



is a specialist charity, founded
in 2000 to address a gap in
services for Scotland's most vulnerable
and chaotic young people and their
families.



A better life

 **iNCLUDEM** 
There for young people 24/7

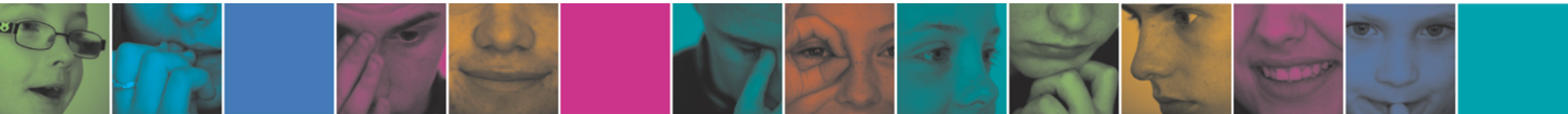


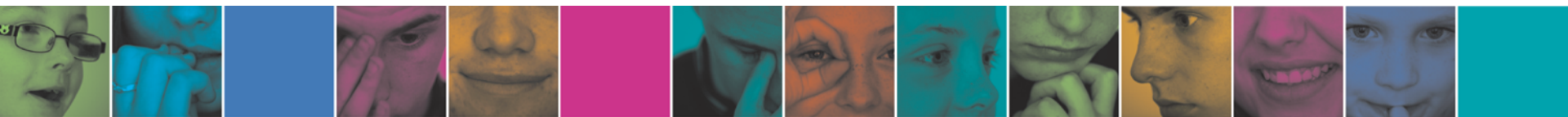
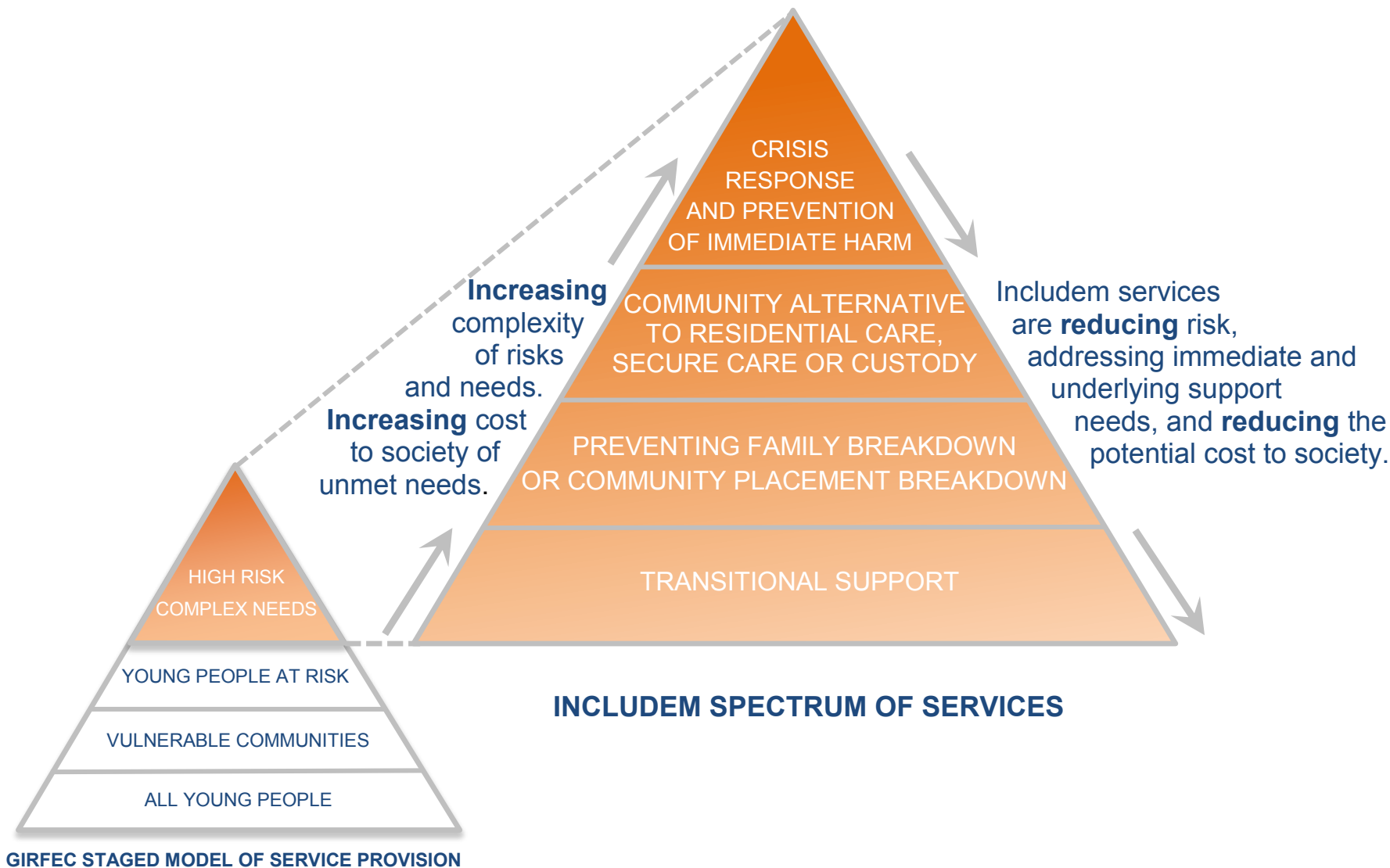
Modules

