



Locked-up in lockdown: Young people, rural isolation & Covid-19

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Putting Young People First Will Improve Somerset



What we do...a youth work charity

Engagement & Support

- build relationships
- social, economic, educational
- encourage inclusion
- promote life-long learning
- young people & their experience
- Somerset (and beyond)



How we do it



Work with 3,500 to
4,000
young people per year

Design local projects
(& partnerships)



Deliver national
programmes
(UK Youth)

70

staff and 12-15
volunteers

Raise / earn (& spend)

£1.8m+
per year

Voluntary Board of
Directors & Youth
Board



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How we do it...



Youth Work

Open Access
Targeted



Alternative Learning Provision

Skills Development
Enterprise



Mental Health & Wellbeing

Community
Education

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The Challenges



97%

The number of CYP presenting with mental health concerns has risen by 97% since 2019.

Source: Kooth

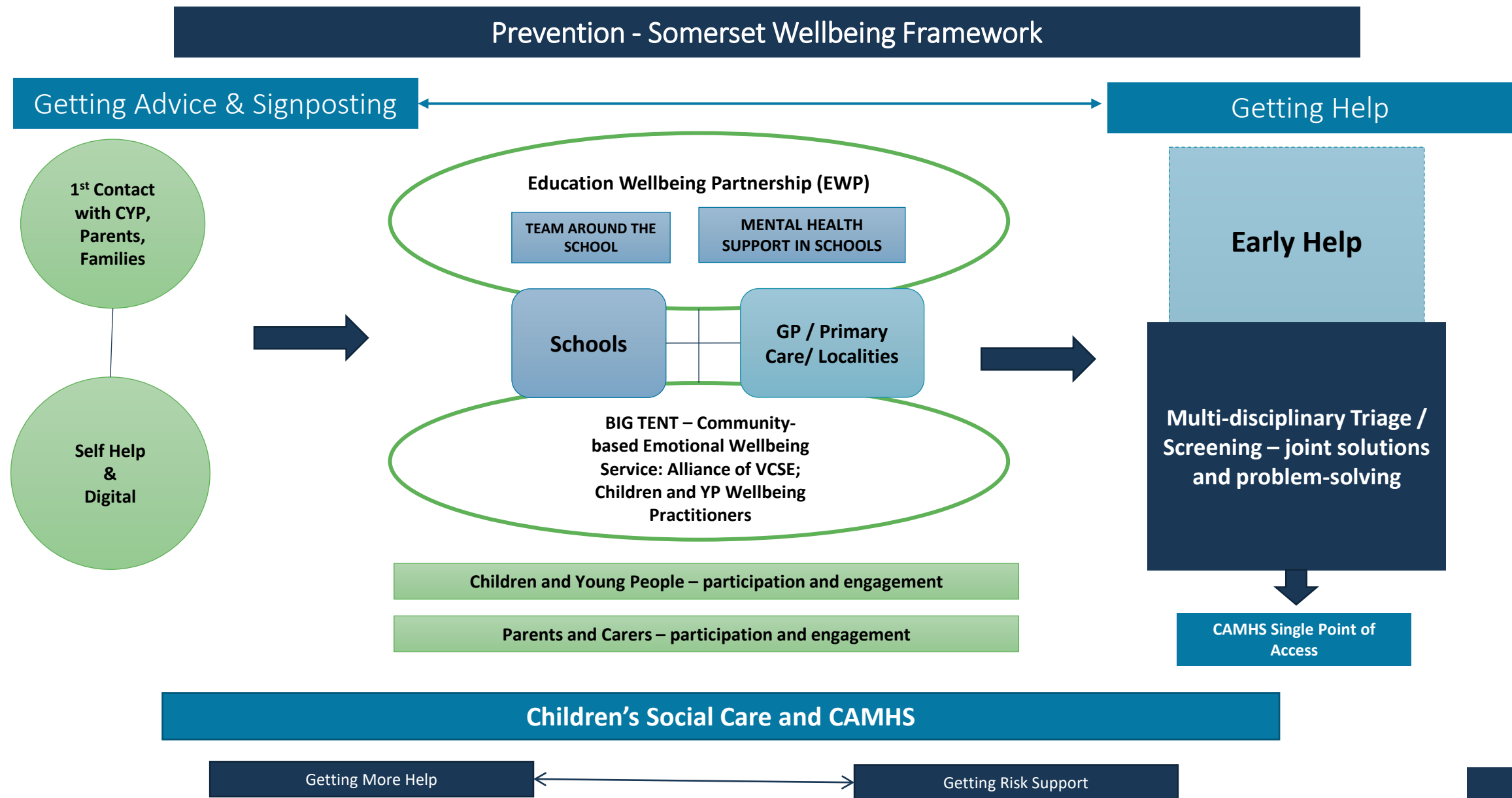
Young Somerset received a total of 738 requests for Wellbeing Support, across all services, in 2020

