

Includem's experience.

INCLUDEM'S KEY PRINCIPLES ARE LED BY OUR BELIEF THAT YOUNG PEOPLE:

- are never beyond help
- need a responsible service at time of most need to them
- fundamentally benefit from consistent, caring and positive relationships in their lives
- achieving better outcomes reduces public spending
- are the next generation and that when they believe in their future, it improves the whole of society

Our focus is on early action and prevention at any stage in a young person's life and we use an evidence based assets approach with proven key features:

- persistence and stickability in securing and maintaining engagement of children, young people and their parents and carers
- one to one flexible individual packages of community based support delivered 24/7
- a cognitive focused framework 'A Better Life' is used to support progress against agreed outcomes, in particular against GIRFEC wellbeing indicators
- Effective partnership work with other agencies including to facilitate improved engagement by parents and carers

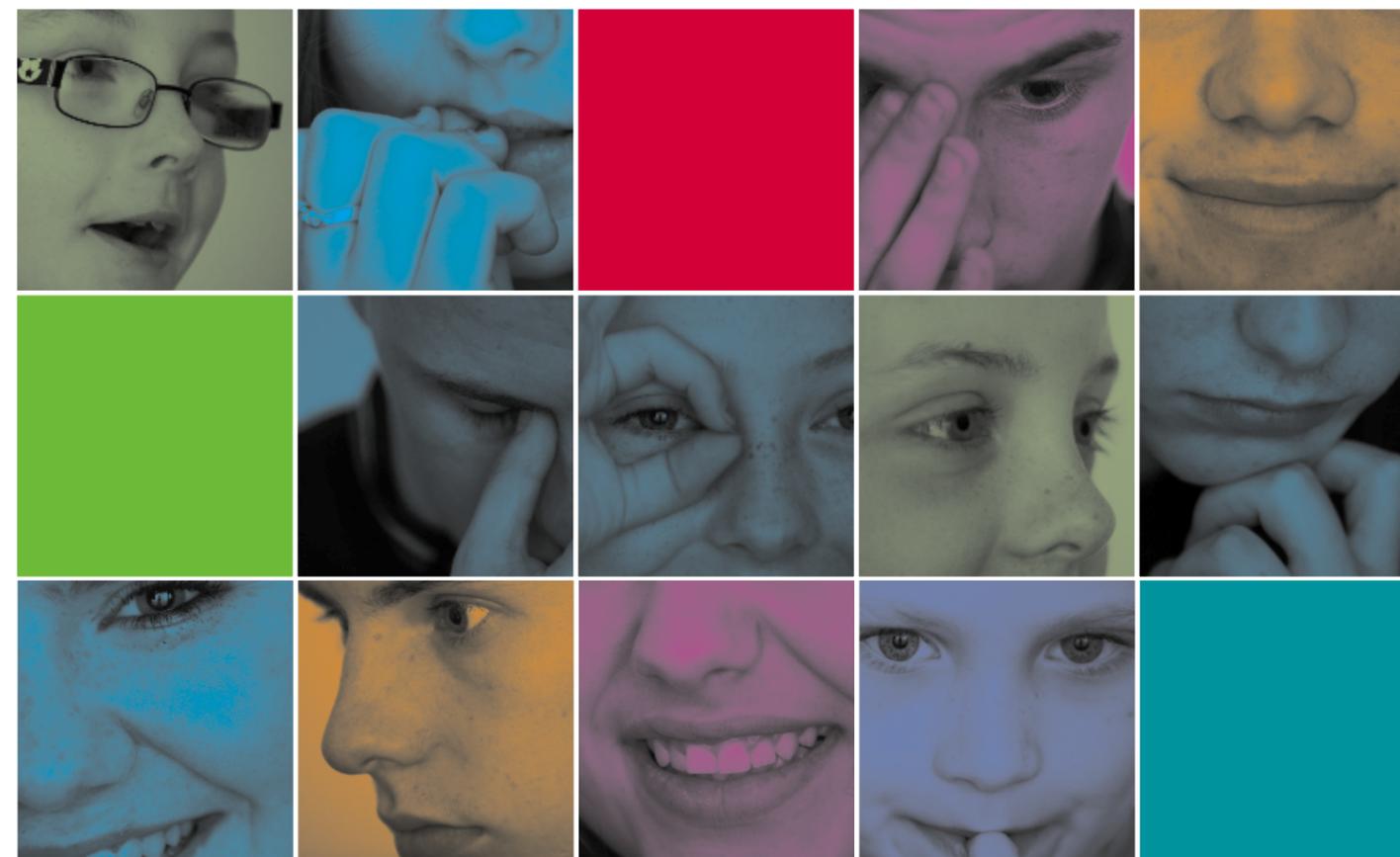
Find out how Includem can help you:

