



YOUNG PERSON'S SUPPORTED ACCOMMODATION (YPSA) CLINICAL PSYCHOLOGY PROVISION

Dr Kim Jackson-Blott (Principal Clinical Psychologist)
Dr Lucinda (Lucie) Brabbins (Principal Clinical Psychologist)

WHO WE ARE...

We are both Clinical Psychologists and part of OCC's Clinical Team. The Clinical Team comprises Clinical Psychologists, Assistant Psychologists, an Advisory Teacher and some Psychiatry time.

From one team, we all work into different services, e.g. we have psychology colleagues supporting Residential and Edge of Care, and also Family Solutions services. Kim and Lucie's remit is to support the YPSA provision.

SERVICE OFFER

- REFLECTIVE PRACTICE
- CONSULTATIONS
- DIRECT INTERVENTION/S
- TRAINING

REFLECTIVE PRACTICE (RP)

RP offers protected time within a **fast-paced system** for staff to come together to pause and think more deeply about their experiences within their work with Young People.

Aims:

- Share experiences, thoughts and feelings out loud
- Increase self-awareness: notice patterns of behaviour & how feelings play a part in decision making
- Learn from past actions and from each other
- Develop a shared understanding and team approach
- Ultimately, improve the quality of work and increase staff morale

RP is NOT:

- Clinical supervision
- Support group / group therapy
- Focused on employment/HR issues

Proposed Format:

- We will contract with workers to make governance and responsibilities really clear
- Themes of discussion will be recorded, but no minutes taken (Team Managers encouraged to attend)
- Groups might be provided across or within teams (depending on GDPR & team numbers)
- Additional groups for Team Managers working at operations / strategic levels across organisations

CONSULTATIONS

Aims:

- Deepen understanding of the young person's needs/presenting problems
- Consider ways of promoting engagement
- Contribute to risk assessment and management plans
- Inform the intervention/care plans

Proposed Format:

- Contract to outline governance and responsibilities from the start
- 90 minute slots to meet
- Individual / staff group (preferred)
- Within the YPSA staff teams & multi-agency

DIRECT AND INDIRECT CLINICAL WORK

Aims:

- Offer **individual assessment and interventions** to young people where there are gaps in existing provision (subject to clinical capacity)
- Offer **group interventions** to promote psychological wellbeing and social inclusion
- We take a systemic view of a young person, rather than just individual and formal psychotherapy
 - Support with professional liaison / **access to services** / referrals to services

Proposed Format / Focus:

- Responsive to identified needs following consultations.
 - understand the population; identify gaps in existing services that exacerbate unmet psychological needs.

TRAINING

Aims:

- Equip the workforce with psychological knowledge and insight
- Provide a toolkit to support the Young People
- Promote staff confidence to respond to the Young People's needs

A varied training schedule is run by the Clinical Team throughout the year - YPSA workers will be able to access these trainings. Over the coming weeks and months, we will also be gathering a picture of what training needs there might be for YPSA workers and can develop service-level trainings to meet those needs.

WHAT NEXT?

Our approach to service development

Assessment phase - identify needs

- Drawing on relevant research, policies and guidance
- Learning from examples of good practice
- Service mapping

Making links with Teams

- YPSA (internal & external)
- Other external providers (Mental Health Teams; CAMHS; AMH; EET; etc)

Hearing from you

- Online Survey sent in advance to capture a baseline
- Individual meetings - asking managers about strengths and challenges

Setting up practice across the pathway

- Ensuring accessibility and equity in service provision between in-house and external providers

How to contact us:

Kim.Jackson-blott@oxfordshire.gov.uk

Lucinda.Brabbins@oxfordshire.gov.uk

To book a consultation, please email both Lucie and Kim and include the following:

- The young person's name (and LCS number)
- A paragraph with some background about the young person's situation (including how urgent) and a question you'd like us to focus on answering during the consultation.
- We will send you a brief questionnaire to complete before and after the consultation, which helps us to collect feedback and tailor our work to your needs.