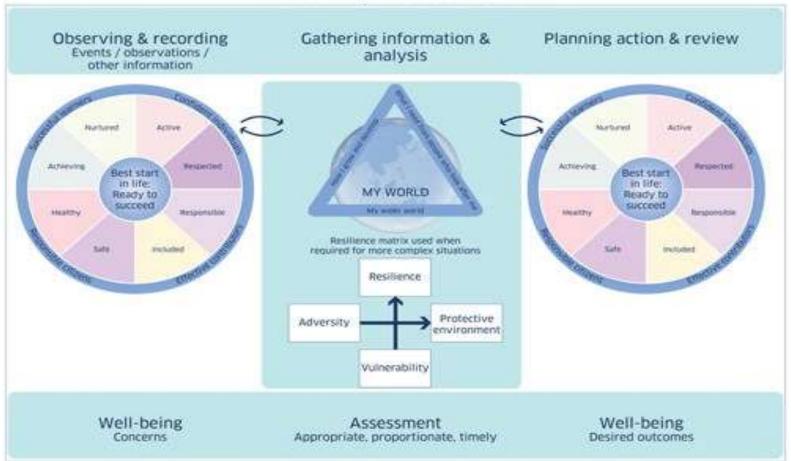
- Persistence and Stickability
- One-to-one relationships based on respect, honesty and care
- Help and support at times of need
- Focused supervision and support
- Crisis management

- 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