If you'd like to find out more about our services please get in touch with our Partnership Development Manager, David Ferrier on david.ferrier@includem.co.uk or **0141 427 0523**.

www.includem.org

Bridging the gap between home and school to raise attainment for all

Out of school support for young people and parents to address the barriers to school attendance and achieving their full potential



Includem is a registered charity (SCO 302333). Registered in Scotland No. (207985)

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Enabling young people to flourish in education.

We know from experience that young people are ready to learn when they are emotionally stable, with positive relationships in their life and where they attend school on a regular and consistent basis.

The focus of our work is with the young person outside of the classroom. We recognise that a stable family life is critical to a young person's personal development and to their educational achievement.

We aim to support young people in a sustainable way by improving relationships within the family, between the young person and their school and between the school and the family. Identifying underlying problems and tackling them head on with targeted and personalised support is essential.

KEY ELEMENTS OF OUR PROGRAMME :

- Practical support to ensure attendance at school such as reinforcing routines
- Proactive work with parents and carers to help them set boundaries and manage challenging behaviour
- Supporting young people to manage their emotions, anger and frustrations in a positive way
- Working with parents and carers to access support for health, housing, finance and other problems which undermine their parenting capacity
- Age and stage appropriate support for the child out with school hours to reinforce attendance and engagement as well as developing confidence, motivation and ability to participate in school work.
- Close working with schools and social work to ensure child protection concerns are addressed and young people are safeguarded



How Includem makes a difference.

Includem is a well-established Scottish charity focused on supporting some of the most vulnerable and challenging young people to achieve positive change in their behaviour and relationships so they can move towards leading fulfilling lives.

We are there for young people, 24/7 and believe that no young person is ever beyond help. Our 24/7 free helpline and flexible approach to work with young people and their parents and carers means we are available when they need us most averting crisis situations as well as developing relationships of trust.

Our work is preventative by design - by intervening early and achieving better outcomes for young people we also reduce public spending in the immediate and long term.

INLUDEM IN PRACTICE: KENNY'S STORY

Kenny was a cause for concern at his school when Includem started working with him. He had poor attendance -below 50%, frequent exclusions and a recent charge of breach of the peace.

Kenny was defeatist and disengaged. He believed he was never going to succeed at school and had challenges at home. Neither of his parents offered him any encouragement to attend school.

Includem worked with Kenny to rebuild his confidence and get him to think positively about his future goals and ambitions. He worked through our cognitive behaviour toolkit 'A Better Life' and was supported to think about all the relationships in his life - good and bad - and how to make them better.

His negative behaviours were challenged head-on by encouraging his parents to set down boundaries. As a result Kenny started to get into a routine and his attendance at school started to improve. Both Kenny and his parents used our 24/7 helpline to reinforce the routine and seek help before his behaviour escalated to crisis point.

As his attendance at school began to improve we worked constructively with him and his school to engage him more fully in his classes and to think through his future plans.

Kenny exited our service after becoming reengaged with education and is now attending interviews for a college course.

