

Includem is a 21st century charity,
founded
in 2000 to address a gap in
services for Scotland's most
vulnerable and chaotic Young People
and their families.



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There for young people 24/7

Includem Approach and Framework of Intervention

Film: Steven's Story



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A Better Life

• Core Elements

- Persistence & Stickability
- Consistency of one to one worker & YP relationship
- Help & support at times of need (evenings & weekends)
- Focused supervision & support
- Crisis management (utilising helpline where necessary)
- Rigorous & positive response to non compliance
- Working in partnership with parents & carers
- Active brokerage role/partnership with other agencies
- Rigorous approach to risk management
- Continuous measurement of effectiveness



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- The core elements focus on the fundamental importance of building and sustaining **meaningful one to one caring relationships** with Young People based on trust. The quality of the relationships determines the quality of the outcomes that can be achieved. **It is the relationship that unlocks the potential for change.**



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‘A BETTER LIFE’

A series of dynamic modules helping to address many of the issues that impact on Young Peoples lives.

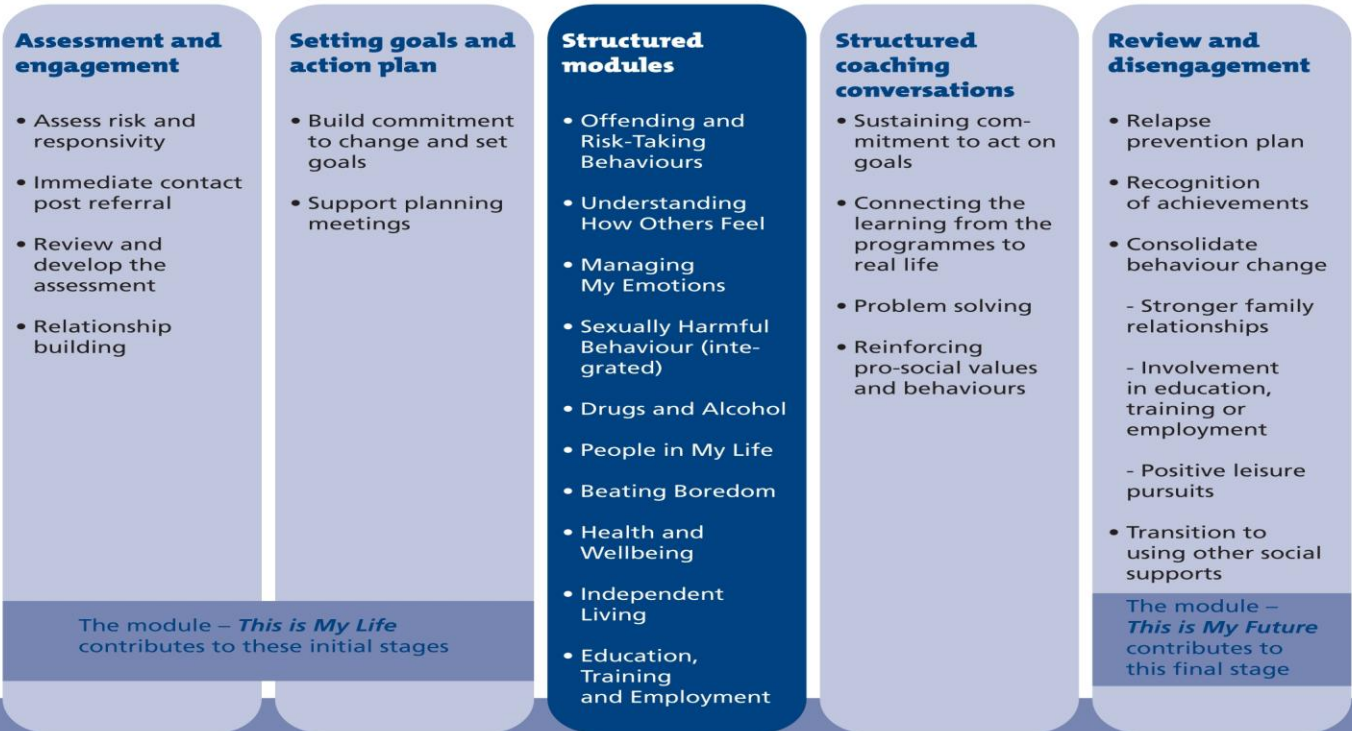


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Includem Model of Practice



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



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• This Is My Life

- Offending & Risk taking Behaviours
- Managing My Emotions
- Understanding How Others Feel
- Drugs & Alcohol
- People In My Life
- Health & Wellbeing
- Beating Boredom
- Independent Living
- Education, Training & Employment

• This Is My Future



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Embedded within all modules there is content for those Young People involved in sexually harmful behaviour.

Includem are currently running a Champions Group to develop 'A Better Life' to work with parents, carers and families.

