

Experience the includem journey

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Why includem?

- We provide Early Intervention and Prevention support.
- Our intensive support is provided 7 days a week, 365 days a year.
- Our support is relationship-based, strengths-based, and trauma informed, incorporating the Solihull Approach and restorative practice.
- We bridge the gap between school education and the community.
- We provide high level support to those at most risk.
- We work with children, young people, and families displaying behaviours other organisations refuse to work with. We believe no one is beyond help and that all children and young people have a right to hope and aspiration.

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When does includem become involved?

When a professional individual i.e. social worker, teacher (the referring person) contacts includem, we meet with them. This allows us to gain an early understanding of needs and strengths, assess risks and challenges and agree outcomes. Working with the referring person and the children, young people, and family, we then create a suitable support plan.

Includem has relationships with a number of referring organisations and are always happy to discuss how we can help and support.

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What does this look like for children, young people and families?

It's vital that children, young people, and families are respected and heard throughout their journey with us.

Includem places children, young people, and families at the centre of their support, supporting them to decide how they wish to be supported and by who. We empower them to express their views and wishes. We build relationships with children, young people, and families, establishing trust so that they can tell us day-to-day what is/isn't helpful.

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What does support involve in practice?

We work with the child/young person and family to plan support. We discuss what's going well, what needs to change, what their goals are, and what's needed to achieve these goals. Includem work with children, young people and families to come up with a plan together.

Includem workers are vital. They are transparent and honest. They help drive change and keep the child/young person and families moving forward. The includem team build trust, do what we say, and therefore build genuine relationships with children, young people, and families. We display stickability and we don't give up.

The skill of the includem team is combining the desired outcomes of the referring person and the children, young people, and families.



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Why are relationships so important?

We engage families that other services find hard to engage. We understand some children, young people and families may initially be reluctant to accept support. It's important for includem to build trust over time with patience and respect.

Includem workers build trust by having the children, young people, and families lead the support. We are flexible to the wants and needs of the child/young person and family. We go to them, in their communities, homes, and safe spaces.

A positive relationship means that when challenges arise, the includem worker is in the best possible position to offer support and guidance when it is needed most.

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How does includem drive positive change?

We use evidence-based approaches alongside the relationships we build to support children, young people, and families. This includes includem's practitioners' toolkit 'A Better Life', the Solihull Approach, and Restorative Practice.

All our support is provided in a way that works for the child, young person, and families. Our approach is strength based and trauma-informed to meet the needs of the children, young people, and families. If the child/young person enjoys being active for example, we can frame learning around being outdoors and sports.

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How does includem support children and young people when moving on?

Before moving on, we work with the child/young person to discuss their needs. We use the 'This is my Future' module within includem's 'A Better Life Toolkit'. It's important to sustain positive change so includem ensures there is appropriate support within the local area, community, and family.

No process of moving on is ever rushed. It's done in a way that's suitable for the child/young person and family.

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What does success look like?

Success will vary based on the goals set out by the child, young person, the family, and the referring person. Goals are set at the start of process but can be adapted through the journey.

For every child, young person, and family, we believe they have a right to hope and aspiration. We support and drive positive change, but it's about the child, young person, and family using the techniques we provide to move forward in a more positive direction than when they first started their includem journey.

includem

Trust
Mountain