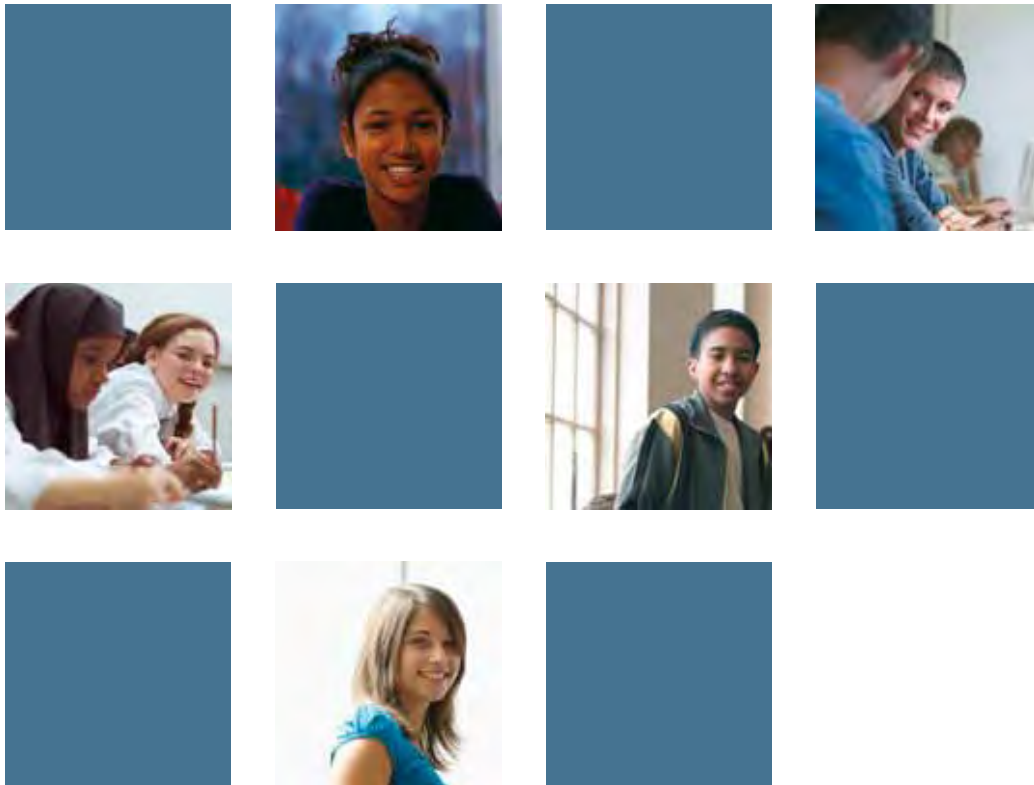


Targeted youth support

A guide



Every Child Matters
Change For Children

department for
education and skills

Creating Opportunity
Releasing Potential
Achieving Excellence

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Foreword

by **Beverley Hughes, Minister for Children and Young People**



Today's teenagers are our highest achieving ever and they have more opportunities than many previous generations. More young people continue their education and get the skills they need to succeed, and the great majority enjoy and achieve throughout their teenage years.

Most young people progress successfully through to adulthood and deal well with the challenges involved in growing up, with the support of their parents, teachers, peers and other trusted people in their lives.

However, for a critical minority of young people, adolescence is a time when serious problems emerge or earlier difficulties escalate. Their parents may struggle to provide them with the support they need. They may have difficulties at school, lack good role models or the resilience to deal with new pressures or risks. They may live in families and communities where expectations are low or where they are at risk of getting involved in anti-social behaviour or crime.

The difficulties these young people face overlap and can compound each other, while the consequences of not getting support can be very serious. We must help young people to stay on track – both by improving the support and opportunities available and by offering challenge when it is needed.

As we made clear when we published *Youth Matters*, young people who are experiencing difficulties need many different services, agencies and professionals to work for them in order for them to fulfil their potential. Many of the building blocks in education are now in place: extended services in and around schools offer more opportunities and support to young people; 14-19 reforms give young people more choice about qualifications and career paths; and greater personalisation at school helps young people fulfil their individual

potential. All of these reforms help us engage those young people who feel education has little to offer them.

These building blocks must be accompanied by radical improvements in the way we respond to vulnerable young people who are at risk. Reforms to targeted youth support are intended to improve the range and coherence of services that support vulnerable young people in their pivotal teenage years.

We want to see joined-up provision – with the early identification of vulnerable young people, action taken quickly (and certainly before young people reach crisis point) and swift and easy access to integrated support – based on a common assessment of young people's individual needs.

Organising services around the needs of young people and their parents and carers, rather than around organisational or professional silos, is critical. This must apply equally throughout teenage years, as it does for younger ages, as the risks and challenges young people face evolve.

If we get this right, we have a real opportunity to improve the individual life chances of thousands of young people. This will help prevent them from getting drawn into, for example, crime or drug or alcohol misuse, or from experiencing homelessness or teenage pregnancy.

Keeping young people engaged at school and college is a priority, so they gain the skills and qualifications employers and universities recognise and value. The aim is to help all young people enjoy and achieve throughout their teenage years, so all our teenagers have the best possible chance to be fully prepared for adulthood.

A handwritten signature in black ink that reads "Beverley Hughes". The signature is written in a cursive, flowing style.

Beverley Hughes

Minister for Children and Young People



Targeted youth support – overview

All young people need services that respond to them as individuals. All young people benefit from agencies that work well together to support their development, interests and aspirations and meet their needs as they arise.

The *Youth Matters* green paper (2005) sets out a vision of integrated youth support services helping all young people achieve the five Every Child Matters outcomes through – the coherent, young person-centred delivery of information, advice and guidance, support, development opportunities and positive activities. Integrated youth support services should be in place throughout England by 2008.

Reformed targeted youth support is central to this. It brings this vision to life for vulnerable teenagers who are likely to need help and opportunities from a range of different agencies and who have the most to gain from a timely, coordinated and effective response. Getting this right gives vulnerable young people the chance to enjoy their teenage years, build positive futures and avoid a range of potential serious problems.

This guide offers a framework to inform the design and implementation of targeted youth support in each local area, drawing on the experience of 14 targeted youth support pathfinder areas. This document does not set requirements on local authorities, schools or other agencies, but is intended to offer practical help in reforming targeted youth support, to improve outcomes for young people. The shape of targeted youth support in each area must reflect the local context and, in particular, the views, experiences and needs of local vulnerable young people.

Help with developing local models is available from government offices, supported by the Training and Development Agency for Schools (TDA). The support is tailored to meet the needs and circumstances of individual areas and is based on a proven young person-centred change management process, strongly endorsed by the pathfinders.

Targeted youth support pathfinder

Fourteen children's trusts took part in the targeted youth support pathfinder. The pathfinders worked through a targeted youth support change process, starting in early 2006. This change process gave pathfinders the method and tools to redesign targeted youth support services and delivery models in order to improve outcomes for vulnerable young people.

This guide includes insight and learning from the pathfinders: Gateshead, South Tyneside, Knowsley, York, Nottinghamshire, Derby City, Derbyshire, Leicester City, Worcestershire, Hertfordshire, Gloucestershire, Southwark, Wandsworth and Hampshire.

Who is this guide for?

This guide is designed to inform all strategic leads, operational managers and frontline staff involved in the design and implementation of targeted youth support and in the delivery of services for young people.

Organisations involved in targeted youth support include (but are not limited to): youth services, schools, health services, social services, voluntary and community sector agencies, Connexions, education welfare, behaviour support, drugs and alcohol services, sexual health services, teenage parent support workers, special educational needs coordinators (SENCOs), child and adolescent mental health services (CAMHS), counselling services, information advice and guidance providers, housing and housing support, youth offending services and the police.

Related programmes include: extended services in and around schools, positive activities for young people (PAYP), the young people's development programme (YPDP), positive futures, youth inclusion programmes (YIP), neighbourhood policing and local authority/PCT teenage pregnancy strategies.

What is targeted youth support?

