
YOUNG SOMERSET: YOUTH & WELLBEING

ALEX WALKER & BEN O'SHEA





YOUTH WORK

- Education
- Empowerment
- Encouragement
- Participation

"Doing things with young people, not for them or to them"



JIGSAW PROJECT

TARGETED YOUTH WORK

- Mentoring through the Jigsaw Project Project
- We provide strength focused mentoring for young people with moderate to complex needs
- Countywide support working with CAMHS and Children's Social Care
- We provide non-clinical support, and aim to provide conversation and fun for learning
- Aim to reduce hospital readmissions

ALTERNATIVE EDUCATION PROVISION



Offering alternative forms of education for young people struggling to engage in the 'normative curriculum'



Motor vehicle workshops



Hairdressing



Young Rangers and outdoor education



Accredited learning for young people



Looking at developing new models that could be used to create added value



MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

COMMUNITY WELLBEING & MHST SERVICES

- Part of a national programme to improve access to psychological therapies for children and young people
- Service has been operational since 2017/18 – continued growth over this period with the teams expanding and improving access across the county.
- Wellbeing Practitioners (Community & Education) trained by Exeter University in delivering Cognitive Behaviour Therapy
- Educational Mental Health Practitioners (EMHP) part of the Mental Health Support Team (MHST). Delivered in partnership with CAMHS and working in schools who have signed up for the service.
- Community Wellbeing Practitioners (CWP) work within the community, GP surgeries, public buildings and non-MHST schools.
- Open access service - anyone can request support, self, parent or professionals.

<https://www.youngsomerset.org.uk/pages/category/request-support>

WELLBEING SUPPORT

- Low-intensity Cognitive Behaviour Therapy (LICBT)
- Treatment for mild to moderate common mental health problems
- Work with children from 8 – 18 and in some case with parents of children under 12
- Not usually suitable for children from complex and unstable environments or situations





QUESTIONS