- This Is My Life
- Offending and Risk Taking Behaviours
- Understanding How Others Feel
- Managing My Emotions
- Drugs and Alcohol
- Working with Families
- People in My Life
- Beating Boredom
- Health and Wellbeing
- Independent Living
- Education, Training and Employment
- Sexually Harmful Behaviour
- This Is My Future

Includem's dynamic series of practitioner modules to support young people achieve better lives

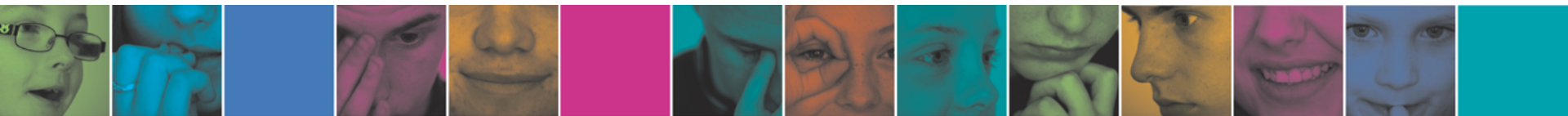
Includem's
dynamic series of
practitioner
modules to support
young people
achieve better
lives.





• Core Elements

- Consistency of one to one worker & YP relationship
- Role modelling
- Persistence & Stickability
- Help & support at times of need (evenings & weekends)
- Crisis management (utilising helpline where necessary)
- Rigorous & positive response to non compliance
- Working in partnership with parents & carers
- Active brokerage role/partnership with other agencies
- Rigorous approach to risk management
- Continuous measurement of effectiveness



• This Is My Life

- Offending & Risk taking Behaviours
- Managing My Emotions
- Understanding How Others Feel
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- Beating Boredom
- Independent Living
- Education, Training & Employment
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Sexually Harmful
Behaviour
embedded
throughout all
modules