Targeted youth support aims to ensure that the needs of vulnerable teenagers are identified early and met by agencies working together effectively – in ways that are shaped by the views and experiences of young people themselves. There are seven key elements of targeted youth support:



Strengthening the influence of vulnerable young people, and their families and communities, and their ability to bring about positive change



Identifying vulnerable young people early, in the context of their everyday lives



Building a clear picture of individual needs, shared by young people and the agencies working with them, using the common assessment framework (CAF)



Enabling vulnerable young people to receive early support in universal settings. Help all agencies to draw in extra help on behalf of young people, through better links with other agencies and organisations



Ensuring vulnerable young people receive a personalised package of support, information, advice and guidance, and learning and development opportunities, with support for their parents or carers as appropriate. This should be coordinated by a trusted lead professional and delivered by agencies working well together



Providing support for vulnerable young people across transitions, for example moving on from school or from the support of one service to another as needs change



Making services more accessible, attractive and relevant for vulnerable young people

Targeted youth support reforms build on the changes already under way in young people's services (for example, in response to the aims of Every Child Matters), by drawing them together into a coherent whole designed for, and largely shaped by, vulnerable young people and their families and carers.

"The trick is to see links across all the Every Child Matters components alongside a commitment to prevention."

Keith Moore, director for children and young people and targeted youth support pathfinder sponsor, Gateshead

Who is targeted youth support for?

A central aim of targeted youth support is to help vulnerable young people early, to address their difficulties as soon as possible and prevent their problems escalating. This often means working with young people who may not meet traditional thresholds for statutory or specialist services, but who, without help, are at future risk of further problems such as substance misuse, youth offending, teenage pregnancy and homelessness.

In particular, this is likely to include young people who experience a combination of the factors below:

- ▶ Persistent absence or exclusion from school
- ▶ Behavioural problems
- ▶ Poor emotional, social or coping skills
- ▶ Poor mental health
- ▶ Learning difficulties and disabilities
- ▶ Low self-efficacy
- ▶ Poor aspirations
- ▶ Attitudes which condone risky behaviours
- ▶ Poor family support, family conflict or problems such as parental substance misuse
- ▶ Poor support networks
- ▶ Family or friends, or involvement in gangs, who condone high risk activities
- ▶ Living in a deprived neighbourhood
- ▶ Poverty

“Targeted youth support is helping to establish a new system targeted at at-risk children and young people within universal services and reduce the chances of them slipping through the net.”

Jo Baker, operations director of Connexions and targeted youth support pathfinder change team member, Nottinghamshire

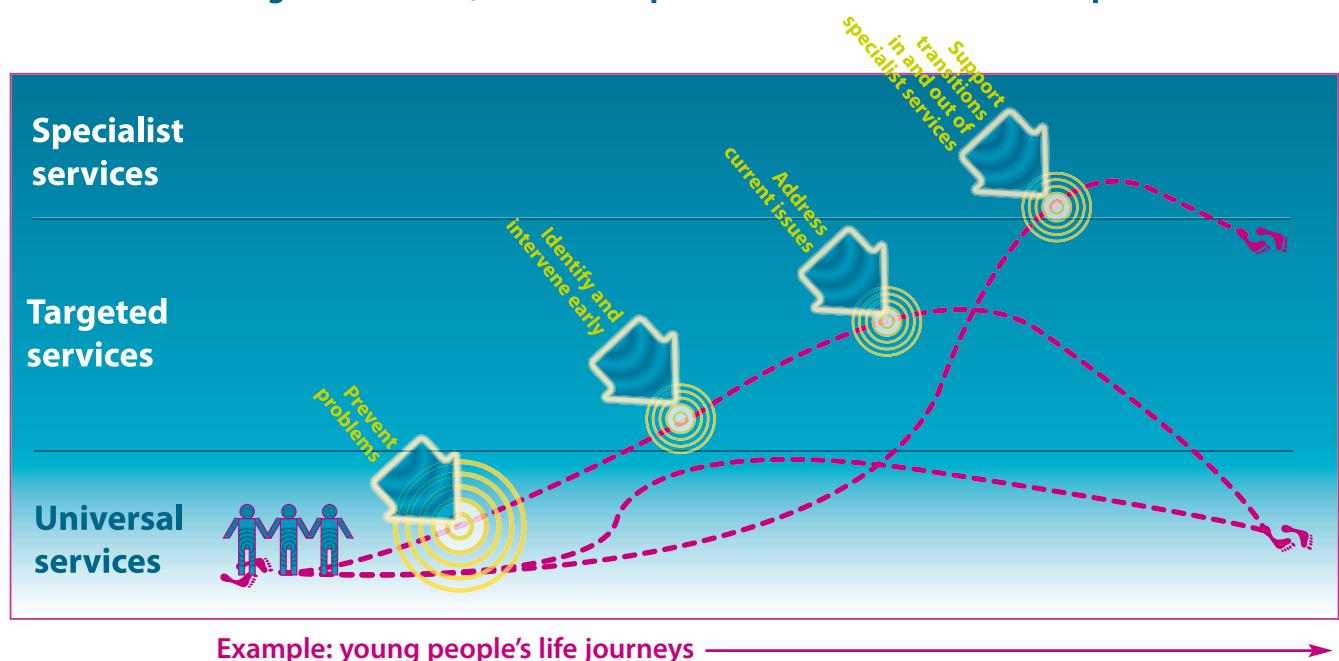
While early intervention is vitally important, a significant minority of teenagers are already experiencing more entrenched problems, for example homelessness, substance misuse, problems leading to entry into care, youth offending and teenage parenthood, which themselves can lead to further need.

Targeted youth support should help ensure the needs of these young people are identified and met, and should dovetail with (and, as necessary, complement) the specialist or statutory provision they may already be receiving or entitled to receive. Whenever appropriate, targeted youth support should help these young people to settle back into and thrive in universal settings as soon as possible, avoiding a spiralling of need.

“We’re just starting to understand what is needed to provide an integrated approach to prevention. Targeted youth support is helping us to achieve this integration by breaking down the demarcation between universal and specialist services.”

Phil Bennett, youth offending service manager and pathfinder change team lead, South Tyneside

The focus is on targeted services, but with important links to universal and specialist services



What are the intended outcomes for young people?

Targeted youth support aims to help vulnerable young people achieve the five Every Child Matters outcomes: being healthy, staying safe, enjoying and achieving, making a positive contribution and achieving economic well-being.

Effective targeted youth support addresses the risk factors that may result in poor outcomes and helps build vulnerable young people's resilience. In particular, it aims to:

- ▶ Develop young people's social and emotional skills, enabling them to make positive choices, manage change and navigate risk
- ▶ Raise young people's aspirations and help them to achieve and feel positive towards learning. This includes helping them to be engaged, and stay engaged, in the wider range of learning opportunities becoming available for 14–19 year-olds
- ▶ Help foster supportive and positive families, communities and peer groups

Addressing risk factors and building the resilience of young people can help avert and address a range of problems, including:

- ▶ Youth offending/anti-social behaviour
- ▶ Drug or alcohol misuse
- ▶ Under-18 conceptions and poor sexual health
- ▶ Poor outcomes for teenage parents and their children
- ▶ 16–18 year-olds not in education, employment and training
- ▶ Low attainment
- ▶ Running away and youth homelessness
- ▶ Poor mental health
- ▶ Entry into care



Case study – Knowsley pathfinder

One of the critical issues identified by the targeted youth support pathfinder in Knowsley was the need to develop working partnerships between services to ensure support for young people is as holistic and effective as possible – in order to reduce risk factors and improve resilience factors that protect young people from negative outcomes.

The risk and resilience project team is taking forward the strands of work that underpin this: transition, mental resilience of individuals, mental health awareness, health promotion, support for parents and families and working with the hard to reach.

What is the age focus of targeted youth support?

While the primary focus of targeted youth support is on vulnerable teenagers, improving outcomes for this group also often depends on children receiving effective support at an earlier age.