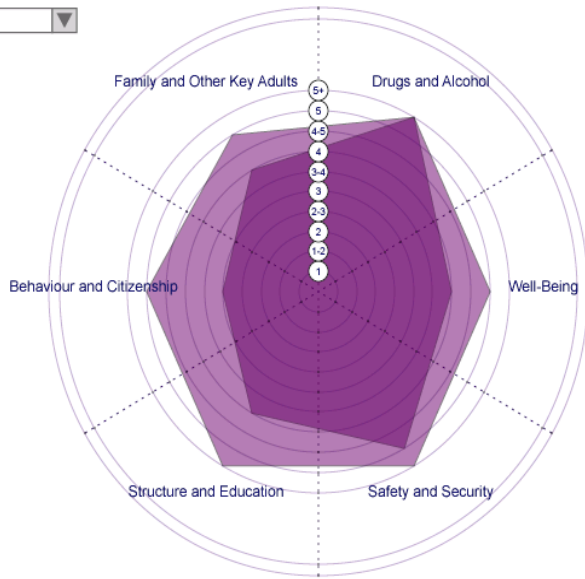


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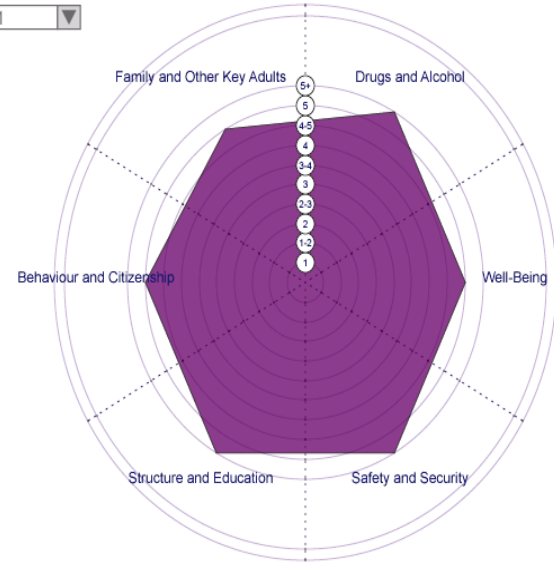


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10/02/2011



10/10/2011



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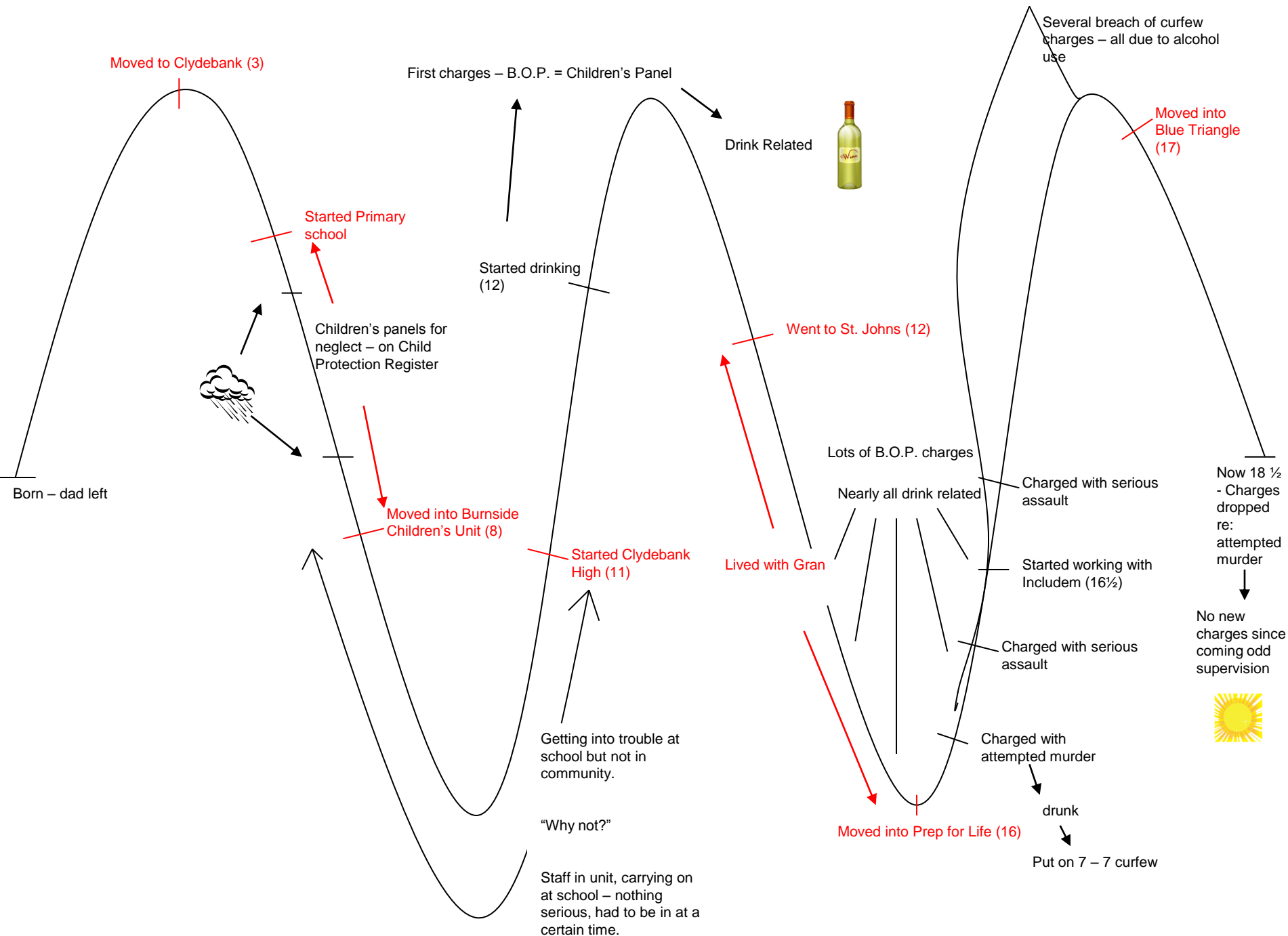
1. Not Safe - "I don't want to think about this"
2. Want Change - "Things are bad and I want them to change"
3. Making Changes - "I'm making changes but it's hard - things happen"
4. Alright - "I'm doing alright but sometimes there are problems"
5. Safe and Well - "Things are fine and when I need support I know where to find it"