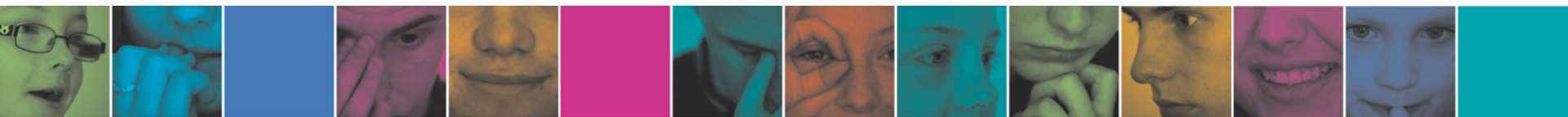
• This Is My Future



Managing My Emotions

Emotional Intelligence

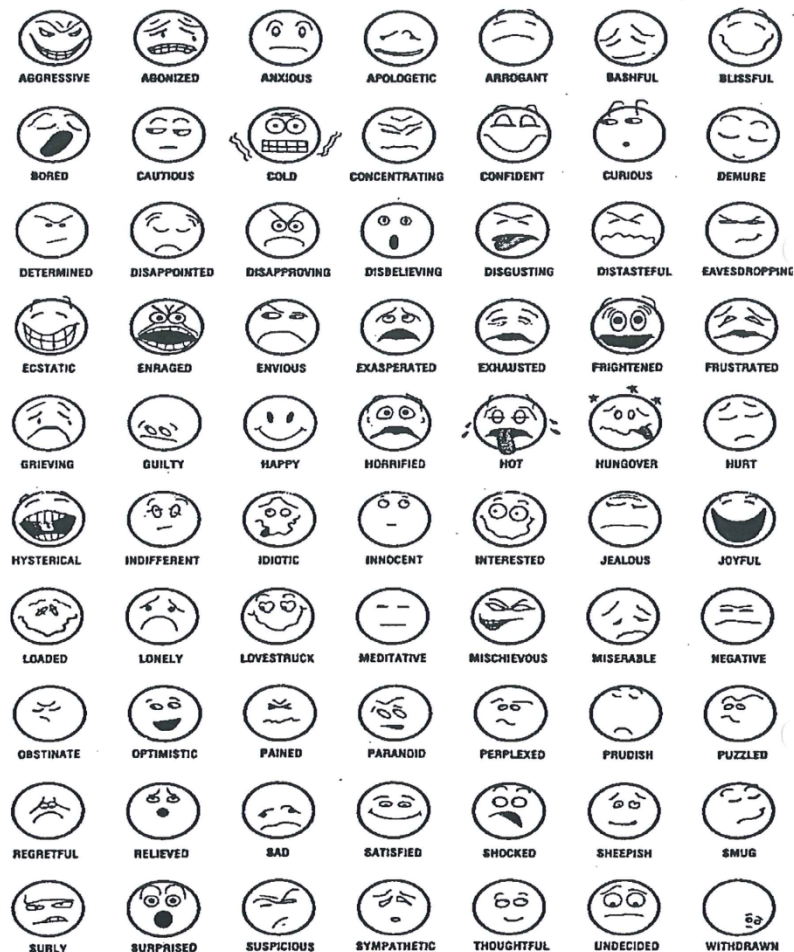
- What do feelings look like?
- What are emotions?
- What do emotions feel like?
- How to think about feelings
- How to act on your feelings



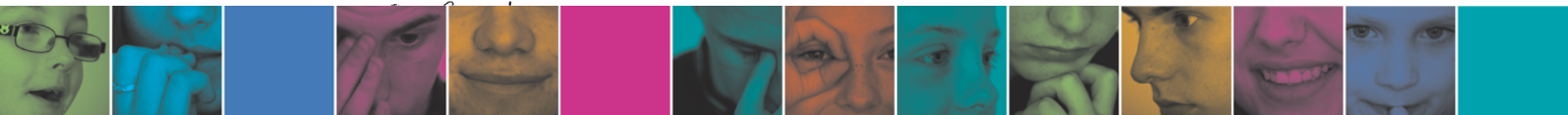
Managing My Emotions

A Better Life

Managing My Emotions



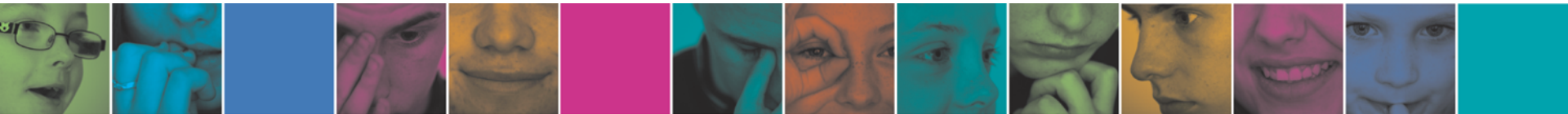
Sad Mad Glad Hurt Ashamed Afraid



Understanding How Others Feel

Protective Resources

- Awareness of others
- Making the (Victim) seem real
- To imagine how others experienced the incident
- To consider the longer term and wider harm caused



Understanding How Others Feel

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Understanding How Others Feel

Homework - Cartooning

Think of all the people who were affected by the incident and how they were affected.