This can only be achieved through the full range of Every Child Matters initiatives being planned and delivered in a coordinated way to ensure vulnerable children and families are identified and supported early in life. Sure Start Children's Centres and schools, through extended services in and around schools, are essential to this.

Many of the pathfinders have used the targeted youth support change process to reform services across the 0–19 age range.

Case study – Hampshire pathfinder

To ensure personalised and coordinated support from 0 to 19, the targeted youth support pathfinder in Hampshire is establishing a district-based strategy group for 0–19 year-olds and a single multi-function Every Child Matters panel for 0–19 year-olds (in three groups: 0–7, 8–12 and 13–19). This replaces a range of existing early intervention panels for individuals. It will provide young people with a single point of entry to a wide range of services that will, through a lead professional, provide a coordinated package of support.

Why reform targeted youth support?

During the last decade a growing number of government, community and voluntary sector initiatives have targeted vulnerable young people. Operating under different funding regimes, incentive structures and delivery chains, these initiatives have often developed independently, sometimes targeting the same populations of young people without full coordination and sometimes lacking a remit for prevention or without strong links to universal services such as schools or health.

However, there are important examples of programmes helping to join up services and prevent the difficulties of vulnerable young people becoming worse. These include Connexions, the young people's development programme (YPDP), positive activities for young people (PAYP), positive futures, preventative programmes led by youth offending teams (YOT), and local authority/primary care trust (PCT) teenage pregnancy strategies (further details about some of these initiatives are outlined in appendix 1).

Voluntary and community sector organisations, in particular, have substantial experience and expertise in engaging and supporting vulnerable young people.

Targeted youth support reform builds on the best of existing targeted services and good practice and brings coherence to the planning, commissioning and delivery of services for vulnerable teenagers. This helps increase consistency and understanding across agencies, reduce duplication and identify gaps. This improves both outcomes for young people and their experience of using services.

"The targeted youth support change process brought existing multi-agency teams together and created a real sense of coherence – it gave us massive gains in terms of our engagement with young people."

Mike Smith, assistant director community strategy and targeted youth support pathfinder sponsor, Southwark

The momentum of the wider reform currently taking place across the system for young people is considerable, including:

- ▶ The establishment of children's trusts and new scope for integrated planning, commissioning and delivery
- ▶ Greater choice of learning opportunities at 14–19
- ▶ New standards in information, advice and guidance and a statutory duty on local authorities to secure access to sufficient positive activities for young people
- ▶ The establishment of supporting parenting strategies in local areas and a new duty on local authorities to provide comprehensive information on local services for parents of children and young people up to the age of 20
- ▶ Greater prioritisation of early intervention and prevention across a range of specialist and statutory services, including housing and services for children in care
- ▶ Extended services in and around schools – offering an unprecedented opportunity for targeted youth support services to work in and with schools to establish the frontline for a whole-system approach to prevention and early intervention

With the right services engaged, the right links in place and an ambitious vision, targeted youth support can provide the lynchpin for vulnerable young people, helping them to benefit from the new opportunities and support available.







Which organisations need to be involved in reforms to targeted youth support?

While the key stakeholders for targeted youth support vary depending on local circumstances, choices and models, there are a number of services and organisations which are essential to the successful delivery of targeted youth support in every area.



Schools, including extended services in and around schools

Stakeholder value – Schools should be actively identifying, supporting and, where necessary, referring on young people with particular needs. This happens through the swift and easy referral part of the extended services core offer, and through school partnerships to improve behaviour and tackle persistent absence. Motivation and a positive bond with school, together with good attainment, can help protect young people from a range of poor outcomes.

Benefits to stakeholder – Through targeted youth support, schools will be supported in finding and drawing in additional support for their vulnerable pupils. Independent evidence from Ofsted* shows the benefits that extended services, including swift and easy referral, can have on motivation, behaviour and achievement. Targeted youth support can also support vulnerable young people during times of transition.

The targeted youth support reforms should not increase the overall workload of schools but should build more effective partnerships to support young people and the development of extended services.

“The targeted youth support change process we used in the pathfinder has helped us (all agencies involved) establish a delivery model to provide support for vulnerable young people and their families, this will effectively put in place the swift and easy referral part of our extended services. As a school, we cannot by ourselves provide the support needed by vulnerable young people and their families.”

Lynn Parkes, headteacher of Kirkby College,
Nottinghamshire pathfinder



Youth work providers

Stakeholder value – Local authorities have a duty to secure access to sufficient positive activities, which can help to develop young people’s social and emotional skills (skills that are essential in building the resilience of vulnerable young people). Youth work is key to identifying young people in need and gaining their trust.

Benefits to stakeholder – Local authorities need to recognise the needs of vulnerable young people when engaging them in positive activities under the new positive activities legislation – and identify the corresponding contribution of positive activities to targeted youth support. Youth work providers will also gain improved access to a range of other support services.



Health

Stakeholder value – Many young people’s problems require the expertise of health practitioners from services such as child and adolescent mental health services (CAMHS), counselling, substance misuse services, or sexual health services.

Benefits to stakeholder – Strategic health authorities (SHAs) and primary care trusts (PCTs) have priorities to support a reduction in health inequalities and promote health and well-being, as set out in the NHS operating framework. Targeted youth support can help PCTs achieve their under-18 conception reduction targets, reduce infant mortality, reduce adult smoking rates and reduce drug or alcohol misuse.



Connexions/information, advice and guidance

Stakeholder value – Connexions has substantial experience of developing tailored multi-agency support and ensuring the engagement of young people in service design. Connexions has a central role in the delivery of targeted youth support within the children’s trust. Quality information, advice and guidance are essential in helping vulnerable young people make positive choices.

Benefits to stakeholder – Operating as part of targeted youth support, Connexions can better identify and support young people at risk of falling out of education, employment or training.



Housing/supporting people

Stakeholder value – Housing services are often an initial point of contact for vulnerable young people. Some vulnerable young people, for example some teenage parents, may need help to find and retain independent accommodation with support.

Benefits to stakeholder – Targeted youth support can help prevent young people becoming homeless, and help homeless young people have access to a wide range of support to address connected problems, for example helping them back into education, training or employment.



Voluntary and community organisations

Stakeholder value – These organisations bring experience and expertise in engaging and supporting vulnerable and disadvantaged young people.

Benefits to stakeholder – Targeted youth support can offer these organisations involvement as partners in planning, developing and delivering services for young people. Local areas should also work to help build the capacity of these organisations.



Social services

Stakeholder value – Social workers bring extensive expertise in supporting vulnerable children and their families, and of identifying needs.

Benefits to stakeholder – Targeted youth support can help prevent young people from going into care and ensure continuity for young people entering and leaving the care system.



Police

Stakeholder value – Neighbourhood policing can help to identify young people engaged in anti-social behaviour. The police work with schools through safer schools partnerships to identify young people at risk.

Benefits to stakeholder – Targeted youth support can address the root causes of anti-social behaviour and offending.



Youth justice services

Stakeholder value – Youth offending teams offer substantial experience of providing multi-agency support to vulnerable young people and run a number of evaluated targeted preventative programmes for young people and their parents.

Benefits to stakeholder – Targeted youth support can help coordinate preventative activity, reduce reoffending, assist resettlement from custody and improve the links between community-based agencies and schools.



Post 16 education providers/job centre plus

Stakeholder value – Many of the young people targeted will be over 16 and it is important that learning provision services, and other services for this group, are engaged.

Benefits to stakeholder – Targeted youth support can help vulnerable young people stay in education and employment.



Parenting support

Stakeholder value – Positive parenting is one key to resilience – helping to protect young people from poor outcomes. The parenting support guidance (October 2006) asks local authorities to develop a strategic, joined-up approach to the design and delivery of parenting support, including support for parents of teenagers, by 2008, led by a single commissioner of parenting support services. The parenting support strategy is to be included within the children and young people's plan and it is important that it is aligned with targeted youth support. Sure Start centres provide support to teenage parents, including mediation with their families if necessary.

Benefits to stakeholder – Targeted youth support can help identify parents needing support through the identification of their children. Targeted youth support recognises the importance of support to parents and involves parents in designing support for young people.



