

Young Devon
SLA Report for the period April 2013 - March 2014

Counselling:

Number of referrals	38
Source of referrals	<p>Childs Mental Health Team, Self, Parents, NHS Devon Partnership, GP, Police, School, Friend, Adult Mental Health Team, Kelly College</p> <ul style="list-style-type: none"> • Main referrers GP, Child & Adult Mental Health Team
Gender & age	<p>23 Females & 15 Males illustrates clear difference in gender. Ages of those engaging shows average age is 14 to 18yrs</p> <p>Females- 7 aged 14, 1 aged 15, 3 age 16, 5 aged 17, 3 aged 18, 2 aged 19, 1 aged 23, 1 aged 24.</p> <p>Males – 2 aged 12, 2 aged 14, 2 aged 16, 3 aged 17, 3 aged 18, 2 aged 20, 1 aged 21</p>
Reason for referral	<p style="text-align: center;">At the time of referral main presenting factor:</p> <p>Relationship Breakdown (parents / partner) - 9 Bereavement - 1 Phobia - 2 Depression - 4 Low Mood - 7 Eating disorder - 2 Anxiety – 2 Panic attacks - 1 Domestic Violence - 2 ILL health - 1 Alcohol - 2 Bullying - 1 Stress -1 Suicide / suicidal 2 Self Harm- 1</p> <p>Main presenting factor for the 15 males during this year was due to relationship breakdown closely followed by low mood and depression.</p> <p>The 23 females main presenting factor was much more spread across the range of factors and difficult to identify any trends.</p> <p>Many of the young people presented with multiple factors. In one example one male referred due low mood, during course of counselling sessions other factors were raised. Relationship breakdown, eating disorder, mood swings, anger, alcohol abuse, bullying & criminality.</p>

<p>Number of compliments</p>	<p>Verbally we have received comments from Young People, Parents, and GP's NHS Devon Partnership. Some of the comments made :</p> <p>Your fantastic Don't know what we would do without your service Your always helpful You're a star So helpful Looked into all the ways forward Professional Knowledgeable Friendly Really listened to me</p>
<p>Number of complaints</p>	<p>None</p>
<p>Case Study 1</p>	<p>Referral came from the GP for 14 years old who previously suffered with anxiety & panic attacks. Symptoms have developed into obsessive thoughts, particularly relating to hygiene matters. This was influencing his behaviour in terms of avoiding situations where contamination may occur. We arranged to see this YP after school so that the counselling would not interfere with his schooling. The YP had an initial assessment then offered counselling sessions which were delivered in a Person centred style. The issues worked on focused on washing hands, being at school, bullying (victim), and obsessive thoughts in his head which he had to discuss with his parents before he was able to sleep. This was disturbing his parents most nights. He also shared his thoughts with school peers before he could put them aside. The counsellor used empathic active listening skills & Egan's solution focused model which empowers the YP to address their issues. After the 5th session the YP felt he was in a better place to end the counselling. He felt stronger & mum shared with the counsellor that the situation at home had improved.</p>
<p>Case Study 2</p>	<p>Female aged 15 experiencing panic attacks & anxiety on a regular basis while at school. Referred to the counselling service through a friend. Although very nervous to start with the young person appeared willing to engage. Soon open flow of verbal exchange developed, this enabled her to disclose that she had also been self harming. Lead by the young person they explored aspects of anxiety & panic attacks. The young person felt it was set in the school culture. A parallel was drawn with a similar experience that took place some years earlier in a different school. This was linked to her relationship with her mother, her new partner & seeking approval. The young person was then able to see that there were reasonable reasons for the behavior & became able to develop a system to cope with future eventualities e.g. "worry list". This set the tone for further reflection and using a cognitive behavioral therapy approach using diagrams of thoughts, feelings, beliefs & behavior. She was also able to acknowledge other sources of support from siblings, friends and other family members, She went onto develop a self made process to cope better with her anxiety & panic attacks.</p>

Young Carers:

Number of referrals -assessments	26 Total YC 109
Gender & Age	Total – 18 females & 8 males 2x17 year old Female - 3x16 year old Female 4 x15 year old Female - 3x13 year old Female 4x12 year old Male - 3x10 year old Female 2x9 year old Male - 3x8 year old Female 2x7 year old Male
Source of referral	Devon Carers helpline - 3 Parent Support Advisor - 1 TFS - 2 Schools - 4 CYPS -9 Self - 7
One to one support	103
Number young carers attending a group	36
Number of trips/activities	Provided 10 activities – Wren Music, Tree surfing, Woodlands Adventure park x 2, Cycling & Eden Project. Also took 12 to the Young Carers Festival YCF Bowling & Lunch x 2, Cinema & Pizza x 2
Number of newsletters produced	4 newsletters - Summer / Autumn/ Winter/ Spring edition
Number of compliments	<p>We regularly receive positive feedback from parents through our Young Carers Face book page, texts and in person. Following an assessment for two new young carers we received an email from the Okehampton Targeted Family Support Family Practitioner. Below is part of the email sent to the project.</p> <p>“I have just seen Sarah who has been very impressed with you and your organisation and reports back how much the boys loved their day trip! And what a difference this has made for them ”</p> <p>Other comments :</p> <p>Thanks for all you do ***** kids really enjoyed the cinema on Christmas Eve they wouldn't have been able to go if it wasn't for your project, means so much</p> <p>“She is really needs to be out of the house at the moment as her brother is being challenging & she is struggling. A day out with the group will really be good for her at the moment “</p>

