Welcome to this Practice Week session

Please be considerate to others - we want this to be a safe, open and reflective space to learn and share thoughts and ideas.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

Please be aware that some of these sessions are being recorded. Your presenter will let you know at the start of the session. If you do not wish to appear on the recording, just keep your camera off.

Thank you!



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Seeing Safety Through Young Eyes

Josie Wood – YouCan Senior Practitioner

Jaimie Picton – Parent Support Practitioner

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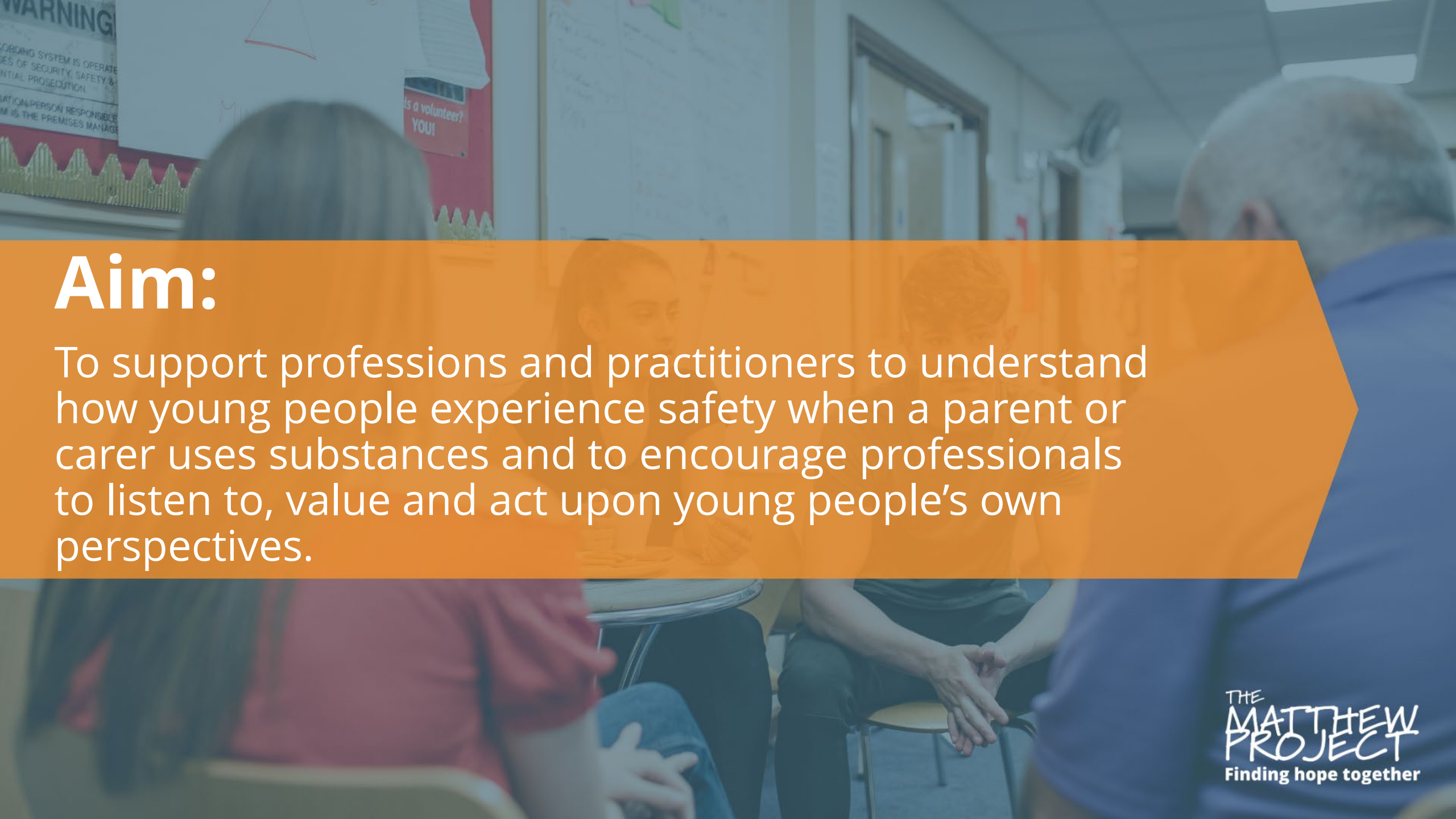
Finding hope together



Aim:

To support professions and practitioners to understand how young people experience safety when a parent or carer uses substances and to encourage professionals to listen to, value and act upon young people's own perspectives.