Targeted youth support

– implementation

This section draws on the experience to date of the 14 targeted youth support pathfinders to illustrate the success factors that underpin the implementation of effective targeted youth support reforms. These success factors are:

- ▶ A locally-owned case for change
- ▶ The delivery of seven key elements for vulnerable young people
- ▶ Multi-agency structures and workforce development to support early intervention and flexible, collaborative working
- ▶ Achieving sustainability through a focus on assessing, reviewing and embedding successful targeted youth support practice

A locally-owned case for change

Reforms to targeted youth support in each area need to be based on a comprehensive understanding of local needs and circumstances. Engaging all key stakeholders, including vulnerable young people and their families and the voluntary and community sectors, in a process that includes building the case for change and a plan for reform, is essential.

Not only does this ensure local solutions are found for local problems, but the process itself builds consensus across stakeholders and helps ensure all agencies understand the local vision for targeted youth support, how they can contribute and how it supports their objectives.

In order to achieve the above, the pathfinders worked through the targeted youth support change process. This process created real momentum and enthusiasm among stakeholders and is enabling the pathfinders to develop sustainable delivery models that are owned collectively and delivered collaboratively.

“The pathfinder has shifted the targeted youth support agenda to centre stage in the authority. It has properly aligned it within Every Child Matters and other policy areas, and has shown the power to influence strategic thinking. It has joined up all of the main agencies and will have a major impact in Leicester City.”

Paul Vaughan, head of youth services and targeted youth support pathfinder sponsor, Leicester City

An influential and active senior level sponsor within the children’s trust and a senior management group, representing the key partners (including health, housing, youth justice and the police), are needed to drive the targeted youth support reform process forward.

The plan for reforming targeted youth support needs to be fully embedded into the children and young people’s plan (CYPP), local area agreements and children’s trust arrangements.



Seven key delivery elements



1. Strengthen the influence of vulnerable young people and their families and communities, and their ability to create positive change

To bring about lasting change, targeted youth support needs to offer vulnerable young people the power and capacity to improve their own lives. The voice and active participation of young people and their families and carers should be central at every level – in the support they receive, in the design of services and the strategic planning of targeted youth support.

Examples from the pathfinders illustrate that:

- Young people are being helped to play an active role in planning and reviewing the support they receive as individuals

Case study – Gloucestershire pathfinder

The Gloucestershire pathfinder has made it a priority to ensure that young people feel valued and included in the way their needs are described and actions and expected outcomes are set and reviewed. When their approach was evaluated young people said that they found this helpful and important.

- Young people are being helped to gain the social and emotional skills they need to make positive choices and build their own futures, through for example, access to structured positive activities
- Young people and their families and communities have an involvement in delivering targeted youth support. For example, young people are being trained to offer signposting services for other teenagers or work as peer mentors. Peer support can both help gain the trust of young people who may be suspicious of traditional services, and develop the capacities and skills of individuals who become peer supporters

Case study – Knowsley pathfinder

The Knowsley pathfinder is building on existing work to establish a community support programme, developing peer support among families and young people. The parents, grandparents and young people involved will be trained, and paid when appropriate, and their development accredited.

- The views and experiences of vulnerable young people are shaping service delivery in every pathfinder. This is at the heart of the targeted youth support change process

Case study – Gateshead pathfinder

In the Gateshead pathfinder a 14 year-old on a local youth offending team (YOT) scheme was a central member of the interviewing panel that recruited the targeted youth support coordinator.

"As a result we got a better applicant because Anna (name changed) provided a different perspective and was specifically able to discuss how the candidates related to young people" – Richard Taylor, children's fund programme manager.

Case study – South Tyneside pathfinder

Members of the youth parliament in the South Tyneside pathfinder are going out to gain views from a wide cross-section of young people in the local area using a variety of methods. This varies from a straightforward chat to more imaginative methods of engagement, such as involving hard-to-reach young people in the production of a film that expresses their views.

- Young people are being given the chance to influence their environment and make a positive contribution to their communities and neighbourhood regeneration

Case study – Knowsley pathfinder

In the Knowsley pathfinder, young people have joined a regular residents' meeting and its management committee now includes young people, leading to planned improvements to young people's facilities in the area.



2. Identify vulnerable young people early, in the context of their everyday lives

Helping young people stay safe from serious problems depends upon the early identification of teenagers who may be at risk, before their needs escalate.

Staff in a range of settings need to be able to proactively identify vulnerable young people early. Also, vulnerable young people, and their parents and others on their behalf, need to know where to go to get help before things reach crisis point.

The pathfinders are tackling these issues by improving communication between agencies, helping individual practitioners identify risk factors, and making use of peer and community networks and outreach to identify young people out of school. Developing examples include:

- ▶ Training for staff in universal settings to identify risk factors. In Knowsley, all children and young people's workers, such as health visitors, voluntary sector staff, youth workers, personal advisers and learning mentors, are to be trained to be more aware of: risk factors, where they can find out more information, and how they can positively intervene and draw in extra support
- ▶ Simple tools to help staff assess risks faced by individual young people and their level of resilience. Gateshead, Southwark and Knowsley are using tools, such as the vulnerability audit, the vulnerability matrix and a mental toughness questionnaire. Other pathfinders are developing systems based on a pre-CAF checklist. These tools can indicate whether the young person's needs should be more fully assessed through the CAF and should always be compatible with the CAF
- ▶ Training young people to help and encourage other young people to access help when needed, as they are doing in Knowsley

- ▶ Improved information sharing, for example between health and young people's services, or between adults' and young people's services, in order to identify young people who may be put at risk by problems their parents are experiencing. For example, one pathfinder is improving the way information is shared between the domestic violence unit and education welfare service

Particular situations that might initiate an assessment of need through the CAF should be considered, for example, for persistent absence, exclusions from school, becoming a teenage parent, running away, final warnings or reprimands, or contacting housing or children's services because of homelessness or risk of homelessness.

Contact Point (previously known as the information sharing index) will be introduced in all areas of England by the end of 2008. This secure online directory is the quick way to find out who else is working with the same young person and allows services across education, health, social care, youth offending, and some voluntary sector agencies to contact one another more effectively, making it easier to deliver coordinated support.

Contact Point does not hold assessment or case information. The informed consent of the young person or parents and carers is required to record contact details of practitioners providing sensitive services, such as substance misuse services and sexual health services, and where contact details are held, Contact Point will only indicate that there is an unspecified sensitive service involved.



3. Build a clear picture of individual needs, shared by young people and the agencies working with them, using the common assessment framework (CAF)

Once a young person has been identified as vulnerable, their needs and strengths need to be considered in greater depth. Use of the CAF is key to building a common and holistic understanding of young people's support needs across the organisations working with them, ensuring young people do not need to retell their story to lots of people.

All organisations offering services to young people should ensure their staff understand when the use of the CAF may be appropriate, and who the best person is to carry it out with a young person. It is important that young people are helped to feel in control of the process.

Where specialist assessments are necessary, there should be clear understandings around their use and their relationship to the CAF.

The way the CAF is implemented locally needs to be agreed between services in consultation with all key stakeholders. This helps ensure, for example, that it is not implemented in a way that is contrary to the national agreement within schools, and that it does not place additional burdens on headteachers or teachers.

Case study – Gloucestershire

Young person's journey from a targeted youth support pathfinder

Connie (name changed) recently moved into the area and started at a new secondary school. She was quiet and finding it hard to make friends. Her school approached her and she talked about a number of issues that were affecting her.

She had been living with her grandmother in a different area, but when her grandmother fell ill she had come to live with her aunt. A CAF was offered to Connie and she agreed. As a result the problems Connie faced came to light in more detail. Her mother had died when she was younger and she was finding things difficult since moving in with her aunt. She didn't have any local friends. She was still seeing her boyfriend from where she used to live and spending time with him at weekends – which was causing tension with her aunt. She also admitted to having unprotected sex. Her aunt also agreed to take part in the CAF process and said she was finding it hard to establish boundaries.