738



Some CYP faced digital exclusion and some CYP did not want to engage in virtual interventions

Emerging CYP Mental Health Model



Mental Health & Wellbeing: a rural filter (amplified)

- Distant from services: isolation
- Distant from peers: loneliness
- Disruption of routine
- Disruption of support
- Vulnerability





Covid-19 & rural isolation – an agile response

- **Moved all YS services online in 5 days: securing safety & clinical governance for therapy**
- **Active engagement with statutory partners: safeguarding and contact: VRU, CSC, CAMHS, Education**
- **Deployment of resource:**
 - Identify
 - Locate
 - Engage
- **Systemic support: further alignment with existing services**

Modelling accessibility

Future-proof & sustainable construct

Focus on:



- early intervention, low-level, preventative: mild-moderate MH issues



- low-intensity CBT therapeutic interventions



- joint deployment of youth workers with mental health colleagues



- increased family support offer, wider engagement



- active resourcing – digital reach & repurposed ICT kit



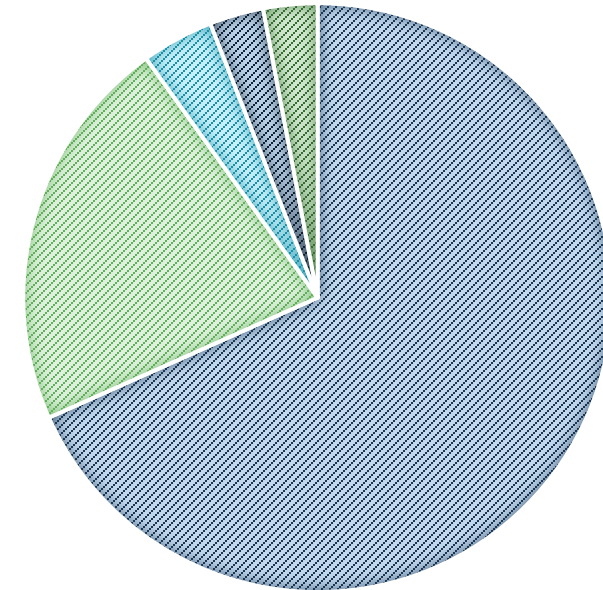
Covid-19 dynamic



- Initial reduction in demand
- Speed of county lines re-positioning
- Increased demand on staff
- Active staff wellbeing development
- Increased need & prevalence
- Accompanying complexity
 - Neglect 46%, emotional abuse 45% of all Somerset safeguarding cases in C-19
- Systemic turbulence (adjustment)
- Inter-connectedness
- Dynamic feedback: move fast & break things

REASONS FOR REFERRAL

■ Anxiety ■ Depression ■ Relationship Difficulties ■ Self Harm ■ PTSD



So what? Our impact...

Outcomes – Young People



Increased life-chances



Aspiration & enterprise



Positive community engagement



An active future



Raising horizons



Future potential for Somerset

So what? Our impact...



Outcomes: “the system”

- increased capacity
- increase participation & inclusion
- increase community awareness
- simpler access – i-Thrive model
- reduce demand ‘upstream’
- preventative services – creative
- sustainable outcomes (transition / step-down)
- addressing the gaps in moving forwards

Young Somerset

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