

# Supporting Young People in Transition

Includem helps young people **become adults** by helping them build **independent living skills** to connect them with **society** and the people in their lives.



**“My worker’s actually helping me get back to college ...  
so I can do my Highers or a refresher course.”**

# Helping young adults get the best start ●

Making the transition to adulthood is difficult for vulnerable young people. It’s especially daunting when they suddenly lose any support they’ve had from the care or youth justice system.

Issues like mental health problems, or lack of support from family and friends, can make it even harder for young people to connect with adult support services. Alone and overwhelmed by the demands of society and independence, it’s not surprising that many will relapse into behaviour leading to long term health and social problems.

Includem can help. We support young people at this challenging time, providing a relationship with a trusted adult that can help give them a better start as adults. By gradually reducing the

support to young people and their parents or carers, we build the confidence they need to live independently.

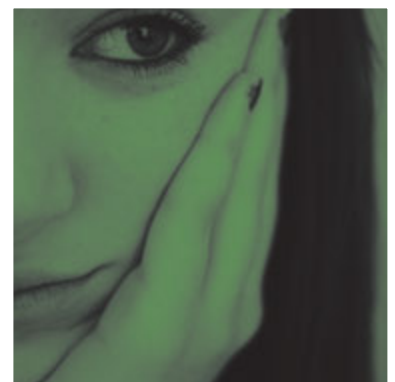
Includem supports all the young people we work with as they make the transition towards leaving Includem’s service. Our specific Transitional Support programme works with those young people who have continuing vulnerabilities that mean they need extra preparation for life. This may be due to past histories of abuse, neglect and deprivation, and they are likely to lack family and environmental supports at a

critical time in their adolescent development.

Our consistent commitment to young people helps them overcome the painful legacy of their early lives and meet the challenges of their current situation. The young people we help are the next generation of parents – and with transitional support, we can help break the intergenerational cycle.

## 5 KEY PRINCIPLES AT THE HEART OF EVERYTHING WE DO:

- WE BELIEVE NO YOUNG PERSON IS BEYOND HELP
- WE GUARANTEE A FLEXIBLE, QUALITY SERVICE 24/7
- WE AIM TO REBUILD FAMILY RELATIONSHIPS
- WE PROMISE VALUE FOR MONEY
- WE KNOW WE’RE SHAPING THE FUTURE



“They helped getting my house, teaching me to stay out of trouble, showing me how to be a dad.”

# How Includem makes a difference ●

Established in 2000, Includem is a specialist Scottish charity registered with the Care Inspectorate, focusing on delivering support to the most vulnerable and challenging young people in society.

At the heart of what we do is 1-to-1 relationship-based support for young people and their parents or carers. Whatever time of day or night, 7 days a week, we're there when they need us most.

We also offer a free 24/7 Helpline, giving them a practical way to get in touch. This means we can intervene at the point of crisis, reducing immediate risk of harm as well as developing trust and learning opportunities for young people and families.

Our toolkit A Better Life is based on best practice and research evidence, and provides a framework for young people to make positive changes to their attitudes and behaviours. In addition, all staff are qualified to SSSC residential child care standards.

## WHAT OUR SERVICE DELIVERS

- Tapered support, phased disengagement, exit and future planning.
- Brokerage and support to engage with other services (specialist and mainstream) including training and employment opportunities.
- Support to help young people plan for their future, think about their life goals and how to work towards them.
- Specialist support for those struggling with a difficult transition into adulthood after the end of their statutory funded support.
- Help to build and strengthen young people's social support network and help with family and other relationships, and support for young people who are becoming parents.
- Immediate crisis support to avert and minimise the impact of any relapses into offending, harmful or risky behaviours.

## PROOF OF SUCCESS

Gemma was referred to Includem at 19, suffering from agoraphobia and needing emotional and practical support.

