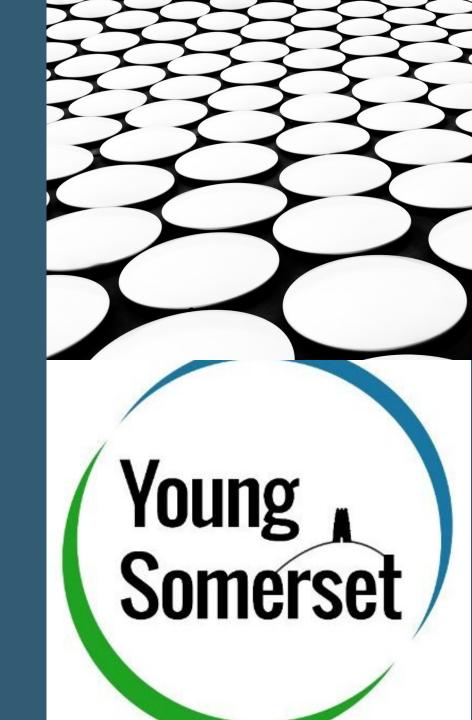
## YOUNG SOMERSET: YOUTH & WELLBEING

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

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

# Young Somerset



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