A number of actions were agreed at the multi-agency meeting. The local Parentline service agreed to provide one-to-one support for her aunt. The school nurse agreed to work with Connie to help her understand the risks of unprotected sex. The youth worker arranged to make contact with Connie and help her identify some activities she might be interested in which would help her to get to know other young people.

While still early days, most of the outcomes relating to the CAF action plan have been achieved and Connie reports feeling more settled.



4. Enable vulnerable young people to receive early support in universal settings. Help all agencies to draw in extra help on behalf of young people, through better links with other agencies and organisations

Targeted youth support helps universal settings to provide an early response to the needs of vulnerable young people and draw in extra help as needed.

For example, it helps support the development of extended services in and around schools (particularly swift and easy referral) by bringing in a range of expertise and provision, and by building links between schools and community-based agencies.

Not all young people are in school. Research shows, for example, that half of all school-age teenage mothers drop out of school before pregnancy. Between 16–19 years-old, 70 percent of teenage mothers are not in any kind of education, training or employment*. Colleges, youth centres and other community-based provision also need to be able to draw in targeted youth support.

A central theme in the pathfinders has been to strengthen the response to early problems within universal settings. The aim is to help prevent the need for more intensive support later and stop specialist services being overwhelmed by demand.

The pathfinders are developing mechanisms for staff in a range of settings to draw in the collaboration of others to support vulnerable young people, often via multi-agency teams or multi-agency panels.

Examples include:

- ▶ In Southwark, teams around schools will give face-to-face and telephone advice and provide case management support to staff who have identified a young person experiencing difficulties

- ▶ In Derby City, the recently formed multi-agency youth support team is working with Derby College and other post-16 providers such as the YMCA to ensure that access to targeted support and universal provision is available as appropriate, to prevent young people dropping out of learning
- ▶ In Knowsley, a training programme has been developed to build the capability of all children and young people's workers, including health visitors, voluntary sector staff, youth workers and learning mentors to deal with mental health issues
- ▶ In Leicester, the Leicester drug and alcohol action team (DAAT) is commissioning a service to develop and support screening within the educational welfare service and provide specialist substance misuse services alongside learning services. This resource will work as part of the multi-agency targeted youth support team

Case study – Gateshead

In Gateshead, schools are being established as the initial spotters and assessors of need and school-based staff are being trained accordingly. Staff from a range of agencies are being redeployed into teams around schools, which will include social services, educational welfare, the behaviour support unit, child and adolescent mental health services (CAMHS), special educational needs coordinators (SENCO) and youth offending teams (YOTs).

These teams around schools will provide a more effective response to identified need. At the same time the Gateshead pathfinder is developing greater links with the community through voluntary groups and parents to identify vulnerable young people who may otherwise not be identified.

* *The Education of Pregnant Young Women and Young Mothers in England*, 2005, Hosie et al, University of Newcastle, and Dawson et al, University of Bristol.



5. Ensure vulnerable young people receive a personalised package of support, information, advice and guidance, and learning and development opportunities, with support for their parents or carers as appropriate. This should be coordinated by a trusted lead professional and delivered by agencies working well together

When a young person needs help from a number of different services, a lead professional needs to:

- ▶ Provide a single trusted point of contact for the young person and, where appropriate, their family or carers, to support them and help them navigate the system
- ▶ Ensure support is coordinated and centred around the young person and reflects their needs
- ▶ Reduce overlap and inconsistency of provision to ensure better service experience and better outcomes

A positive, supportive relationship with a trusted adult can have a real impact on the life of a vulnerable young person. The role of the lead professional can be taken on by whichever practitioner is best placed to work with a particular young person. Young people should have a say in who takes their lead professional role.

The work of the lead professional, and other practitioners supporting teenagers, needs to reflect and foster young people's growing independence and capacities, while recognising the risks they may face.

Examples include:

- ▶ The lead professional and other practitioners encouraging young people to identify their own goals and helping them play an active part in planning and reviewing their own support and progress

- ▶ Lead professionals talking about and providing non-specialist help or advice on a wide range of issues a young person might face, for example sexual health, relationships and substance misuse. Lead professionals may also consider how to identify warning signs of risky behaviours in young people and challenge some behaviours. Lead professionals need to know the limits of their own expertise in dealing with a particular issue, and the appropriate point at which to draw on specialist support

The type of support the lead professional coordinates for a young person of course depends on the young person's needs as identified through the CAF (or specialist assessments when required). As well as helping address particular risk factors or problems, such as substance misuse, risky sexual behaviour and anti-social behaviour, support may be needed to develop young people's resilience, including helping to develop their:

- ▶ Social and emotional skills, enabling them to make positive choices, manage change and navigate risk
- ▶ Aspirations and connection with learning
- ▶ The support they receive from their families, communities and peer groups

Examples of some of the ways existing targeted programmes draw together support for young people, that address risk factors and build resilience, are included in appendix 1.

The targeted youth support pathfinders are finding that improved collaboration between services is helping to embed the concept of a lead professional into their day-to-day work. Practitioners are more likely to have the confidence to take on the role when they operate as part of a strong multi-agency team, with the collective expertise to deliver a wide range of interventions or activities for a young person.

Case study – Gloucestershire

Young person's journey from a targeted youth support pathfinder

Seb (name changed) was bullied at his school and dealt with it by behaving badly in lessons, resulting in exclusion from school. He has built up a reputation at school as someone who gets into trouble. He has a close family member who is in prison and tends to mix with older young people.

His school completed an assessment using the Common Assessment Framework (CAF) process. Seb worries about being beaten up in his neighbourhood and he has been involved in drug dealing. He used cannabis for the first time recently and likes getting stoned and using alcohol. He also smokes. He has a real problem sleeping and has on occasions talked about committing suicide. He distrusts people he does not know well. He has been chased by the police but so far has not been arrested for any offence. He finds this amusing. He wants to change and wants to try to stay out of trouble, both at school and with the police.

At the multi-agency meeting, a number of interventions were agreed, including support from a Youth Inclusion and Support Team (YIST) worker as Seb was clearly at risk of offending, and from child and adult mental health services (CAMHS). Seb has built rapport with his lead professional, a YIST key worker. The lead professional is working with Seb to improve his behaviour, and also working with the multi-agency group to ensure delivery of the actions agreed on Seb's CAF.

Seb is now seeing CAMHS regularly and is engaged in a number of positive activities, including helping out behind the scenes in an amateur dramatics production of *Aladdin* and attending army cadets twice a week. His school is working to tackle the bullying. His behaviour at school is improving and he has not been in trouble with the police.

Support for parents

The pathfinders found an important part of supporting the well-being of young people is to work with parents to help them support their children. The development of targeted youth support should be aligned with parenting support strategies that are being developed at the same time.

Activities in the pathfinders include:

- ▶ Improving the coordination and minimising the duplication of parenting support
- ▶ Basic life skills support before or while parents access parenting programmes – for example shopping, house management and financial advice – provided by family support workers
- ▶ Supporting extended services in and around schools and community centres to develop informal community access to adult learning opportunities and family support services

Some young people can be extremely resistant to the idea of their parents being involved in their support. Though efforts may be made to persuade them of the benefits, this should not prevent them from receiving support as individuals.



6. Provide support for vulnerable young people across transitions, for example moving on from school or from the support of one service to another as their needs change.

Targeted youth support, which bridges agencies and institutions, has a key role to play in ensuring continuity of support for young people during transitions.

Examples include:

- Transitions into and out of specialist or statutory interventions, for example young people coming to the end of a youth justice disposal or period in care or returning to school from a pupil referral unit. Targeted youth support needs to dovetail effectively with this provision, to ensure smooth, safe and supported care pathways for young people

"It is critical that the needs of young people in care are taken into account in the design of local targeted youth support programmes and that social workers and leaving care advisers are clearly connected into the framework. This will help to ensure that young people in care benefit from the increased integration of service planning and delivery that integrated targeted support offers and that there is continuity for young people entering and leaving the care system."

