



# Workshop Summaries

Five Nations Conference

10<sup>th</sup> & 11<sup>th</sup> September, 2014

## Wales

### ***Enhanced Case Management Project***

The Youth Justice Board Cymru and the Welsh Government have embarked on a project to develop and assess the implementation of an Enhanced Case Management Approach. This new approach has been developed in response to an earlier profiling exercise undertaken by the YJB Cymru into the lives of young people with prolific offending histories.

The approach applies the Trauma Recovery Model (TRM) in practice. The TRM draws together theory from the fields of child development, attachment, desistance and psychotherapy to present a way of working that takes account of how children's complex trauma histories impair their development and contribute to the onset and persistence of offending.

The starting point for the use of the TRM in practice is psychology-led case formulation. Intervention plans flow from this so are therefore tailored to each young person. The model involves taking young people through the series of developmental stages, over a period of time through appropriate sequencing of interventions in accordance with need.

One of the key features of the model is the focus on relational working with young people. Four youth offending teams will be taking part in the test of this new approach over a two year period; implementation began in June 2014 with young people being referred to the project from September, 2014. The workshop will present a summary of the approach and an update of the project's progress to date.

**Facilitator:** Lynzi Jarman, Head of Effective Practice, YJB Cymru and Jonny Mathew, Project Manager – Casework Innovation, YJB Cymru

### ***Review and Congratulate Panels***

In April 2012, Wrexham Youth Justice Service (YJS) implemented 'Review and Congratulate' (RAC) Panels as a partnership venture between local magistrates and the YJS. The YJS undertook an analysis of why some young people started to 'drift' in their compliance with their orders. They found this occurred around the six and nine month stages. The YJS introduced the RACs as part of a compliance strategy.

The panels are chaired by an operational manager and are attended by the young person, their parent/carer, the case manager and a magistrate. Their entire focus is on motivating the young person to continue with their order; their progress is reviewed and they are congratulated for any positive progress.

Following the meeting a 'reflective' letter is written to the young person setting out the 'positives' that have been identified in the meeting as a means of encouragement. The case worker will go through it with the young person. Early indications suggest that the Panels are successful. Young people like to hear how well they are doing. Informal feedback from magistrates suggests they appreciate knowing about how young people are progressing on their orders. Wrexham YJS, Glyndwr University and YJB Cymru are working together to look at outcomes from RAC involvement.

**Facilitator:** Donna Dickinson, Head of Education Enrichment and Intervention Services and Ani Sutton, Operational Manager, Wrexham Youth Justice Service

## **Republic of Ireland**

### ***JANUS Programme***

Extern Ireland is an all-Ireland charity working to improve lives and to making communities safer. It was established in Northern Ireland in 1978 and has over 30 years' experience of working with young people at risk of being involved in anti-social and/or criminal behaviour, in addition to their families.

Extern's service portfolio is broad, including health, education, justice, employment and training arenas serving young people, families and adults. Extern Ireland has been providing the Janus Programme to young people and families since 2002. The programme works intensively on an individual basis with young people in the community or the care system whose behaviour is very challenging, posing a risk to themselves or others. The main commissioner of Janus service is the Children and Family Agency.

The programme objectives includes strengthening family relationships to support them to remain together; assisting young people to develop problem-solving skills; assisting young people to develop social and life skills including positive peer interaction, and positive community engagement; and supporting young people to maximise their educational and vocational opportunities.

**Facilitator:** Leslie Ann Scott, CEO Extern Ireland and Mike Walsh, Service Manager, Extern Ireland

### ***The Assessment, Consultation and Therapy Service (ACTS)***

ACTS is a national specialised clinical service which was developed in Ireland in 2013 to provide multidisciplinary consultation, assessment and focused interventions to young people who have high risk behaviours associated with complex clinical needs. ACTS also supports other professionals in their ongoing work with young people and their families. This includes:

- On-site therapeutic services to young people in secure settings in Ireland (Special Care and the Children Detention Schools)
- Support when young people return to community settings to help them to re-engage with mainstream services as appropriate
- Consultation and/or intervention services in the community for young people at significant risk of placement in secure settings.

