

ELMBRIDGE LOCAL COMMITTEE 24/2/14

YOUTH SERVICE UPDATE

Case study A

This young person was referred to YSS for support in participating in education, training or employment and it was clear from the assessment that the young person suffered with depression, low confidence and self harming. The young person was receiving mental health support.

The young person had achieved a good set of GCSE's despite not attending school for most of year 11. The young person had a poor experience of school and mixing with other people of the same age. The young person had attended a specialist mental health education provision due to self harming and attempted suicides.

The young person did not know what he/she wanted to do and didn't believe he/she would have the confidence to start a work place/college setting. The young person started the R4W project at the Youth Centre with a friend. This gave the young person the support needed to walk into a new place.

The environment at the centre is relaxed, calm, and supportive of the young person's needs so that if the young person is having a difficult day he/she feels comfortable in being there but not needing to participate.

It is important for the young person to have a place to go to when he/she is low so that his/her family know he/she is safe and being monitored and it is better for him/her to have a support network around rather than be on his/her own.

After attending the R4W project for a short time the young person wanted to take on a new challenge and learn a trade. On day one, the young person walked out as he/she felt undermined by the low level of work they wanted the young person to complete, intimidated by the environment, and that the young person was participating in a course that fitted the majority of young people rather than a course that worked to the individual's strengths and needs.

After walking out, the young person was emotionally very low and lost all faith in his/herself and in others but was willing to try a new initiative at the Youth Centre.

Within one week the young person was positive again, getting actively involved in planning, supporting others on the project, taking a lead in meetings and ready to think about the future. This change is the result of the support, motivation and encouragement received in the project from the staff and others on the project.

The project has provided the young person with a reason to get out of bed, to make new friends, to learn new skills. It has also given his/her the experience to know that he/she can do more than the young person thinks he/she can, he/she isn't the only person who has issues and that the young person can enjoy new experiences that he/she may not have thought about before.

The young person is looking forward to trying out different work placements which would not have happened before starting on the R4W project.

The young person currently has a work experience placement 3 full days per week in a local authority.

Case study B

When this young person was 13 years old he/she stopped attending mainstream school, as he/she was suffering Anxiety and panic attacks and as a result was transferred to 'NOT SCHOOL' (a home education on line provision) for the rest of his Secondary School time.

The young person was referred for mental health support, but did not engage. When he was 17 years of age he/she was referred to Adult Mental Health Services to help him/her move towards independence using Cognitive Behaviour Therapy (CBT). During these sessions the young person was introduced to a Youth Support Officer with Surrey Youth Support Service. Since the young person has engaged with YSS he/she has gone from staying in their bedroom 23 hours per day (he/she would only come out for some meals) to participating upwards of 25 hours per week in the community workshop. The young person has engaged in all that has been on offer which has led to him/her being given more responsibilities including an important role in a fledgling supported social enterprise. The young person is also the lead worker for a community based work party and has led on a variety of outdoor charity and youth club projects.

His/her feedback to the YSS to date is that the YSS and the workshop has turned his/her life around from being stuck in the house alone and isolated to being out every day, establishing him/herself as a person of worth, part of a team and with flourishing social networks. The young person feels that he/she is getting closer to the goal of employment and feels that he/she is entitled to aspirations and a fulfilling life.

After learning to cycle with the YSS last summer and he/she now travels independently by bicycle.