<p>Number of complaints</p>	<p>Parent didn't make a complaint but commented that she was disappointed that we reduced the young carers group to monthly.</p>
<p>Case Study 1</p>	<p>Following a CAF assessment the Children's Centre referred the family to the project. At the age of 30 Dad suffered a stroke and now has Bell's palsy. He finds it hard to go out in public because of how he thinks he looks and finds it difficult to communicate with others. This is greatly impacting on the family, mum's mental health has been affected. The four children often miss out and the oldest child whose 12 has to help mum with not only looking after dad but her 3 other siblings. We have been able to help the family to access a flexible break grant so they could take a much needed break. The two oldest children are regularly attending the activities. The oldest child attended the Young Carers festival in the summer. She had a brilliant time making new friends and enjoying all the activities that were on offer.</p>
<p>Case Study 2</p>	<p>We have been working with a family in West Devon for a number of years, the children regularly access activities and attend the after school groups. There are 5 children ages ranging from 5 to 14. Both parents suffer from a long term illness and Mum's mobility is poor and she is reliant on a wheelchair. Last year the family was awarded a new property that had been adapted to meet the parent's health needs. Several months after moving into the house it was destroyed by a fire that had started by a kitchen appliance. As they had nowhere to live the family was placed in a caravan while their house was being repaired. Months and months went by and the family hadn't heard from anyone and the cramped living conditions were proving to be very stressful for all of them. The family was also having to rely on takeaways as cooking for 7 people was limited and not appropriate in the caravan. This was heavily eating into their finances and they were at breaking point. After several phone calls over a period of weeks the young carer project worker managed to contact the housing association officer on the families' behalf. A dispute between housing association & insurance company had stopped any work being carried out on the house. It was as though the family had been forgotten. The project worker continued to support and raises the family's case on a regular basis. In the short term supported the family to move into appropriate temporary accommodation until their house was ready to move back into. It took nearly a year for the family to move back into their home. Without the project workers intervention it could have taken much longer.</p>

Under these areas of activities the figures are low as the drop-in closed in May due to cuts in funding:

Sexual Health:

Gender & Age	Male - 4 aged between 18, 18, 20, 22 2 Female - aged 15 & 16
Number advised & supported	7 for condoms / Pregnancy test
Number referred to other services	2 referred to GP
Number of compliments	None recorded
Number of complaints	None recorded

Housing & Homelessness:

Gender & age	Males – 5 aged 21, 16, 17, 16, 19 Female – 3 aged 19 & 22, 16
Number of young people supported	8
Number supported through the Floating/Support scheme	1
Number referred to Supportive Lodgings team	4
Number referred to WDBC Housing Team	1
Case study outlining support given	16 year old male presented as homeless at Yes. He had recently moved from London to Tavistock to re-establish links with his older brother. The brother's landlord would not agree that he could stay if he did his brothers tenancy would be at risk. He had no-one else who could help him as prior to leaving London he had been in foster care for many years. He had also been mixing with the wrong people and found himself on a very dangerous path. Coming to Devon was an opportunity to start a new life. We contacted his social worker in London who agreed to fund a B&B for the night and we were then able to find him a Supportive Lodging placement. Young Devon is now fully supporting him to try and re-build his life.

Partnership work:

During this period attended partnership meetings with the following:

- Local Youthnet Work
- Food Bank
- Children & Young People Services,
- Local schools, colleges & Children Centre
- Rotary Club in Tavistock & Okehampton
- Tavistock Young people HUB

One example of partnership work was to encourage the Rotary Clubs from Okehampton and Tavistock to work together to fund a number of places for Young Carers Festival in West Devon. Both Clubs agreed to fund 3 places each. Historically Rotary Clubs tend to work in isolation so this was a great achievement being able to bring them both together so support the young carers. Below is feedback from a young carer who was able to benefit from one of the places that the Rotary Club funded.

I was very much looking forward to my weekend away to Fairthorne Manor young carer's festival. Some time for myself free from any caring or helping responsibilities. I really enjoyed the camp and all the activities such as abseiling and kayaking and it was so nice that there was something for everyone to do so we could all take part. My time there made me realise there's lots of young carers all over country and was nice to make some new friends to have a laugh and a giggle with. I enjoyed the discos in the evening as well as the young carer's radio station which enabled us to get our voices heard. We are very lucky to be part of the young carers group so we have the chance to go away with them and have a break. I would like to say a big thank you to the Rotary Club for funding the trip as without them it wouldn't have been possible. I would love to go back next year to Fairthorne young carer's festival if I have the chance. - Tristan from Okehampton

Following the success and feedback from the young carers who attended the Festival last year the Rotary Clubs are keen to offer this opportunity to other young carers this summer. Currently in discussion with the Rotary Clubs to secure this event, also look at other activities that they can support over the next year.

The re-location of Young Devon to the new Youth Service building has been delayed due to the restructure and refurbishment work. Our tenancy at Pixon Lane has ended and temporarily staff have been relocated to other buildings in Tavistock including Abbey Surgery and other Young Devon offices to enable the services to continue while we wait for the Youth Service building to be completed.

Policy / Social Change Work:

At the Autumn Young Carers Council the Carers Project Lead from D.C.C attend the meeting to consult with the young carers on key issues as she is currently re-writing the Carers Strategy. The young carers raised the difficulties around accessing counselling. This is now being included as one of the main priorities for the carers strategy.

In April Devon Young carers have been invited to give a presentation to Devon County Councils Corporate Leadership Team and Head of Service. This will be a great opportunity for Young Carers to share their experiences and difficulties.

Fundraising:

Applied to the following:

- Dulverton Trust for funding towards Young Carer Activities for WD & SH awarded £5,000
- Applied to Okehampton Town Council awarded £500
- A local Weight Watchers Group raised £500 through holding coffee mornings
- Applied to Tavistock Town Council Awarded £650