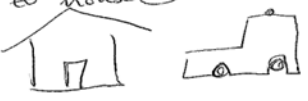


1. It all started like this	2. Then...
3. Then...	4. Then...
5. Then	6. Then
7. Then	8. Then
9. Then	10. Then

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Cartooning

Offending & Risk-taking Behaviours

Got the jail for motor bike

<p>3pm</p> <p>1. It all started like this with no pal + bike in spare ground</p> 	<p>2. Then... diving about happy as fxxk</p> 
<p>3. Then... saw the polis</p>  <p>I was para</p>	<p>4. Then... Drove away through woods with my pal on the back</p> 
<p>5. Then... police followed you + took bike off me + charged me</p>  <p>5 loading police driving with no ansy + no licence</p>	<p>6. Then... They came back to house</p> 
<p>7. Then... Mum went mental</p> 	<p>8. Then... Went to Helen street for meeting with traffic police</p> 

Some pal was with me the 2nd time I got the jail for the same thing.

Don't understand why I'm not allowed to do it on spare ground it kept me out of gang fighting

© 2010 Includem

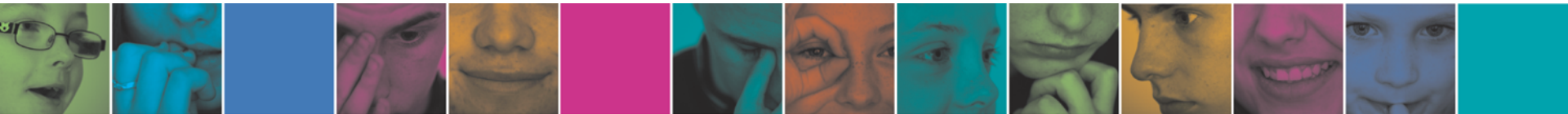
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People In My Life

Protective Factors

- Who is important to you?
- What makes a good relationship?
- The importance of being trustworthy
- The importance of give and take
- Communicating with others

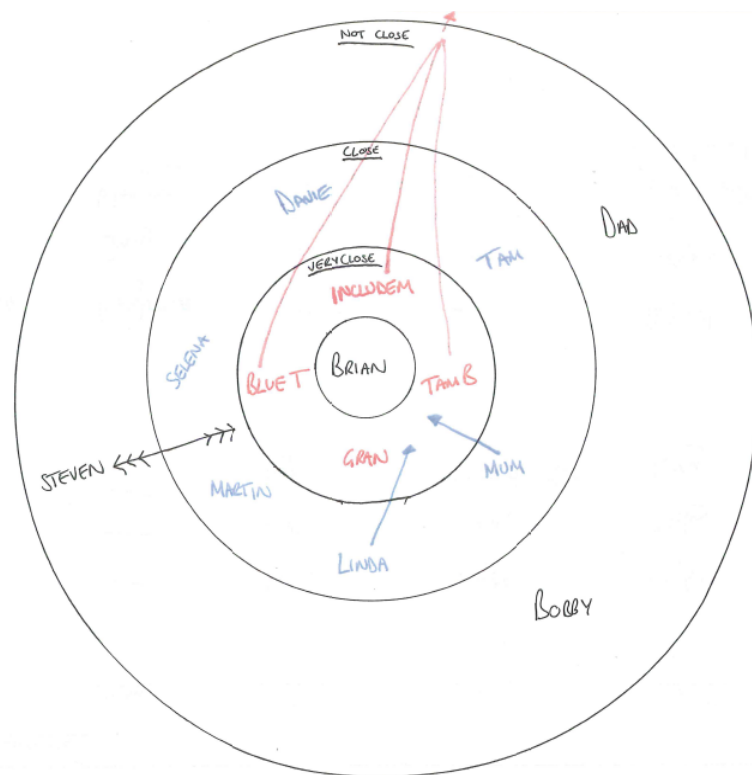
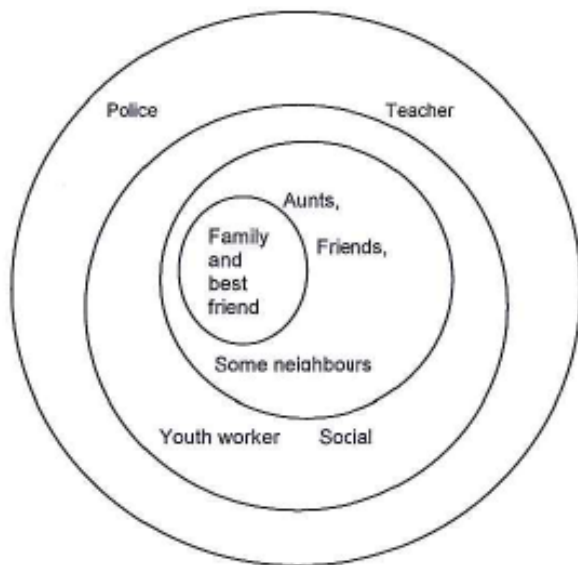


Who Is Important To You?