ACTS provides multidisciplinary interventions based on evidence, best international practice and in accordance with relevant legislation, policy and guidelines. This should facilitate the provision of more therapeutic environments in the national special care units and children detention schools and ultimately improve outcomes for our most vulnerable young people.

#### **Referral pathway for clinical services in the Children Detention Schools**

In order to make the best use of a limited clinical resource and in line with best practice, an evidence based assessment tool for mental health need was introduced in January 2014 with a view to this being completed with all young people remanded or committed to the children detention schools. ACTS clinicians trained residential care workers and management staff in the detention schools in the use of this. Referrals to the clinical team include this screening assessment and any other relevant information. The clinical team meet weekly on campus to review these referrals and clinical services are provided as appropriate.

#### **Progress to date**

This workshop will provide feedback on the development of this service over the past year with an emphasis on practice based evidence and the learning evolving from this. We will present information from a needs analysis completed on the screening assessments. In addition we will discuss the challenges involved in interagency working and the lessons learned.

**Facilitator:** Dr, Sinead Reynolds, National ACTS Manager and Dr. Grainne Kelly, Principal Psychologist

## Scotland

### ***Interventions for Vulnerable Youth: Innovation in Responding to the Mental Health and Risk Needs of Complex Young People***

Young people involved with the justice system can be amongst the most marginalised - often unable or unwilling to access services and support. Responding to calls for better service provision, the Scottish Government has funded a pilot project, Interventions for Vulnerable Youth (IVY), to provide a national resource to lead professionals. IVY aims to ensure that any public agencies in need of assistance in terms of assessing, understanding and managing high risk youth have immediate access to relevant expertise.

The project is led by principles of evidence-based practice, multi-disciplinary team working and a stepped care model. This workshop will consider the IVY model which utilises a formulation driven approach to structured professional judgement. The complex needs of service users will be outlined via the use of case material along with a summary of emerging themes. Learning from the model generally and this pilot project in particular will be considered in relation to how services can work together to support complex casework.

**Facilitator: Leanne Gregory, Principal Clinical Psychologist (may be subject to change)**

### ***Creating a Learning Environment in Polmont YOI – A Change Process***

The workshop will cover, the Scottish Prison Service (SPS) organisational and Scottish political operating environment, the developing policy and strategy background including two HMCIP reports. Creating a learning environment in Polmont is a change process which looks at flexible approaches to learning throughout the establishment, unique through care approaches; engagement with key partners particularly Education Scotland. The workshop will explore the new SPS direction of unlocking potential and transforming lives, Curriculum for Excellence and Getting It Right For Every Child (GIRFEC)

The workshop will cover the direction of the establishment, our focus on citizenship and a range of new curriculum areas (parenting / peer support / performing arts/community safety/ employability/one to one work). The workshop will highlight key areas of outstanding need and service gaps, and ways in which services upstream of custody might potentially adjust their delivery to assist. Staff and management development has been a key focus we will provide information on the approach taken to share. The workshop will include some success stories and feedback from staff.

**Facilitators: Sue Brookes Governor of Polmont YOI and Gill Robinson Scottish Prison Service.**

## Northern Ireland

### ***Working With Young People With Sexually Harmful Behaviours***

The New leaf project is a unique, discreet project for young people aged 16 -21 who have displayed sexually harmful behaviour (SHB). It aims to improve the employability of young people in need of education employment or training. It offers personal development programmes, mentoring, supported work sampling and essential skills training. Include Youth recognises that accessing education, employment and training for young people who have displayed SHB can be very difficult however they believe that the best way to reduce risk is to give individuals the necessary conditions to lead better lives. The programme supports young people mainly, but not exclusively on a one to one basis, to develop skills, gain qualifications and improve their long-term employability. We aim to reduce the likelihood of young people re-offending, particularly in relation to SHB, by moving them into appropriate education, employment or training. We have been operating since 2003 and have successful outcomes on this programme.

**Facilitator:** Rhoda Cassidy, New Leaf Worker, Include Youth.

### ***Youth Conferencing for Children with Complex Needs***

The workshop will begin by briefly describing the youth conferencing model used by the Youth Justice Agency, and how it has been embedded in the formal youth justice system in Northern Ireland. It will outline some of the types of complex needs that young people present and explain how these may challenge the effective implementation of this model. There will be a particular focus on speech, language and communication needs and the agency's partnership with the Royal College of Speech and Language Therapists. Using case examples and other materials the workshop facilitator will illustrate strategies and techniques used by staff within the Youth Justice Agency to creatively and flexibly adapt the youth conferencing model to accommodate young people with complex needs.