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Professional's POV

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Young Person's POV

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Professionals POV

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Young Person's POV

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Professional's POV

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Young Person's POV

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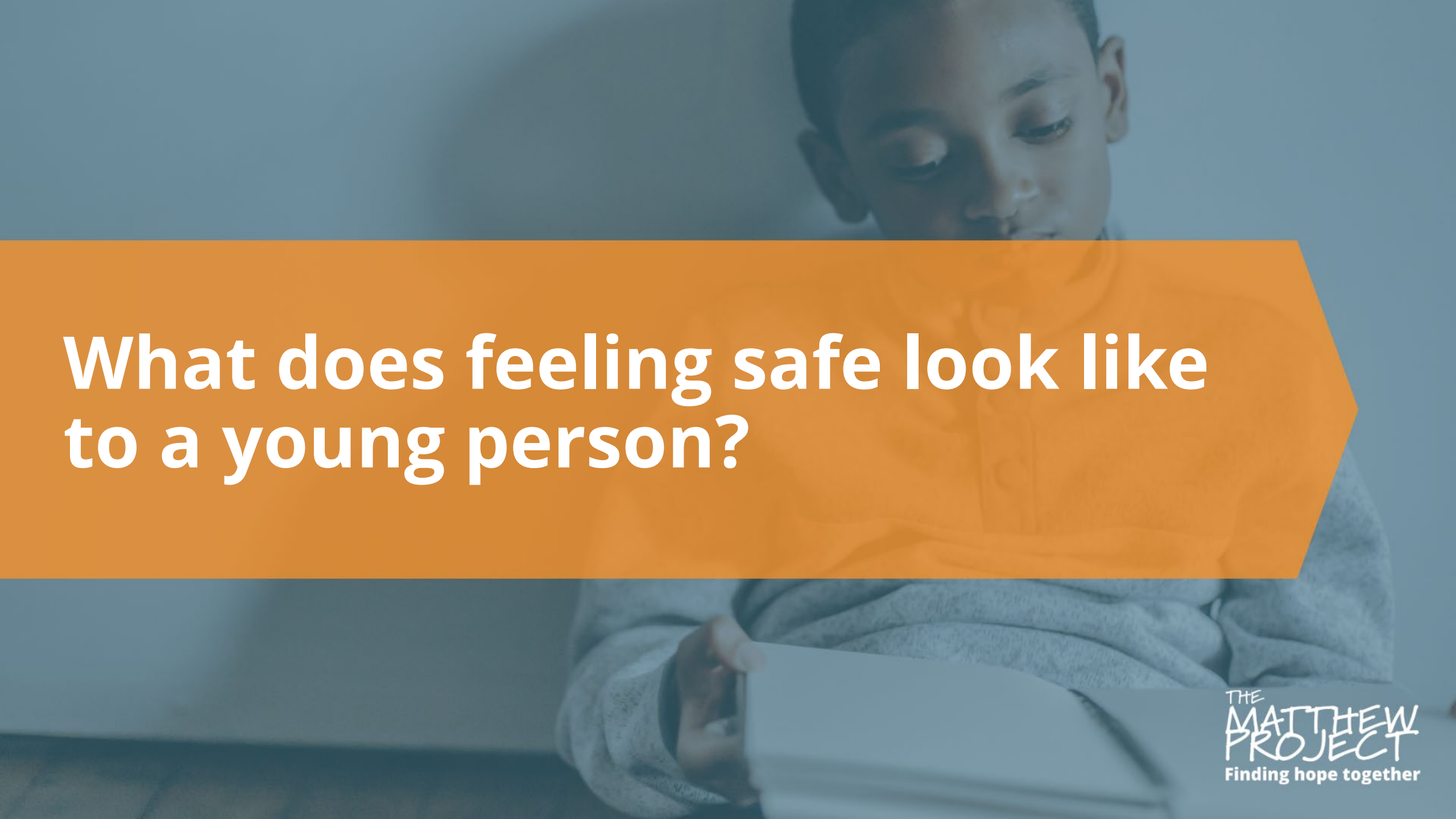

What does feeling safe look like to a young person?