Care Matters green paper, 2006

- Transition back into the support of universal services when young people are ready – planned exit strategies
- Post-16 transitions. Vulnerable teenagers are likely to need additional help to understand their options, make a successful transition and remain successfully engaged in education, training or employment. The delivery of targeted youth support and information advice and guidance needs to be closely integrated to ensure holistic transition planning and support.

The individuals and organisations delivering targeted youth support need to ensure that individual young people's learning needs have been established and a suitable package of opportunities brokered. The requirements for section 140 assessments and transition planning as set out in the special educational needs code of practice should be adhered to. See special educational needs (SEN) code of practice

www.teachernet.gov.uk/wholeschool/sen/sencodintro

- Transitions moving into adult support services. It is important that young people with ongoing needs have continuity of support as they move into adulthood including those with learning difficulties or disabilities (LDD) or those in public care who have not made the transition to adult services by the age of 25

Case study – Derby City pathfinder

The Derby City pathfinder is helping to prepare vulnerable young people for transitions and tackle drop out from post-16 provision to reduce the numbers becoming NEET (not in education, employment or training). The new multi-agency youth support team is also trialling an early identification tool based on risk factors associated with becoming NEET, identifying those most at risk of failure in the transitions from Key Stage 3 to 4 and leaving school. A structured home visit questionnaire has been developed for use with parents/carers of those most at risk and their feedback has been very positive.

The youth support team is working with Derby College and other post-16 providers such as the YMCA to ensure that access to universal provision and targeted support is available as appropriate.



7. Make services more accessible, attractive and relevant for vulnerable young people

Service location and style needs to take account of the views and lifestyles of vulnerable young people, to ensure they feel comfortable and not labelled. Attractive activities, such as positive activities or peer support, as well as outreach, can draw in disengaged young people and help build their trust, so they become willing to discuss their needs and engage in other interventions as necessary.

Young people should be able to access services in schools, colleges, youth centres and other community or neighbourhood-based facilities, including outreach and detached provision. In the pathfinders, this has included:

- ▶ Mobile units in rural areas
- ▶ Drop-in centres and one-stop-shops in community settings and schools (these are being developed in partnership with extended services around schools)
- ▶ Outreach/detached workers who actively seek out vulnerable young people, build their trust and help them engage in the services available to them. This is vital to reach the most disengaged, particularly those not in school
- ▶ Peer group activities to enable vulnerable young people to help themselves and each other – for example, a young mum's support group in the Derby City pathfinder
- ▶ Young people-friendly channels, such as text messaging, to promote services
- ▶ More convenient opening hours and, in some cases, more opportunities for young people to open up facilities themselves
- ▶ The use of group-based positive activities to engage young people and build up trusting relationships with them

Case study – Worcestershire pathfinder

In the Worcestershire pathfinder, following consultations with young people, a previously underused youth service mobile vehicle has been set up in a rural village to act as a meeting place for young people. The mobile has cinema facilities and a broadband connection. It provides a range of activities and facilities – some are solely fun-based and help to engage young people, others are educational and advisory. For example, a Connexions personal adviser provides confidential advice and youth workers provide advice on alcohol and smoking.

It is hoped that a permanent building is secured in the near future. A neighbouring village parish council has expressed an interest in the mobile being sited in their village to offer a place for young people to meet while a permanent solution is found.

In another part of Worcestershire, a Connexions personal adviser has also started to provide evening sessions at a health advice drop-in centre, to help young people back into education, training and employment.



Multi-agency working and workforce development

The successful implementation and operation of targeted youth support needs to be underpinned by multi-agency structures and workforce development that support early intervention and flexible collaborative working.

Multi-agency structures

While the developing models in the pathfinder areas vary according to the local context (for details, visit www.everychildmatters.gov.uk/deliveringservices/targetedyouthsupport/pathfinder/localmodels/), common themes include:

Multi-agency teams

Many pathfinders have developed frontline multi-agency, locality-based, targeted youth support teams. These teams are usually based in community settings and schools. Their common responsibilities include: supporting identification of need and early intervention by staff in universal settings, carrying out CAFs (or helping universal services to do this), drawing together support and allocating a lead professional, providing drop-in and outreach services for young people and drawing in more specialist support if required, possibly from a higher-level panel or board. Outreach provision can be anchored in these teams, usually when based in community settings.

Multi-agency teams may be maintained by devolved planning and commissioning arrangements and have control of devolved/delegated budgets, controlled through pooling or aligning arrangements. Their membership varies, but can include, for example: a manager/team coordinator, a youth worker, a Connexions personal adviser, a school nurse, a youth offending team worker, an education welfare officer, a family liaison officer, a reintegration officer, a drug action team worker, a youth inclusion support panel worker, a primary mental health worker, a counsellor, a community liaison officer, a sexual health worker and an administration and finance officer.

Higher-level panels or boards

Some of the pathfinders have established panels with a wider geographic remit than locality-based teams. This is often to maximise the contribution of more specialist services. The panels generally receive complex cases from locality-based teams and provide support (or draw in support from colleagues) for local teams and in universal settings as needed. The panels can also act as the first point of contact for agencies not directly linked to a locality team or members of the public.

The panels may have control of devolved budgets. Their membership varies, but they may, for example, include representatives from educational psychology, police and community safety, speech and language therapy, community paediatrics and social care or housing services.

Allied services

Some less central services may not be formal members of teams or panels, but may be linked to these structures, with practitioners joining a team working around a young person as needed. Formal protocols, joint training and other arrangements to develop working relationships, such as hot-desking, are being established in the pathfinders to strengthen links.

Supporting multi-agency structures

Some of the factors that support multi-agency structures include:

- ▶ Reviewing and building on existing partnerships – many agencies have already developed networks and partnerships to improve their support for young people. These partnerships need to be understood and built on or reshaped
- ▶ Clear scope – the pathfinder multi-agency teams have been clear about their scope, including who they work with and where they work. The scope of some teams, for example, is focused around schools or school clusters, while others are focused around groups of services

- ▶ Clear governance – successful multi-agency teams have clear responsibilities and fit into a hierarchy of accountability within local authorities and individual services. Factors such as shared targets help to ensure multi-agency team members have clear roles and responsibilities
- ▶ Key elements at the core – the seven key elements of targeted youth support make up the core working practices of multi-agency teams. They ensure teams are focused on the activities that have the most impact on young people
- ▶ Plans to manage the knock-on effects of a greater range of staff from different agencies working alongside each other; for example, staff working together with different pay and conditions
- ▶ Long-term workforce developments – incorporating new ways of working into the development of local integrated workforce strategies, reflected in the children and young people's plan (CYPP)

Workforce development

The successful delivery of targeted youth support also depends on the efforts and skills of the workforce and the extent to which development, support and management structures facilitate collaborative working. Workforce involvement and development is crucial for reforms to be sustainable.

Changes to delivery practices, interventions and structures need to be underpinned by some key factors relating to workforce support, development and strategy. These include:

- ▶ Clear lines of management and supervision – ensuring staff who are accountable for new shared targets continue to have access to specialist support from within their profession and/or individual service
- ▶ Integrated training and staff development – staff need to be equipped to operate in new ways and to understand the aims of new structures and practices. Themes for training in the pathfinder areas include: identifying and responding to early indicators of risk/need (often delivered by specialist staff for practitioners in universal services); the use of the CAF; information sharing protocols; and the role of the lead professional
- ▶ Opportunities to build closer relationships and understanding between different professionals to support cross-agency collaboration
- ▶ Wide-reaching consultation with the workforce, including the voluntary and independent sectors and engagement with trade unions

“The pathfinder has given us an inclusive methodology that generates staff buy-in as they can see their views are being heard and acted upon. The workforce has been galvanised by the project.”

Malcolm Rittman, county youth officer and targeted youth support pathfinder sponsor, Hampshire

A key priority is to ensure all staff take account of safeguarding and promoting young people's welfare when carrying out their normal duties with young people and their families.

Achieving sustainability

A focus on assessing, reviewing and embedding successful targeted youth support practice is necessary to ensure sustainability and keep targeted youth support dynamic and alive. Involving young people and their families in shaping and reviewing services is central to this.

