

# YOUNG PEOPLES SOCIAL PRESCRIBING

## WHO WE ARE:

We are a service specifically for young people aged 9-19 years (and up to 25 from specific groups) who live in, attend education in, or access a GP in the following postcode areas:

BD1, BD2, BD3, BD4, BD5, BD6, BD7, BD8, BD9, BD10, BD12, BD13, BD14, BD15, BD16, BD17, BD18

The team at HALE are here to offer 1:1 support on social, emotional health & wellbeing for young people, as well as link them in with other groups and services in the local area.

Support is anonymous and confidential, unless we feel there is a safeguarding issue. We do not update parents/guardians following a 1:1 unless the YP requests for us to do so.

This is a voluntary service, that relies on young people engaging in the support offered to them. The service works best when young people are open and honest with their allocated worker, as we can only support them with the issues they discuss in 1:1s.

Young people can discharge themselves at any time.

Our service runs on **mutual respect**, therefore our staff will not tolerate abuse of any kind. Should any kind of abuse occur this **will** result in you being discharged from our service. Young people can discharge themselves at any time.

We run a **'3 strikes and you're out'** service - if you miss 3 sessions you will be discharged and will have to re-refer back into the service if further support is needed (meaning you will be added back on to the waiting list).

We review each referral on an individual basis. On occasion this may mean that we feel our service does not meet your needs. If this is the case, we will work with you to find a more suitable service.

We are community based service offering a youth work approach, therefore we work alongside more specialist services such as CAMHS - however **we are not** part of their service.

## WHAT WE DO:

- Offer a set amount of 1:1 support, in a variety of settings - school/college/community centre/coffee shop/GP Practice, etc. This is anonymous and confidential (unless a safeguarding issue arises).
- Focussed group sessions\*, looking at themes highlighted by young people (emotions, bereavement, school avoidance, ASD, respect, self care, self esteem, life skills and more) - held out of school.
- Fun group activities\* - small sessions including arts, crafts, sports, movie nights, cooking and visits to local attractions.
- Advocacy for young people (within themselves and school/services/GP and more), including attendance and support at meetings.
- Signposting into activities and services, and onward referrals into more specialist support (where needed).
- Support to access local activities/clubs, attending things for the first time
- Support to complete referrals for assessments, mediation, etc
- Someone to talk to - who isn't clinical/a family member/teacher/counsellor/etc
- Following your allocation of sessions we will discharge you in the hope you have all the tools needed to thrive.

\*Our group work allows young people to meet others from within the service. This may result in other young people who they know through other networks, such as school, etc.

## WHAT WE DON'T DO:

- We are not a crisis response service
- We are not a counselling service (although we do have links to external counselling services)
- We are not Social Care
- We are not CAMHS
- We cannot offer assessments for neurodiversities or mental health conditions
- We are not therapists and our service is not therapeutic
- We work alongside GP Practices but we are not clinical staff
- We are not respite care
- We do not provide feedback or updates to parents/guardians unless specifically asked to do so by the young person
- We are not a 24/7 'on call' service. Our working hours may vary and we carry high caseloads meaning we may not be able to respond immediately to messages