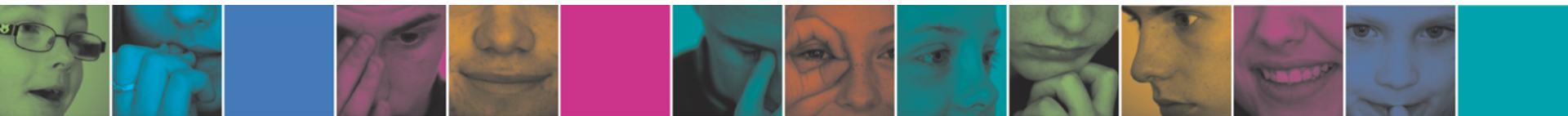
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People in My Life

Example



Invite the young person to talk about each of them. What are they like? How does he or she get on with them? What does s/he like/dislike about them? What do they do together? How often do they see each other?

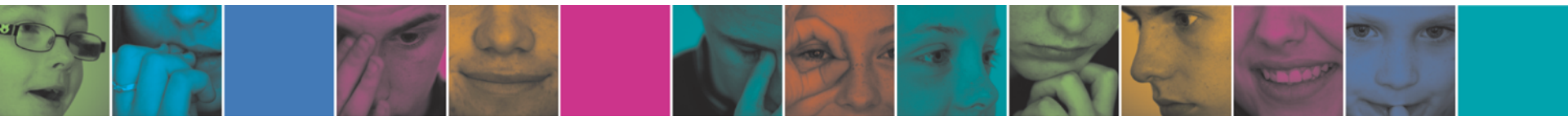


Working With Families

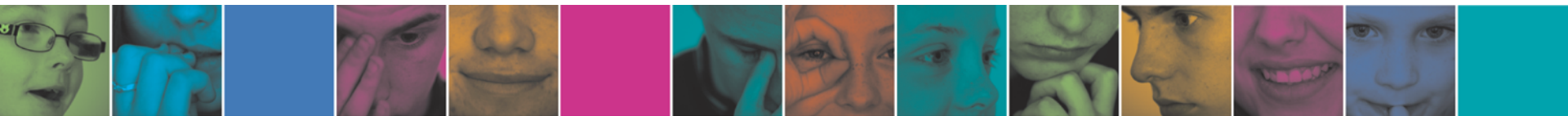
Assessment and Engagement

Staff Skillset

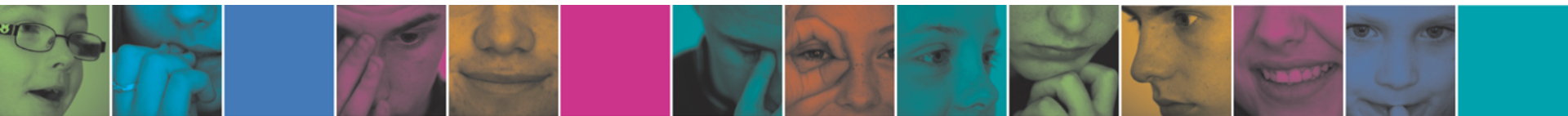
