



## Gateshead Young Peoples' Service, a supportive environment for young people to develop independent living skills and gain confidence.

### About the Gateshead Young Peoples' Service

#### Our person centred approach to young people's mental health

The service provides 21 units of accommodation with 24-7 support for 16-25 year olds with mental health and complex needs in Gateshead.

This service operates within a wider supported housing model to include a variety of linked provision based on need and offering different levels of intervention for 16-25 year olds with mental health and complex needs.

It provides customers with access to our team of support workers, inhouse occupational therapist

and clinical psychologist and will provide a supportive environment for young people to develop independent living skills and gain confidence.

This accommodation based service offers self-contained and shared accommodation and operates over two main sites and also offers dispersed properties for move-on accommodation all of which are located in Gateshead.

This managed service will be delivered through a psychologically informed environment.



A number of key features offer a pathway to recovery and independence including:

- A therapeutic environment with a recovery focus that recognizes trauma, including access to supportive key working and clinical interventions, to address past and current experiences.
- Partnership working to address multiple support needs: working with a range of partners, including substance misuse services.
- Customer involvement: young people have choice and control to determine how their support is delivered.
- Peer support: Support from others who have been through similar experiences.

The service will adopt Psychologically Informed Practice (PIP), providing recovery orientated spaces and delivering choice and control for young people.

A clinical psychologist and occupational therapist provide individual and group health care within this service.

Our clinical psychologist offers individual and group reflective practice sessions with frontline staff, training, mentoring and debriefs following incidents.

They will upskill staff, improving the quality of support planning, assessments and reviews, with greater awareness of PIP and Trauma, as well as supporting the development of individual strategies with each young person.

Varying psychological models will be available wherever there is evidence of traumatic memories or other adverse life events and where the young person has the emotional resources to engage.

Psychoeducation and cognitive behavioural therapy will offer broad range of activities that combine

education, counselling and supportive interventions.

Our occupational therapist will help young people to identify the things they want and need to do in their lives. This will also include identifying areas where skills development is needed, training and employment opportunities and social activities to support the young person to integrate into the community.

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