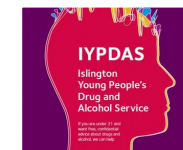


YCSMAS

Youth Counselling & Substance Misuse & Alcohol Service

An opportunity to access a holistic approach to social, emotional and physical wellbeing that supports young people to feel safe and empowered in body and mind.

Service managed by YCSMAS Team Manager: Afra Bell



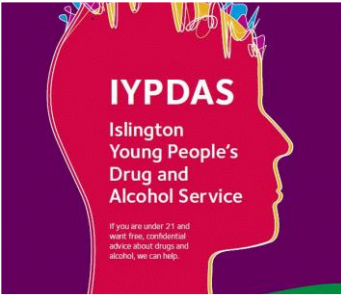
Who We Are

- **YCSMAS** is a free and confidential service with an integrated health team that incorporates both:



TYS Youth Counselling Service
Counselling service for young people aged 12 to 21 years

TYS Youth Counselling



IYPDAS
Islington Young People's Drug and Alcohol Service

If you are under 21 and want free, confidential advice about drugs and alcohol, we can help.

Islington Young People's Drug and Alcohol Service

- We were created in response to the growing number of young people referred for counselling and/or substance misuse support.
- We provide a holistic health service for young people that will allow for closer partnership work between the two interventions provided.

Where we can see young people



Platform Youth Hub (N7)

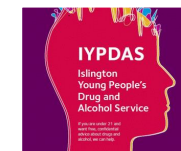


Lift Youth Hub (N1)



- Isledon Road (N7)
- Various schools/ alternative provisions
- Youth Centres

Phone sessions are offered in some circumstances.



What YCSMAS offers

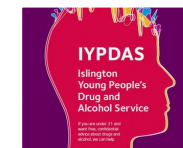
Youth Counselling

- ✓ This service offers between 6 and 12 weekly counselling sessions (integrative talking therapy) with the same counsellor.
- ✓ Creative, trauma informed and solution focused ways of working are implemented alongside talking therapy if helpful for the young person.
- ✓ We offer 'crisis sessions' when there is a serious incident in the borough. Counsellors will book in 3 sessions to contain the initial shock and grief of what has happened and then insure the YP is signposted or referred back into YCSMAS or another appropriate service.

Substance and Alcohol Misuse

- ✓ This service offers one-to-one targeted support and treatment to young people affected by drug and alcohol issues, as well group work sessions and training for professionals.
- ✓ We offer peer professional support, training and consultation to partner agencies engaged with young people in need.

Both services also offer informal consultation for colleagues, other professions and parent/ carers



YCSMAS Specialisms

We specialise in engaging young people who are normally don't access or find it difficult to access mental health services and/or those young people who are feeling resistant to engaging with mental health services.

Our service and staff are:



- Trained in trauma informed practice and work with Domestic Violent Abuse, CSA, CSE and HSB.
- Specialise in working with bereavement.
 - Have extensive experience in working with young people who are victims or perpetrators of violence.
 - Are experienced in supporting young people who have gang affiliations.
 - Work closely with CSC and with young people referred by the LAC team and Independent Futures.
 - Work closely with young people referred by the Youth Justice Service.
 - Work with young parents in partnership with the FNP.
 - All experienced in supporting young people who have complex needs.

YCSMAS Outcomes

Improvement

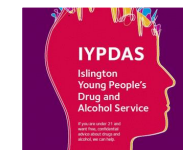


- Confidence & self esteem
- Emotional wellbeing
- School & college attendance
- Improved relationships with family & friends

Reduction



- Substance & Alcohol Misuse
- Anxiety & low mood
- Violent or angry feelings, thoughts & behaviour
- The impact of trauma
- Suicidal ideation & self-harm



How TYS Counselling works



We offer 6 – 12 weekly sessions. Each session is 50 minutes and are held at the same time on the same day each week, to facilitate a predictable and safe framework for the young person to express themselves.

Introductory Session

This session allows the young person to get a sense of the counsellor and to gain understanding of counselling and how it could potentially work for them.

Boundaries and confidentiality are discussed for safety and consistency, and we ensure that the young person is aware of the reasons for referral and the presenting difficulties which have been passed to us.