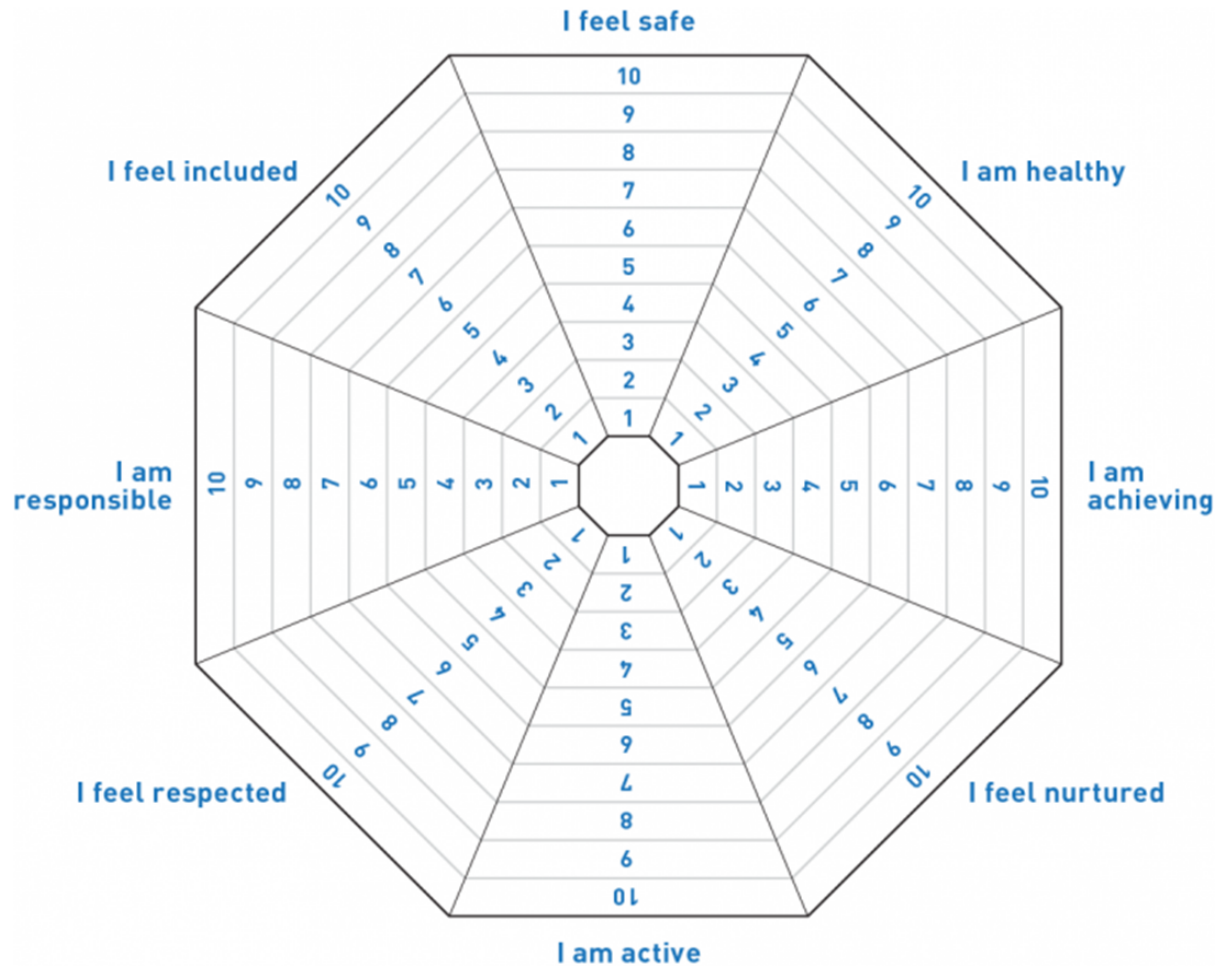
- Active listening
- Constructive challenge
- Using empathy
- Dealing with sensitive issues
- Mediation and advocacy skills



- Assessment and Engagement
- Making first contacts
- Gathering information from families
- Assessing parenting skills
- Assessing parenting styles
- Assessing parents/carers wellbeing and impact on young person
- Assessing young person's wellbeing

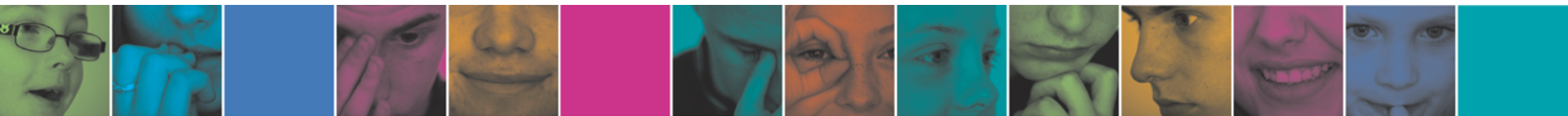


Wellbeing Web





‘Rediscovering Loving Relationships’



Thank You!