**Facilitator:** Linda McFarlane, Youth Conference Coordinator, Youth Justice Agency

## England

### ***Leeds Youth Offending Service: Responding to the Needs of Girls in the Youth Justice System***

In response to publications such as The Corston Report, the YJB guidance and our own experience, Leeds Youth Offending Service set up a 'virtual team' of specialist workers to work with girls. We recognise that providing the same services to boys and girls does not produce equitable outcomes.

A key objective was also to provide sentences with a range of options that was equal to the range of options that they had for boys, particularly as an alternative to custody. Our team has produced five modules namely: 'Unique' (self-esteem), 'Positive Connections' (healthy relationships), 'Girl Matters' (sexual health), 'Express Yourself' (managing strong emotions) and 'Smart Girls' (cognitive skills).

Our team includes two lead managers and specialist workers situated in the three area teams, plus intensive supervision and support, integrated resettlement support and our programmes team. Current research into 'what works' has been examined and the team have been trained and remain up to speed with publications around policy and practice. Their training includes how to formulate assessments and proposals in a way that is research-based. The specialist team has then rolled out further training to the rest of the YOS and our volunteers.

All our groups are now run on a single-gender basis and consideration is given to the working environment. Research indicates that girls need their own space to make disclosures; form relationships with each other and the members of staff, free from distractions and the influence of boys; and that the nature and reasons behind their offending is likely to be very different and therefore the content needs to be different. The same applies to reparation projects as we have recognised that girls may find traditional projects, where they are in the minority, intimidating. We have placed the most appropriate working relationship for the girl as our paramount consideration rather than the needs of the Service.

We have also implemented some individual groups, events and less formal projects. These include a launch event that we held for girls, their female relatives and relevant agencies on International Women's Day. Joint groups have been run with partnership agencies in the voluntary sector, where there has been an identified need. Our team also set up an ongoing programme ('Us Girls Can Do It') which is delivered in conjunction with Leeds City Council's Women and Girls' Sports Development Officer and aims to take a holistic approach to addressing physical and mental health.

The workshop will cover:

- What research tells us about the needs of girls in the Youth Justice System
- Promising practice in working with girls which underpins our work
- How Leeds YOS developed a gender specific and sensitive approach to working with girls at a strategic and operational level
- Our challenges and opportunities
- An introduction to some of the programme material

**Facilitator:** Jenny Bright, Operational Manager, Leeds Youth Offending Service

### ***A Double Bind: Working with Sexually Exploited Young People in the Criminal Justice System***

Barnardo's has been tackling child sexual exploitation since 1994 and now delivers specialist services in 35 locations across the UK. In 2012-13, Barnardo's worked directly with 1,940 children who had suffered, or were at high risk of suffering, sexual abuse in the form of sexual exploitation. The Barnardo's BASE Service (Barnardo's Against Sexual Exploitation) has supported child victims of sexual exploitation (CSE) in Bristol since 1997, and has seen significant service expansion in recent years as we endeavor to support young people in adjoining local authorities.

Becky Lewis is Barnardo's Children Services Manager and is responsible for the management of the BASE Hub and Spokes Service. She has worked in the field of CSE for five years and is heavily involved in developing strategic responses to CSE in the region; supporting the police with current and historical criminal proceedings; and ensuring best practice responses to individual young people the service supports. The links between youth offending and CSE on, particularly issues of young women within the criminal justice system who are victims of CSE, have been increasingly recognized nationally over the past year. For practitioners working in the youth offending field balancing welfare and criminal responses is a key challenge, as well as the need to confront the issue of young people who are criminalized for behaviours and actions directly related to their experiences of CSE. This workshop aims to identify and unpick these areas in considering practitioners' ability to: identify young people within the youth justice system who may be victims of CSE; respond to inter-related CSE and criminality; address emerging sexual harmful behaviour; understand the links between gang and group affiliation; and be aware of the different models of sexual exploitation.

**Facilitator:** Becky Lewis, Children Services Manager, Barnardo's, Bristol