

ST4: One to one work with vulnerable young people In Liverpool

Area: Liverpool

Lead: So To Speak Team

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Brief Overview: Delivery of One to One Sex and Relationships Education (SRE) sessions with vulnerable young people. For a short period of time So To Speak offered one to one sessions as an alternative or in addition to group work. Initially three sessions would be offered to the young person with strict criteria set with the agency and young person in order to ensure a safe learning environment. All So To Speak staff who delivered one to one work had completed training in motivational interviewing, basic counselling and delivering health messages.

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Target Group: 13-19 year olds especially vulnerable young people who do not attend sexual health provision such as Brook or Abacus and may struggle to cope in a group environment.

Outcomes:

- Set with each individual young person
- To improve their sexual health knowledge to help them make their own informed decisions about their health
- To sign post them to other local services

What made it work?

- Workers from agencies who work with the very vulnerable young people have trusted the input from So To Speak and have been confident in referring young people for one to one work
- A trusting relationship was established between the So To Speak worker and the young person in group sessions due to the informal facilitation methods
- Setting the agenda and outcomes with the young person from the start
- Having guidelines for the sessions that would be agreed with the host agency which Clarified boundaries and included the number and length of sessions
- Not having a clinical target for the intervention means that, the issues of why the young person will not access services can be addressed fully in the most appropriate way for them.
- From the perspective of the young person the fact that the So To Speak worker is not from a social work type background

What could make it work better?

Being commissioned to do this work

Further information: This area of work began in response to the needs of very vulnerable young people who did not want to be involved in group sessions and would not attend sexual health clinics such as Brook and Abacus. The workers at So To Speak are often seen as non-threatening due to

the fact that they are not part of the host agency – where the young person may live, they are not clinicians and they are not social workers.

A vulnerable young person who may be struggling with group work due to language, behaviour problems or past experiences, can still get the information or support they require but in a safer setting for them.

We are no longer able to do this work as it is not part of our remit. We now refer the agencies who ask us for this work to Brook, who have a clinical service that can come out to agencies.