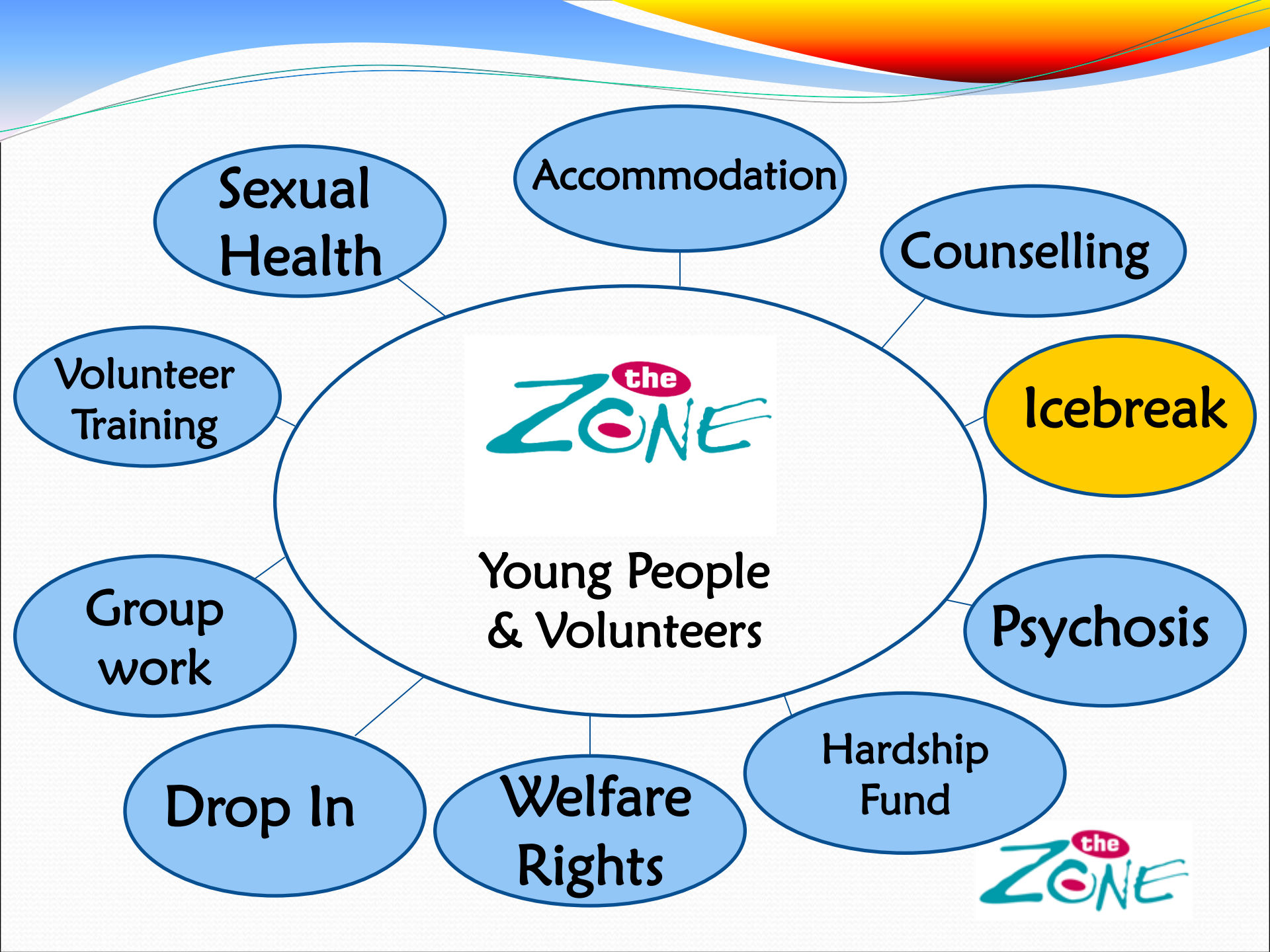


Icebreak

Young people & PD

Opportunities & Challenges





Sexual Health

Accommodation

Counselling

Volunteer Training



Icebreak

Group work

Young People & Volunteers

Psychosis

Drop In

Welfare Rights

Hardship Fund



The Service

- Early Intervention with young adults
- Street level access
- Informal outreach approach
- Care Co-ordination
- Creative engagement
- Youth focus
- Meaningful activities

Client context

Pathological vs age specific behaviour

Emerging or entrenched

Transitional stressors






- - Identity
- - Independence
- - Emotional development

Subject to key risk factors

- - History of abuse
- - Local authority care
- - School exclusions

Relationship difficulties

Strengths

-  Growing team expertise
-  Holistic approach
-  Increased recognition – clients and professionals
-  Effective in engaging young adults with complex lives
-  Reduction in external service use

Effectiveness

Evaluation by Exeter University 2010-2014

Key points of interest

- **At the end of the assessment / engagement phase (12 weeks):**

Significant improvements in depression and anxiety scores

PTSD and social support

- **6 month follow up:**

As above, but also improvements in drug and alcohol abuse and social inclusion

- **12 month follow up:**

Improvements in terms of PD

Some deterioration in number of measures but higher than baseline

- **18 months:**

Improvements for all measures except social inclusion and quality of life



Opportunities and challenges

Changing commissioning requirements

Changing economic landscape

Increase in demand

Extra resources for service development

Fitting outcome measures for the service

Challenge 1

Multi-agency working & pathways

Improving communication
around transfers of care

Working on the margins

Joint initiatives

Consistent boundaries for referral
and engagement



Challenge 2

Integrating new therapeutic approaches

- Art Psychotherapy
- Dialectic Behavioural Therapy
- Family Therapy
- Group work
- Pre treatment support

Q & A

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