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# A better life

There for young people 24/7

**Includem**



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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.

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**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.
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# Modules

## This is my life - where I am now

1. Offending and risk taking behaviour
2. Managing my emotions
3. Understanding how others feel
4. Drugs and alcohol
5. Working with families
6. People in my life
7. Health and wellbeing
8. Beating boredom
9. Independent living
10. Education, training and employment

Sexually harmful behaviour (integrated across all modules)

## This is my future - where I want to be

### This is my life

- Setting the scene - supporting young people to make sense of their past, and understand how they have come to be where they are
- Engage and actively involve young person in support process
- Agree goals, identify barriers to them and the support required to assist achievement of goals

### 1. Offending and risk taking behaviour

- Explore values/attitudes that support offending or risk taking behaviours
- Understanding consequences for themselves and others
- Better understanding of risk, how to manage future risky situations, completed risk management plan

### 2. Managing my emotions

- Increase understanding of their emotions
- Ability to express feelings in a controlled and purposeful way
- Empathy with the feelings and perspectives of others
- Ability to recover from intense and distressing emotions

### 3. Understanding how others feel

- Develop victim awareness and empathy
- Take responsibility for harm caused through their behaviour
- Reduce further negative behaviour

### 4. Drugs and alcohol

- Understanding their patterns and level of use
- Better understanding their attitudes toward use
- Understanding of the effects and impact of their use
- Taking responsibility for their use
- Committed to taking positive action on their use of alcohol and drugs

### 5. Working with families

- Families participate in setting goals
- Empowering families to help themselves
- Blocks to achieving better outcomes for their young people identified
- Increase capacity of family to secure needs, rights and welfare of their young people

### 6. People in my life

- Awareness of current network of relationships
- Assessing the value of these relationships
- A plan to sustain and improve these relationships
- Identified gaps in their network and a plan to fill these gaps

### 7. Health and wellbeing

- More willing to use health services
- A more healthy physical and sexual lifestyle
- Awareness of mental health issues and support to access specialist care where appropriate
- A plan for personal health and wellbeing - including recovering from, and/or living with, the impacts of abuse

### 8. Beating boredom

- Awareness of positive leisure opportunities to have fun and develop skills
- Awareness of what they want from leisure
- Knowing what support they need to get what they want
- Needs met in a healthy way

## 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

## 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

## 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

## 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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[www.includem.org](http://www.includem.org)

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