Session 1

The assessment and evaluation forms are completed to obtain emergency information and risk assessments, as well as to collaborate with the young person to establish aims and objectives.

We identify what the young person would like to talk about during their sessions.
We identify the young person's strengths and explore their interests and the things that they enjoy doing.

Session 4/5

A midterm review is completed to evaluate and discuss how counselling is going and what they are finding both helpful and challenging.

This provides an opportunity to think together about how many more sessions are required and if an onward referral to another service is necessary.

Final session

The ending of counselling is very important as it can trigger feelings about previous endings that they have experienced.
We will begin preparing the young person for the ending session several weeks before ending.

In this session, we work carefully with the young person allowing for further awareness of attachment needs.

Referral Criteria for TYS Youth Counselling

Examples of presenting issues for Counselling	
• Self-harm	suicide attempts, suicidal ideation, self-harm
• Mood or emotional regulation difficulties	anxiety, low mood and depression
• Youth Violence	gang issues, victim, perpetrator of youth violence, CSE, Modern day slavery, human trafficking
• Sexual Trauma	sexual assault, harmful sexual behaviour, sexual abuse, CSE
• Substance and Alcohol misuse	youth drug and alcohol misuse and/ or parental drug and alcohol misuse
• Systemic issues – Family and societal	Lac, relational trauma, attachment trauma, loss, bereavement, homelessness, poverty
• DVA	witness, victim, perpetrator
• Disability	physical
• School	school refusal, bullying NEET, exclusion, learning difficulties
• Identity	cultural, racial, sexual, gender, low self-esteem/ self-worth, body image
• Multiple and complex issues	which may include some or all of the above



Who are we unable to see for TYS Youth Counselling



Any young person:

- Who has recently taken an overdose or who has recently (within the last 3 months) been hospitalised with serious mental health issues.
- Who has escalating and persistent suicidal ideation.
- Who is considered to have serious safeguarding concerns around their mental health and who is not currently open to CSC.
- Who is suspected or emerging diagnosable mental health disorders, e.g. PD, etc.
- Who is currently experiencing escalating and ongoing serious self-harm.
- Who may need further mental health or additional needs assessments.
- Who may find it too difficult to engage with talking therapy or for whom talking therapy may not be appropriate.

How IYPDAS works

Our Substance Misuse workers can support young people with reduction, harm minimisation or cessation and can educate young people about how to keep themselves safe. We offer:

Assessments

Assessments are used to inform the intervention and number of sessions offered to young people.

Interventions

Interventions are planned with the young person and take place weekly or fortnightly face to face, over the phone or online.

Interventions include: screening/ assessment/ risk assessment, harm minimisation, relapse prevention, substance misuse reduction, educational sessions, care plans and staff training.

Group work

We provide educational drugs awareness group sessions for schools.

Our Substance Misuse workers have specialist lead areas:



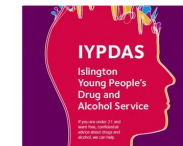
Accident & Emergency



Young Women & Girls



Schools, Alternative provision and Transition



Referral Criteria for IYPDAS

Examples of presenting issues for Substance Misuse interventions:



- Low level drug and/or alcohol use
- High level drug and/or alcohol use
- Self-medication using illegal and prescribed drugs
- Self-harm using drugs and/or alcohol.

Who are we unable to see:



- Young people over 18 years who are being prescribed and who are high risk

How to refer

Service	Age Range	Requirement	Referral route
TYS Counselling pathway	12yrs – 21yrs (up to 25yrs if LAC or MLD or SEN)	Lives or studies in the Borough of Islington	Email: YCSMAS@islington.gov.uk Landline: 0207 527 5099
SEMH Counselling pathway (all referrals from GPs, CAMHS and hospitals)	10yrs – 18yrs	Registered with an Islington GP	SEMH/CST duty on 0207 527 7400 or Complete the islingtoncs.org : Request for Service form and email to: csctreferrals@islington.gov.uk
IYPDAS Substance Misuse pathway	12yrs – 21yrs (up to 25yrs if LAC or MLD or SEN)	Lives or studies in the Borough of Islington	Email: YCSMAS@islington.gov.uk Landline: 0207 527 5099

Please ensure that the **young person has consented** to YCSMAS support before making a referral.