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There for young people 24/7



Moved to Clydebank (3)

First charges – B.O.P. = Children's Panel

Drink Related



Several breach of curfew charges – all due to alcohol use

Moved into Blue Triangle (17)

Started Primary school

Started drinking (12)

Went to St. Johns (12)



Children's panels for neglect – on Child Protection Register

Lots of B.O.P. charges

Nearly all drink related

Charged with serious assault

Now 18 1/2 - Charges dropped re: attempted murder

Moved into Burnside Children's Unit (8)

Started Clydebank High (11)

Lived with Gran

Started working with Includem (16 1/2)

No new charges since coming odd supervision



Born – dad left

Getting into trouble at school but not in community.

"Why not?"

Staff in unit, carrying on at school – nothing serious, had to be in at a certain time.

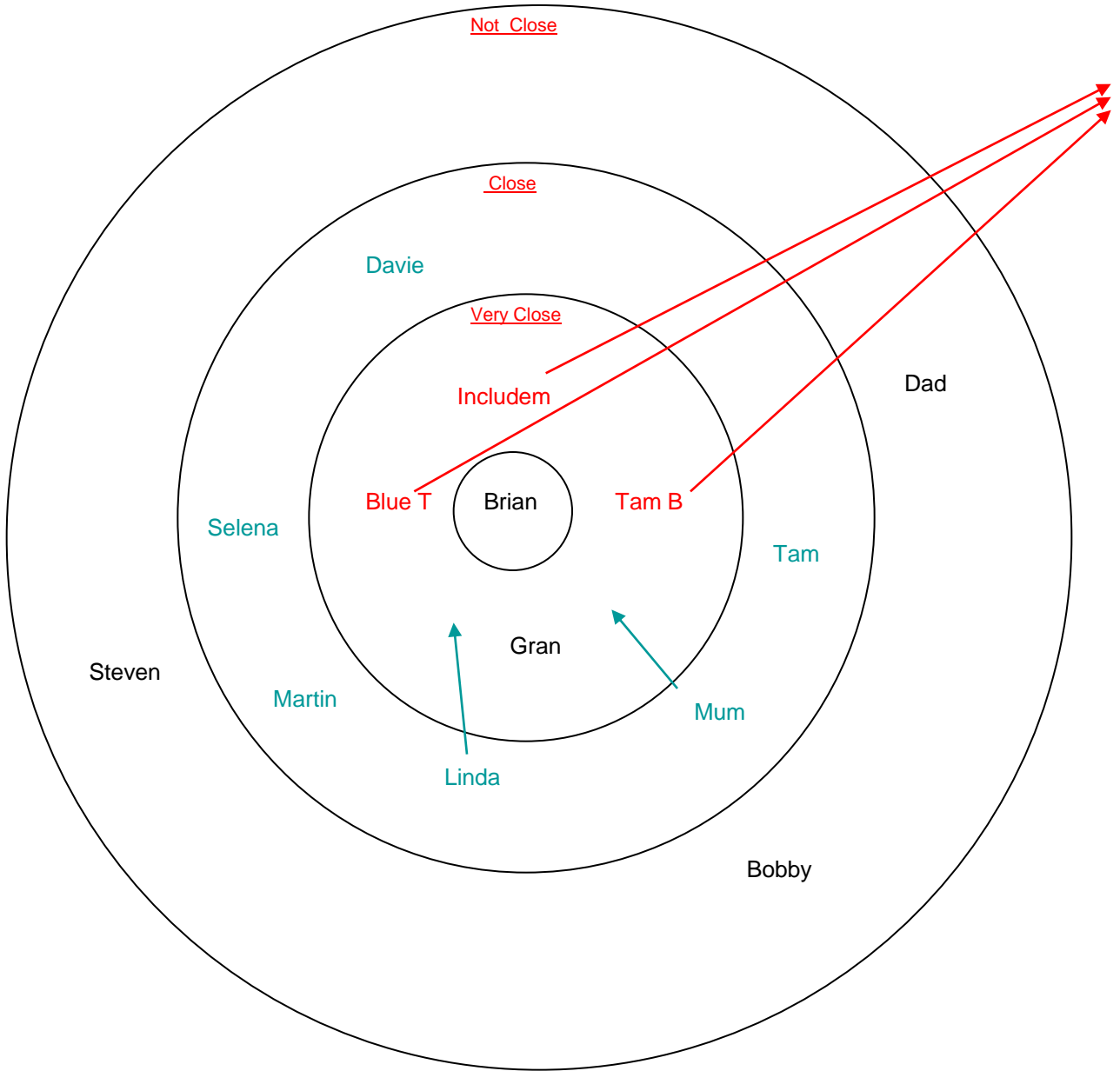
Moved into Prep for Life (16)

