

# Melksham Targeted Intervention Service Update



The targeted intervention service was set up in April 2019 for a small number of young people aged 13 – 19 years old who are in need of early support to prevent problems from escalating. The service is targeted at young people who are not currently accessing support from other services and are below the threshold for statutory interventions/not eligible to access support from other intervention services.

CFC have linked in with Melksham Oak School and had two very positive meetings with the pastoral support team where young people suitable for being referred were discussed ahead of referrals in to the service being made. The number of young people discussed at the meeting exceeded capacity for the project and so discussions were had around those most in need of the targeted intervention support.

The pastoral support team have been very supportive of the project and have been excited to have somewhere to refer young people that are on the edge of thresholds for other services so that they get the support that they need to prevent issues from escalating.

The Safeguarding Lead for the school felt:

*“the project is very much needed for a number of our vulnerable students who otherwise wouldn’t have access to any support. As a professional it’s great to have somewhere to signpost them rather than struggling to know what to offer.”*

To date CFC have been working with 6 young people and an update on the service can be found below.

## REFERRALS

### Referrals received:

9 referrals received in to the service from Melksham Oak School to date

- **8 referrals accepted**, 1 rejected due to being out of area (Chippenham).
- 4 boys and 4 girls referred in for support ranging from 13 – 15 years old.
- 2 cases are closed, 4 cases are ongoing, and 2 are due to start in September.

### Reasons for referral:

- Anger management and support to manage emotions
- Risky behaviour in community
- Low level anti social behaviour
- Low self esteem and poor body image
- At risk of criminal behaviour through drug use

## SESSIONS

A total of 22 sessions have been undertaken with young people to date, with 72 hours of support provided.

At the initial session goals are agreed with young people on what the support will focus on. This has included improving behaviour at school and the community, being better able to manage feelings and emotions, and improving self esteem to date.

Young people also complete a questionnaire measuring emotional wellbeing and an outcomes star which looks at scoring different aspects of their life such as home, school, health, and friendships.

Young people sign up to the sessions and agree when and where they would like them to be held.

### Session delivery:

Support sessions have taken place both at school and within the community depending on the preference of the young person. 3 young people have had sessions both at school and within the community and 3 have just had community based sessions.

Activities have included art based self esteem work, going for milkshakes, playing pool, going for walks, and playing football.

### OUTCOMES

2 cases have closed:

- 1 case had 2 sessions of support before being transferred over to a Motiv8 worker for more targeted substance misuse support. These sessions enabled the young person to engage with the substance misuse support that they had previously refused.
- The other case had 6 sessions of support around managing feelings and how to deal with anger. At the end of the sessions the young person reported improved emotional wellbeing and parents reported improved behaviour at home and within the community.

Feedback from young people to date:

"I enjoy my time with my worker as it's my time and all about me. I feel happier and look forward to seeing Cally each week."

"I enjoyed seeing Alan as he understood and didn't tell me off. He listened and helped a lot."

### NEXT STEPS

- **Continue supporting current young people and begin scheduled work with 2 new young people.**
- **Re engage with Melksham Oak at the beginning of term to discuss new referrals with a target of up to 8 new referrals for the autumn term.**
- **Discuss group options with Melksham Oak – potentially around self esteem and anger management as key themes from referrals to date. Target of 1 group to be delivered by January 2020.**

### CASE STUDY

X is 13 and was referred to the service for support around managing emotions and keeping herself safe. X had low self esteem and had been staying out late in Trowbridge with older males which was a concern. X's parents had been trying to manage this and would be out late looking for her to return her home in order to try and keep her safe. This caused arguments and X's relationship with her parents was becoming strained.

X has had 4 sessions to date and has been engaging well the worker despite initially not wanting support. X has completed sessions using art to talk about issues and has had support around keeping safe. X has been more open with her parents and has been returning home at the agreed time which has reduced the tension in the household. X is currently making an inspirational quote board in her sessions to put up at home to boost her mood.