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Cardiff YJS

Positive Intervention Update

Appendix B



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Case Study - Crossroads



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- **Family Circumstances-** KS' Dad was sentenced to prison in 2022 for murder. The case was well known in the local area and KS had experienced negative backlash following this.
- **Education-** KS was permanently excluded from Cardiff West High School in May 2023, following threats to assault a teacher and physical altercations with other pupils. When KS began working with YJS she was out of education and waiting to hear from the fair access panel about a placement for September.
- **Mental Health and Wellbeing-** During the initial assessment, KS disclosed suicidal ideation and self-harm. This was attributed to the trauma she has experience around her father's arrest and imprisonment.
- **Substance Misuse-** KS disclosed keeping a vodka bottle under her bed that she would often drink to help herself sleep or when she was feeling low.



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Case Study – YJS intervention



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- ❖ **Mental Health and Wellbeing Support-** KS was referred to the YJS Mental Health Practitioner for therapeutic sessions- she attended 7 sessions and engaged well. KS was re-referred to CAHMS and referred to the educational psychologist at school.
- ❖ **Education Support-** Case Manager assisted Mum with communications with Fair Access Panel, and the family were supported with initial meetings at Bryn Y Deryn by YJS staff. Regular meetings were attended at school to address the ongoing concerns regarding her mental health.
- ❖ **Substance Misuse Support-** Following disclosures of increased alcohol use, a referral was completed to YJS substance misuse worker. KS engaged well during these sessions and was provided with harm reduction advice around alcohol.
- ❖ **Positive Activities-** KS attended weekly Girls Group Sessions at John Kane centre, where she built many positive relationships with staff.
- ❖ **Healthy Relationships-** Work was completed to work towards improving KS' relationship with her family and encouraging her to talk to them about how she was feeling.



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Young Person/ Parent Feedback



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- KS described her time with YJS as ‘a great journey’ and reflected well on the progress she had made.
- KS said she was grateful for the support that she had from various staff within YJS, and that she felt she had learned a lot and made some positive changes to her lifestyle.
- KS felt she had made good improvements with her mental health. At closure stage she was on 2 weeks of no self-harm, and since closing has messaged case manager to say she made it to 1 month which is the longest she has gone.
- During her final session KS said she now felt happy, which she had not done in a long time, and that she felt things were falling into place more. KS also expressed how she may also want to be a youth worker or mental health worker in the future.
- The YP’s Mum felt that KS had made significant progress since engaging with Crossroads, and felt she had a ‘part of the old her’ back. Mum said she would now spend time with family and talk to them which she had not done for a long time.
- Mum was grateful for the support that was provided as she felt she had been asking for help for years and had not got anywhere.
- Mum was also appreciative of the support and advice given directly to her during the difficult periods with KS’ mental health, and stated she found it helpful to have someone to talk to.



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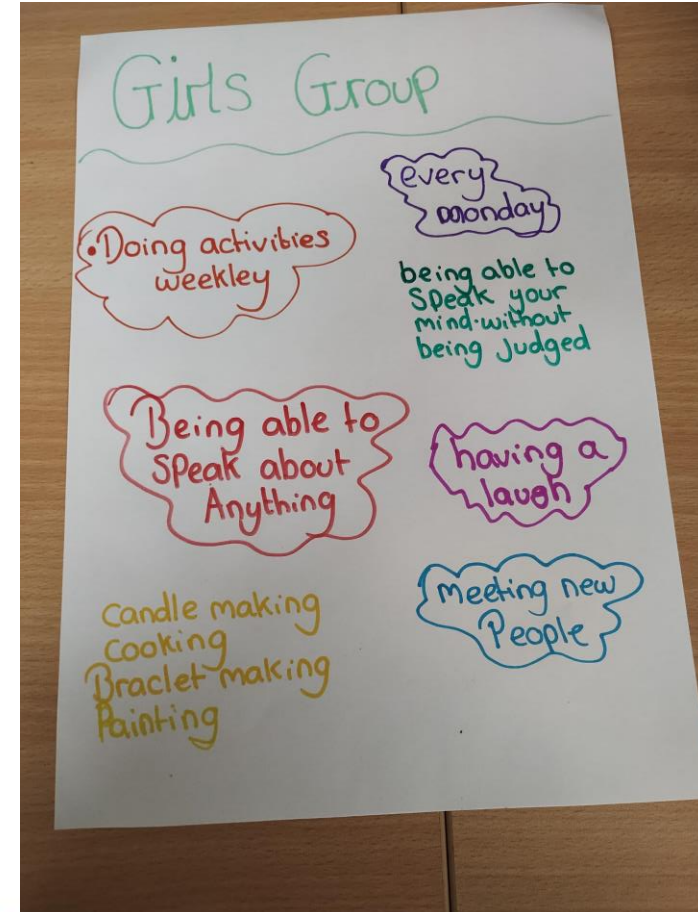
Girls Group



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- In light of research and ‘what works’ for girls, Cardiff YJS are now running regular girls group sessions on Mondays at 4pm.
- We work with each cohort for 8 weeks.
- First girl’s group ran in Nov and Dec, the same girls attended every session and reported to find the group beneficial.
- Parents also gave feedback that they wanted the girls group to continue because they saw the positive impact it had on the girls.
- Second Cohort started Monday 8th April , attended by 5 girls.



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Weapons Awareness



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- Weapons awareness took place over a six-week period in January and February 2024.
- Programme was developed by the Intensive Interventions Co-Ordinator.
- 4 young people attended every session and engaged well
- Intervention was tailored to the needs of the young people attending, which had a positive impact on engagement.
- Groups will now take place every quarter



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ETE



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- New YJS Youth Employment Mentor
- Currently working with 7 young people and supporting them with various aspects of education, training and employment (ETE) including CV's, exploring interests, ETE opportunities and interview coaching
- Secured 1 young person a work placement at Cardiff White Water Rafting Centre
- 1 young person has had an interview with Cardiff Library – supported with a suit for interview.
- Several young people have attended employability courses including food hygiene, professional boundaries and first aid at work.
- Young people are engaging well and are motivated to explore opportunities available to them.



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HALF TERM INTERVENTIONS



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- Healthy relationships with girls and boys
- Decision making – age based
- 10 young people engaged
- All young people who attended the workshops have said they would like to support other young people to attend future groups.
- This has allowed to start to think more creatively around young people's participation in developing groups and peer support.
- Young person has been part of YJS interview panel recruiting practitioners



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Pre-Sentence Reports



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- Pre-Sentence Reports have recently received excellent feedback at Court with Magistrates commenting that the reports are of ‘the highest quality’
- The Case Management team have been supported via workshops, PSR practice guidance and in-depth quality assurance.



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