Charged with attempted murder

drunk

Put on 7 – 7 curfew

Relationship Map



How would others describe me?

Gran

Mum

Includem

Tam B

Blue T

Martin

When Sober

Helpful	-----	Funny	Bright	Helpful	Mental
Funny	-----	Worth the effort	Funny	Funny	Funny
A pest	-----	Hyper	Worth the effort	Tidy	A good mate

When Drinking

A Nightmare	A Nightmare	-----	-----	Difficult	Mental
Scary	Scary	-----	-----	Worrying	Scary
Worrying	Worrying	-----	-----	Could do better (wasted potential)	No Fear

What's working in your life?

- Accommodation
- Includem/Youth Justice
- Not Offending
- Gym/Swimming (when I go)
- Don't take drugs

What's not working in your life?

- Anxiety
- Physical health/stomach problems
- Alcohol Use
- Family
- Education/Training/Job

Goals, Blocks and Helping Hands



- Trouble at home
- Alcohol Use
- Anxiety
- Influence of friends

- Alcohol Use
- Influence of friends
- Anxiety
- Trouble at home
- Being Bored

- Being Bored
- Influence of friends
- Alcohol Use
- Trouble at home



Area for next 8 weeks	What?	How?	When?	Worker Responsible
Alcohol Use	<ul style="list-style-type: none"> • Reduce alcohol use- STOP ALCOHOL USE 	Keep alcohol diary. Work on 'Drugs and Alcohol' module from 'A Better Life'	Monday Contact	David Ferrier
Health	<ul style="list-style-type: none"> • Promote positive activities 	<ul style="list-style-type: none"> • Attend Includem 5-aside night •Gym and Swimming 	Tuesday Saturday	Includem Mentor Includem Mentor
	<ul style="list-style-type: none"> •Be proactive in pursuing better health 	<ul style="list-style-type: none"> • Follow up health appointments 	As required	David Ferrier
Offending	Reduce Offending Behaviour	Work on 'Offending & Risk Taking Behaviour' module	Thursday Contact	David Ferrier

Doing it!

Goal: 'Stay Out Of Trouble'

Progress

Date	What happened?	What did you get?
02/08/11	Agreed plan and timescale for 'Offending & Risk taking Behaviours' module.	Understood what was expected of me.
09/08/11	Completed 'Crimepics' questionnaire.	Making progress.
16/08/11	Completed 'Understanding attitudes that Support Behaviour'	Beginning to understand myself and my choices
27/08/11	Looked at 'Excuses' section	
05/09/11	Completed 'Consequences' section	Began to understand that behaviours can have lasting impact
11/09/11	Completed 'Consequences for others' section	Looked at situation from gran's point of view
19/09/11	Completed 'Risk Management Plan'	Came up with realistic plan / making progress

Brian Moved to Includem's Big Lottery funded Transitional Support Programme due to his funding being stopped as his period of statutory involvement came to an end. Brian worked with Includem on a voluntary basis as he recognised that he continued to require support. This allowed us to identify Brian's ongoing support needs and ensure the correct services were in place for Brian before Includem felt that we could exit the case.



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