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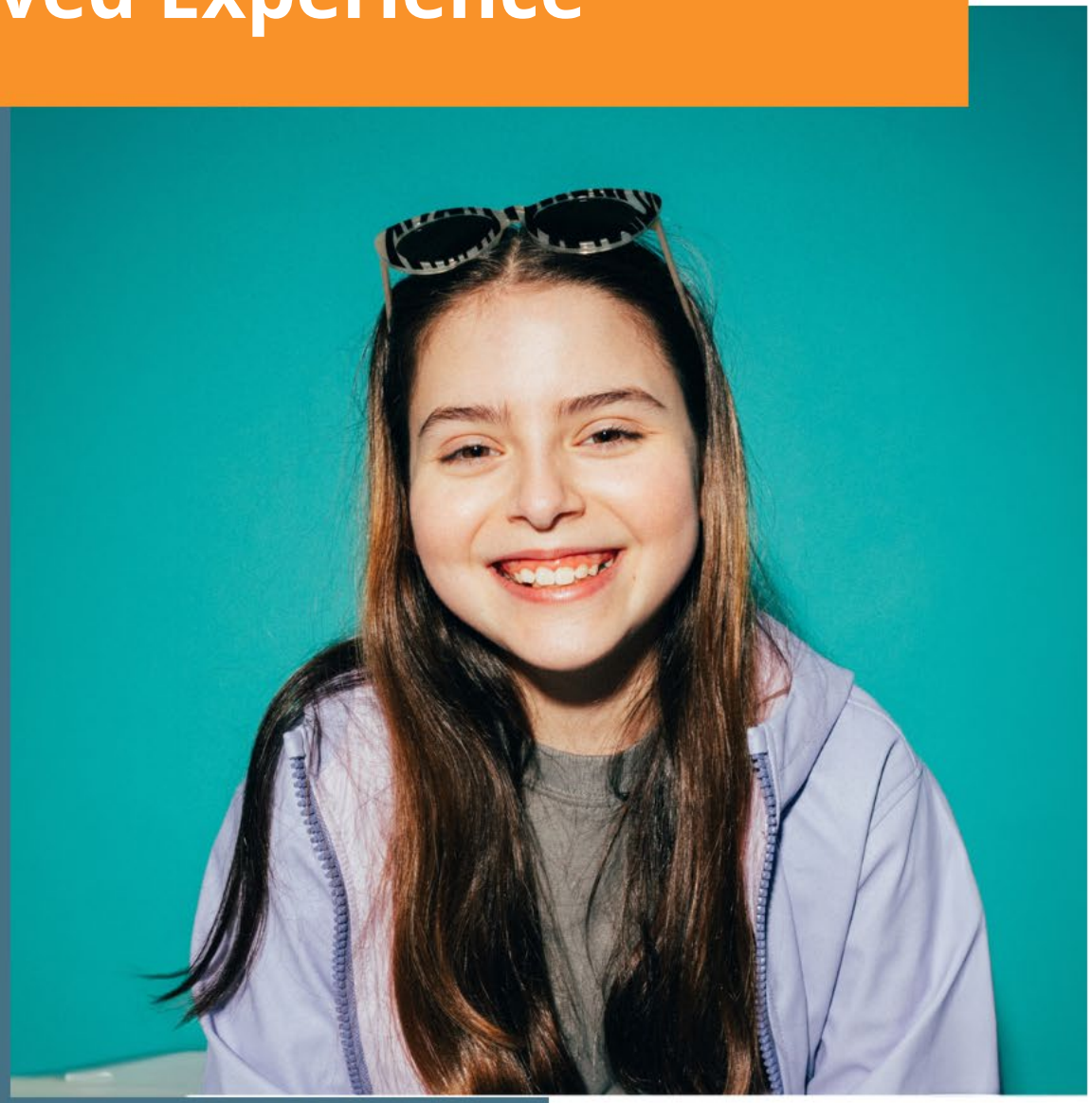
Lived Experience



Young people may see safety differently:

- Growing up around parental substance misuse
- Unpredictable behaviours and arguments
- Disrupted routines and instability
- Adapting to difficult home environments
- Developing their own ways of managing and navigating situations

YOUNG PERSON POINT OF VIEW:

FAMILIARITY CAN BE MISTAKEN FOR SAFETY

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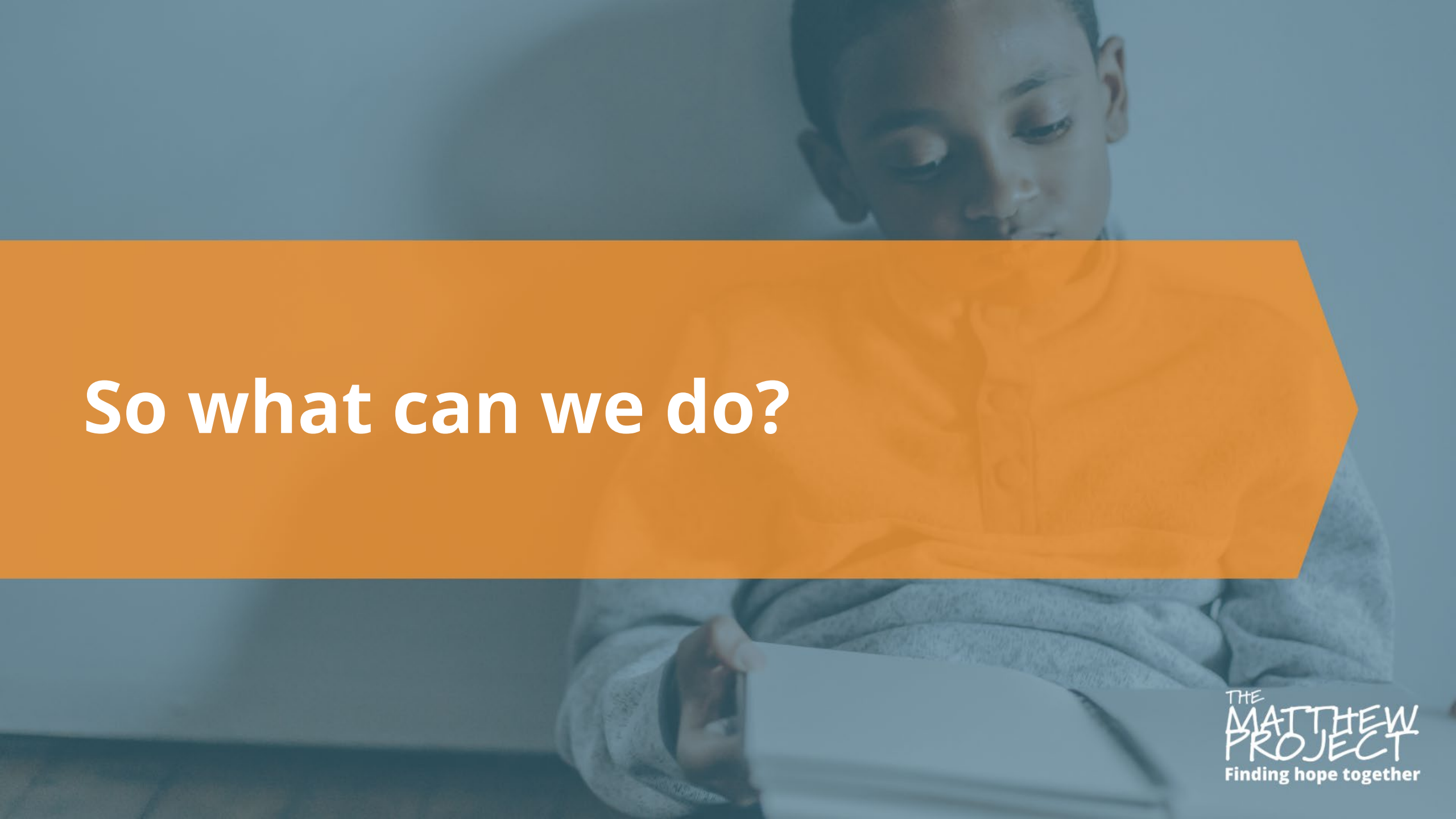

So what can we do?

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Balancing Perspectives

We need to balance professional concerns with a young person's sense of safety

- Recognise both perspectives
- Avoiding dismissing or challenging their experiences
- Understand their emotional connection to family
- Be mindful of how we talk about their home



Having Conversations



- Approach conversations with sensitivity and curiosity
- Help to recognize experiences without fear
- Use age-appropriate language
- Focus on specific situations, behaviours and experiences
- Explore what safety means to them – avoid labelling their whole world as unsafe!
- Help them feel listened to, not judged

THE LANGUAGE YOU USE MATTERS – INCORRECT LANGUAGE USE CAN CAUSE DEFENSIVENESS OR WITHDRAWAL

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We don't need to minimise risks, but we do need to communicate them sensitively

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Resilience vs Adultification

Are we recognising resilience or overlooking the burden they're carrying?

- Young people may appear mature and independent
- Taking on adult responsibility at a young age
- Caring for parents or siblings
- Managing difficult situations at home
- Suppressing their own needs and emotions
- Young person's apparent maturity could be a coping mechanisim for them



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Feeling Heard

We need to work **WITH** young people, not for them

- Involve young people in creating safety plans and meetings/conversations about their safety
- Check the plans work in everyday situations
- Take into consideration the young person's idea of safety when it comes to safety planning
- Understand what safety looks like from their perspective
- Don't exclude them from meetings about their lives
- Make sure they receive feedback following meetings
- Show how their views influence decisions
- Explain what happens next



Seeing safety through young people's eyes means...