Sustainability also requires an internal (within children's trusts and targeted youth support teams) focus on:

- ▶ Long-term planning – plans for ongoing targeted youth support service delivery must balance quick wins and longer-term changes. For example, changes need to be phased in order to keep heading towards end goals, while also delivering immediate improvements that may impact positively on young people's outcomes
- ▶ Moving short-term project funding toward long-term funding stability – the planning and commissioning of targeted youth support services needs to input into and align with the long-term planning and commissioning cycle in an area. See *Joint Planning and Commissioning Framework for Children, Young People and Maternity Services*, March 2006, published by DfES and the Department of Health (appendix 2)
- ▶ Addressing tensions – services need to understand where there are tensions between their aims and develop solutions in a way that retains a focus on young people. This involves communicating the case for change and ensuring the involvement of practitioners in decision making
- ▶ Building the capacity of voluntary and community organisations that can bring a wealth of experience and expertise in engaging and supporting the most vulnerable and disadvantaged young people
- ▶ Using evidence to plan services – wherever possible, targeted youth support services should be based on evidence from existing successful delivery models and interventions, both within a local area and from other areas
- ▶ Continuous improvement – targeted youth support services need to develop performance management that ensures a focus on outcomes and reviewing practice on an ongoing basis. New services and new thinking need to be checked against quality standards and incorporated into new plans. In the pathfinders young people are regularly involved in reviewing services

Case study – Leicester City pathfinder

Young people in the Leicester City pathfinder are being recruited as peer researchers to investigate and assess the quality of sex and relationship education and services in the area. This evaluation, combined with routine monitoring, will assess the effectiveness of the interventions.





Targeted youth support

– support for local areas

Government offices, supported by the TDA, are providing support to local areas to achieve the structural, workforce and cultural changes necessary to implement targeted youth support reforms. The support is tailored to meet the needs and circumstances of individual areas.

This support is based on the proven targeted youth support change process used in the 14 pathfinders, as well as in the development of extended services in and around schools. This change process has been strongly endorsed by the pathfinders.

A series of regional events are arranged for 2007/8 to support local authorities as they work through the targeted youth support reforms. These events include learning from the targeted youth support pathfinders.

The events are mainly organised as themed workshops for clusters of authorities, supporting them, for example, to:

- ▶ Problem-solve key issues
- ▶ Share learning
- ▶ Enhance their change management skills

The targeted youth support change process

The targeted youth support change process is a proven and structured method of successfully managing change. The pathfinders found that working through it was vital to motivating, building consensus and developing common understanding and trust across all targeted youth support stakeholders, enabling them to collaboratively generate local solutions to problems that reflect the real needs and views of young people and their families.

"The targeted youth support change process has fully involved stakeholders and built a belief and engagement – this is key to better multi-agency working."

Anthony May, assistant director young peoples' division and targeted youth support pathfinder sponsor, Nottinghamshire

The change process takes agencies and other participants through five clear stages – Mobilise, Discover, Deepen, Develop and Deliver – each with associated activities and achievements. The activities and tools that support each stage can be used in a stand-alone way when appropriate, but the process is far more powerful when followed sequentially in its entirety.

The targeted youth support change process



The change process is also an effective way of linking all initiatives that impact on young people, and of ensuring that young people, their parents and their communities are fully engaged in the development of targeted youth support. It helps link, enhance and accelerate existing good practice and encourages multi-agency collaboration and service integration in order to improve service delivery experience and outcomes for young people.

“Before the pathfinder we had initiatives to redesign our targeted youth services, but without the structure that the targeted youth support change process has brought us they stalled and we lost momentum.”

Bridget Cooper, head of youth service and targeted youth support pathfinder manager, Worcestershire

Detailed information about the targeted youth support change process, including change process tools and downloads, is available in the online toolkit: www.everychildmatters.gov.uk/deliveringservices/targetedyouthsupport/

The toolkit also includes local delivery models, over 70 case studies and additional resources.

The process has also helped the pathfinders identify:

- ▶ Where more than one agency is providing a similar intervention
- ▶ Gaps in service provision
- ▶ An understanding of the service experience from a young person's point of view, identifying which interventions are more effective and which are less effective
- ▶ The root causes of issues for young people rather than simply the presenting problem
- ▶ Good practice in the delivery of targeted support for young people
- ▶ An understanding of how a young person with multiple needs can fall below the thresholds of individual agencies, but where, in total, these multiple needs pose a significant risk

“The change process and tools are very good – the general view is certainly that it is simple, clear and well sign posted. It is good at mobilising thinking in defined, sensible stages – it gives people time to systematically unpick issues rather than rushing to an end point. I really like its inclusiveness and the fact that it mobilises a range of stakeholders, resulting in improved outputs.”

Kim Bromley-Derry, director of children's services and targeted youth support pathfinder sponsor, South Tyneside

Performance monitoring of targeted youth support

The targeted youth support reforms are all aimed at fulfilling the vision and outcomes in *Youth Matters* (2005). Progress in reforming targeted youth support will ultimately be monitored and inspected through the established framework of the improvement cycle for children's and young people's services and its focus on the Every Child Matters five outcomes.

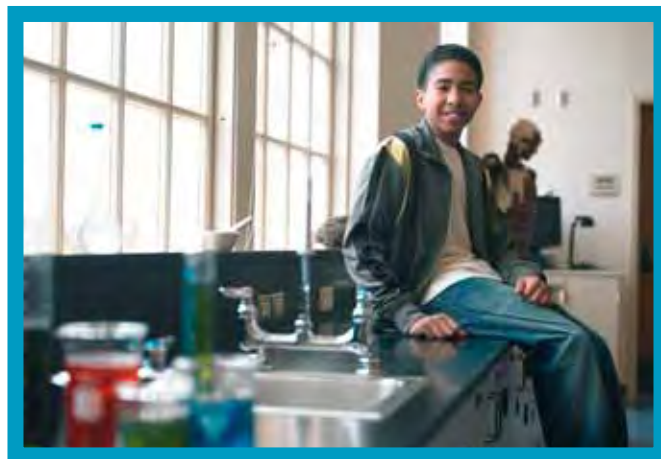
Target outcomes include:

- ▶ Reduction of persistent pupil absence
- ▶ Reduction in substance misuse
- ▶ Reduction of youth offending
- ▶ Reduction in under 18 conception rate
- ▶ Reduction in the percentage of 16–18 year-olds who are not in education, employment or training
- ▶ Improved attainment

The DfES is working with government offices, the TDA, local authorities and practitioners (for example, in schools and health services) to ensure that efforts to reform targeted youth support services impact on these, and other, outcomes. In particular, this includes tools and guidance based on the experience of the pathfinders of how authorities and practitioners can best identify areas of their targeted youth support arrangements for reform, and how authorities can measure success.

The white paper, *Strong and Prosperous Communities*, set out proposals for radical changes to the local government performance framework, including the development of a single set of national indicators.

Local area agreements will become the one mechanism through which central government and local authorities and their partners agree a limited number of improvement targets for each area, flowing from these national indicators. The Government is considering how the delivery of effective targeted youth support should be reflected within this future performance framework.





Appendix 1

Targeted youth support reforms build on the wealth of expertise, provision and learning gained from existing programmes providing targeted support for vulnerable teenagers. Four of these programmes are outlined below.

The youth inclusion programme

The youth inclusion programme comprises 110 projects based on high crime, high deprivation neighbourhoods across England and Wales. These projects aim to prevent youth crime by targeting the 50 most at risk young people in each neighbourhood, assessing their needs and providing meaningful interventions aimed at addressing the risk factors.

Young people are typically either on the cusp of offending, or are already involved in low level offending or anti-social behaviour. In order to engage with the 50 most at risk young people, the projects work with around 100 peers and siblings of the core targeted group.

Case study – Bolton

The Bolton youth inclusion programme supports marginalised young people to help improve their life chances. Young people's needs are assessed and action plans developed, which are owned by individual young people, staff and parents. Activities and interventions include: vocational training; detached work with groups of young people in areas where they congregate to challenge anti-social behaviour; incentivised community projects; support with developing anger management techniques and addressing other issues; leisure and diversionary activities; and work focused on addressing offending behaviour.

