A better life

There for young people 24/7

Includem
Includem is a specialist Scottish charity established in 2000, providing intensive, personalised, relationship-based support to vulnerable children, young people and their families. Our support is accessible 365 days a year.

We believe that no child or young person is beyond help and with a responsive and consistent support at the time of most need, we help to rebuild relationships and deliver positive, sustainable outcomes.

A Better Life is Includem’s dynamic series of practitioner modules to use with young people, each containing practice guidance, processes and exercises to compliment and reinforce Includem’s relationship based approach.

Work incorporates the GIRFEC (Getting it right for every child) practice model to assess, plan, deliver and review support in a consistent way across agencies.

Tailored interventions are developed through agreeing desired outcomes involving the referrer, the young person and Includem.

Underpinned by practice, research and theory, each module is trauma informed and builds on young people’s strengths to take them through 4 stages:

1. Develop their understanding of their circumstances and behaviours
2. Start to take responsibility for choices
3. Prepare to do things differently
4. Put plans into practice.
<table>
<thead>
<tr>
<th>Modules</th>
<th>This is my life - where I am now</th>
<th>This is my future - where I want to be</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Offending and risk taking behaviour</td>
<td>• Setting the scene - supporting young people to make sense of their past, and understand how they have come to be where they are</td>
<td>• Explore values/attitudes that support offending or risk taking behaviours</td>
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<tr>
<td>2. Managing my emotions</td>
<td>• Engage and actively involve young person in support process</td>
<td>• Understanding consequences for themselves and others</td>
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<td>3. Understanding how others feel</td>
<td>• Agree goals, identify barriers to them and the support required to assist achievement of goals</td>
<td>• Better understanding of risk, how to manage future risky situations, completed risk management plan</td>
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<td>4. Drugs and alcohol</td>
<td>• Develop victim awareness and empathy</td>
<td>• Empowering families to help themselves</td>
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<td>5. Working with families</td>
<td>• Take responsibility for harm caused through their behaviour</td>
<td>• Blocks to achieving better outcomes for their young people identified</td>
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<tr>
<td>6. People in my life</td>
<td>• Reduce further negative behaviour</td>
<td>• Increase capacity of family to secure needs, rights and welfare of their young people</td>
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<tr>
<td>7. Health and wellbeing</td>
<td>• Awareness of current network of relationships</td>
<td>• Awareness of positive leisure opportunities to have fun and develop skills</td>
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<td>8. Beating boredom</td>
<td>• Assessing the value of these relationships</td>
<td>• Awareness of what they want from leisure</td>
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<td>9. Independent living</td>
<td>• A plan to sustain and improve these relationships</td>
<td>• Knowing what support they need to get what they want</td>
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<td>10. Education, training and employment</td>
<td>• Identified gaps in their network and a plan to fill these gaps</td>
<td>• Needs met in a healthy way</td>
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<tr>
<td>Sexually harmful behaviour (integrated across all modules)</td>
<td>• Awareness of mental health issues and support to access specialist care where appropriate</td>
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<td></td>
<td>• A plan for personal health and wellbeing - including recovering from, and/or living with, the impacts of abuse</td>
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9. Independent living

- Awareness of challenges faced, skills and support required for independent living
- Improved capability to make good decisions around independent living
- Understanding of key areas to be managed well in order to live independently

10. Education, training and employment

- Understanding of their learning style, skills, strength, interests and motivation
- Consideration of short, medium and long term goals for their education/employment
- Making positive choices about their education, training or employment

Sexually harmful behaviour (integrated across all modules)

- Increased awareness and better understanding of risks and resilience factors
- Better able to manage and reduce risk through engagement with a safety plan
- Families and agencies involved are better able to manage risk

This is my future

- Awareness of opportunities and risks with a plan to support and manage them
- Review of progress during contact with Includem
- Recognition for effort and achievement

Includem greatly values the importance of a relationship-based personalised support network and the tailored support that we provide for young people and their family gives them the reassurance that their needs are being met.

We look forward to working in partnership with you. Please contact any of our offices below for further information.

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