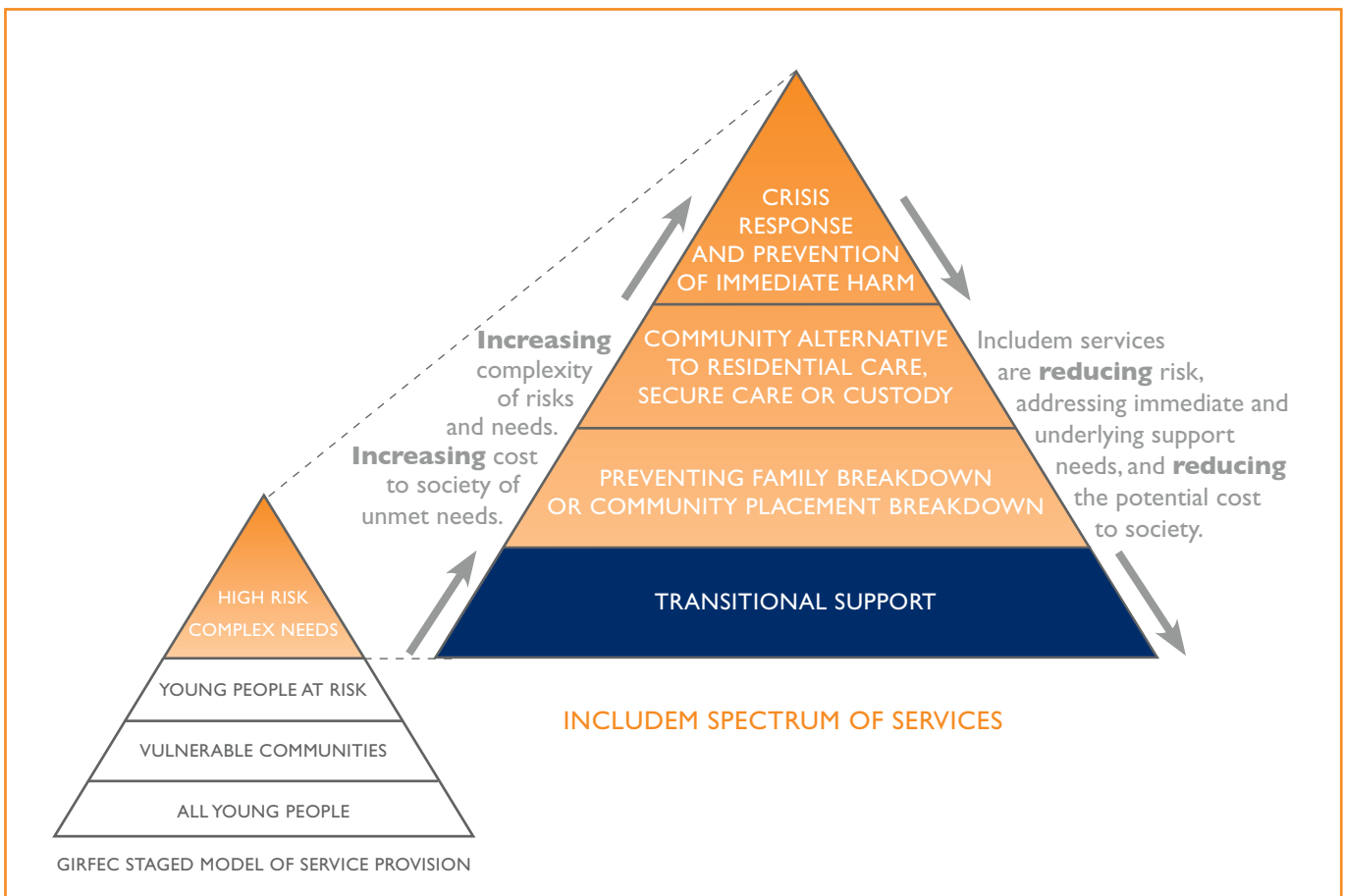
She had rarely left the house in 4 years and had refused to attend school from the age of 14, leaving her isolated from society.

Read Gemma's story at [www.includem.org/content/case-study-gemma/](http://www.includem.org/content/case-study-gemma/)

# Includem focuses on four areas •

As well as offering financial benefits, the evidence shows that our approach offers better outcomes for young people, families and communities:

- Reduced offending and risk taking behaviour
- Better engagement with training and employment opportunities
- Better family relationships
- More confident and positive parenting from young parents
- Improved health and wellbeing
- More responsible citizens



**FIND OUT HOW INCLUDEM CAN HELP YOU**

If you'd like to know more about our services, please get in touch today.

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