In 2005, the programme achieved a 73 percent reduction in arrest rates among the engaged group, exceeding the national target.

The young people's development programme

The young people's development programme (a three year pilot) is a model of targeted youth support with health advice and support at its heart. Delivered by trained youth workers and health professionals, the programme focuses on the most at risk 13–15 year-olds, and demonstrates joined-up working and the achievement of improved outcomes with the hardest to reach young people.

The programme was funded by the Department of Health in partnership with the DfES from 2004 to 2007. The learning from the programme is shaping targeted youth support reforms at the national and local level.

Case study – Stepping Forward

Stepping Forward, an alternative education provider based in Swindon, works with around 18 young people at one time. The programme is a mixture of traditional school subjects such as maths and English as well as adventurous activities and personal and social development. The young people are supported by education staff, a counsellor and drugs and sexual health workers. The project works in close partnership with schools and has strong links with colleges, local businesses and social services.

- ▶ 120 young people took part in this young people's development programme project over three years
- ▶ At the start, 95 percent of participants were at risk of school exclusion
- ▶ Over 75 percent of leavers moved into education, training or employment
- ▶ 100 percent achieved AQA Unit Awards

Positive Futures

Positive Futures is a national sports, arts and activity based social inclusion programme, funded by the Home Office crime and drug strategy directorate and managed by Crime Concern. The programme has over 120 projects and works in some of the country's most deprived neighbourhoods.

By engaging young people in sport and other activities, Positive Futures aims to build relationships between responsible adults and young people based on mutual trust and respect in order to create new opportunities for more positive lifestyles.

The programme aims to use sport and other activities as a catalyst to encourage participants to make decisions for themselves and take self-determined steps towards a positive future. Steering young people towards educational and employment opportunities is at the heart of the programme's agenda.

Case study – Positive Futures in Barking and Dagenham

The Barking and Dagenham Positive Futures project began working with young people in July 2000. It's one of a number of Positive Futures projects led by the Leyton Orient community sports programme. What started as a few football coaching sessions on a run-down hard play area with around a dozen young people, is now a comprehensive programme of football, basketball and athletics on estates, in schools and in leisure centres reaching over 300 young people.

Positive Futures has been a success in Barking and Dagenham. While the credibility of being linked to a professional football club has certainly helped, in the end it's about having the right people out there, week in, week out, building positive relationships with young people.

The teenage pregnancy strategy

The teenage pregnancy strategy is multi-faceted. Its aim is to halve the under-18 conception rate by 2010 and to support teenage parents, so improving their and their children's outcomes.

All local authorities and primary care trusts have a local strategy to reach 2010 reduction targets. Their strategies are expected to include: the provision of high quality personal, social and health education (PSHE) in schools, including sex and relationships education (SRE); accessible youth friendly contraceptive services; training on sex and relationships education for staff in touch with vulnerable young people; support for parents in talking to their children about relationships and sex; and coordinated support for teenage parents.

Local strategies should ensure universal provision to all young people, with targeted work to support those young people most at risk. This may include personal development programmes – such as Teens and Toddlers, which has had a positive impact on building the aspiration and resilience of young people and increasing the age they want to have children. See appendix 2: *Teenage Pregnancy: Accelerating the Strategy to 2010*, DfES 2006

Case study – coordinated support for teenage parents

The Hull teenage pregnancy support service operates an all-day drop-in for teenage parents, once a week in the centre of Hull. A number of services are on offer including: one-to-one support with a teenage pregnancy adviser; an informal parenting group and one-to-one support with a health visitor; an informal antenatal group followed by one-to-one support with a midwife; sexual health information, contraceptive advice and free condoms; and support through Connexions with education, employment and training.

The aim is to provide a range of support to young parents and their children in an accessible and friendly environment, coordinated by a dedicated adviser, who can also link to other services, such as children's centres.

Appendix 2

Listed below are some of the guidance documents and toolkits that are particularly relevant to targeted youth support. The documents are all publicly available online – for quick access, go to www.ecm.gov.uk/IG00206 where you will find direct links to all the documents below.

Policy area	Guidance	Date
Respect	The Respect Handbook – a guide for local services	Jan-07
	The Respect Action Plan	2006
Drug and substance misuse	Young People and Drugs	2005
	Toolkit: Drug use among vulnerable young people – developing local profiles	Q2 2007
	Young people and drugs – follow-up guidance	Q3 2007
Extended services for schools	Extended schools: access to opportunities and services for all – a prospectus	Jun-05
Behaviour and attendance	The Behaviour Improvement Programme: good practice guide	
	School partnerships to improve behaviour and tackle persistent absence	Nov-05
Looked after children	Care Matters: transforming the lives of children and young people in care (green paper)	Oct-06
	CAF: Managers' Guide	Apr-06
Integrated working: common assessment framework	CAF: Practitioners' Guide	Apr-06
	Lead Professional: Managers' Guide	Apr-06
Integrated working: lead professional	Lead Professional: Practitioners' Guide	Apr-06
	Information Sharing: Practitioners' Guide	Apr-06
Integrated working: information sharing	Information sharing: Further guidance on legal issues	Apr-06
	Information sharing: Case examples	Apr-06
	Contact Point (formerly known as "Information sharing index")	2006
	Promoting the mental health and psychological well-being of children and young people: report on the implementation of Standard 9 of the National Service Framework for Children, Young People and Maternity Services	Nov-06
Mental health and emotional well being	Annex to above report – examples of good practice	Nov-06
	Parenting Support: guidance for local authorities in England	Oct-06
Parenting support	Every Parent Matters, DfES	Mar-07
Teenage pregnancy	Maternity Matters: choice, access and continuity of care in a safe service, Department of Health	Apr-07
	Teenage Pregnancy Next Steps: guidance for local authorities and primary care trusts on effective delivery of local strategies, DfES	Jul-06
	Teenage Pregnancy: accelerating the strategy to 2010, DfES	Sep-06
	Toolkit: Teenage Pregnancy: working towards 2010 – Good practice and self-assessment toolkit	Oct-06
	Teenage parents? who cares: A guide to commissioning and delivering maternity services for young parents, Department of Health and the Royal College of Midwives	Feb-04
	National Service Framework for Children, Young People and Maternity Services – supporting local delivery	Dec-04
Young people's health	Department of Health You're Welcome Quality Criteria set out principles that help health services (including non-NHS provision) become young people friendly	
	The NHS in England: the operating framework for 2006/7	Jan-06
Youth homelessness	Sustainable Communities: settled homes; changing lives	
	CLG homelessness policy briefing	
	Homelessness code of guidance for local authorities	Jul-06
	Toolkit: Preventing Homelessness: a strategy health check	
Young runaways	Toolkit: Safe Moves toolkit	
	Young Runaways: report by the Social Exclusion Unit	Nov-02
Youth justice	YJB: Children and Young People	
IYSS: Overview	IYSS Prospectus	Apr-07
IYSS: Targeted youth support	Targeted youth support guide	Mar-07
	Toolkit: Targeted youth support toolkit	Jun-06
IYSS: Information, advice and guidance	Connexions Moving Towards Children's Trusts	Sep-06
IYSS: Positive activities for young people	Guidance on Publicising Positive Activities	Oct-06
	14-19 Education and Skills – white paper	Feb-05
14-19 diploma		
Personalised learning	www.standards.dfes.gov.uk/personalisedlearning	TBA
Multi-agency working	Integrated Working factsheets	Various
	Multi-agency working to support pregnant teenagers: A midwifery guide to partnership working with Connexions and other agencies. Department for Education and Skills, Department of Health, Royal College of Midwives	2007
	Toolkit: Multi-agency working – toolkit for practitioners	Aug-06
	Toolkit: Multi-agency working – toolkit for managers	Aug-06
Workforce	Advice on Developing and Implementing an Integrated Local Children's Services Workforce Strategy	
		Nov-06

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