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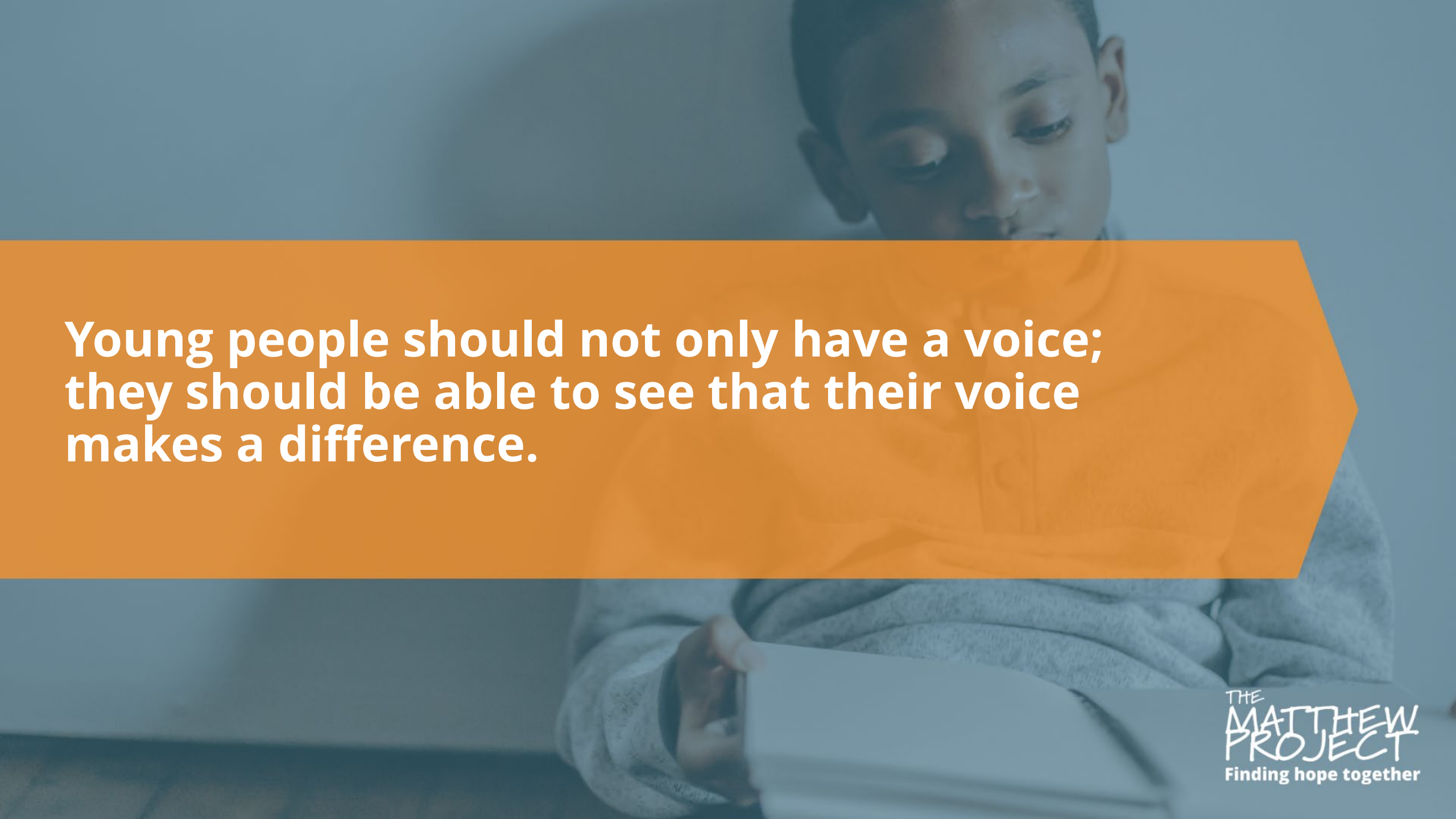
- Taking the time to understand the world from the young person's perspective – **DON'T JUST HEAR - - - *LISTEN***
- Involving young people in decisions that affect them
- Being mindful of how we talk to the young person about their safety
- Recognising resilience and adultification



YOUNG PEOPLE DESERVE TO BE HEARD
YOUNG PEOPLE DESERVE TO FEEL HEARD



Young people should not only have a voice; they should be able to see that their voice makes a difference.

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Introduction to the Matthew Project's Young People's Services

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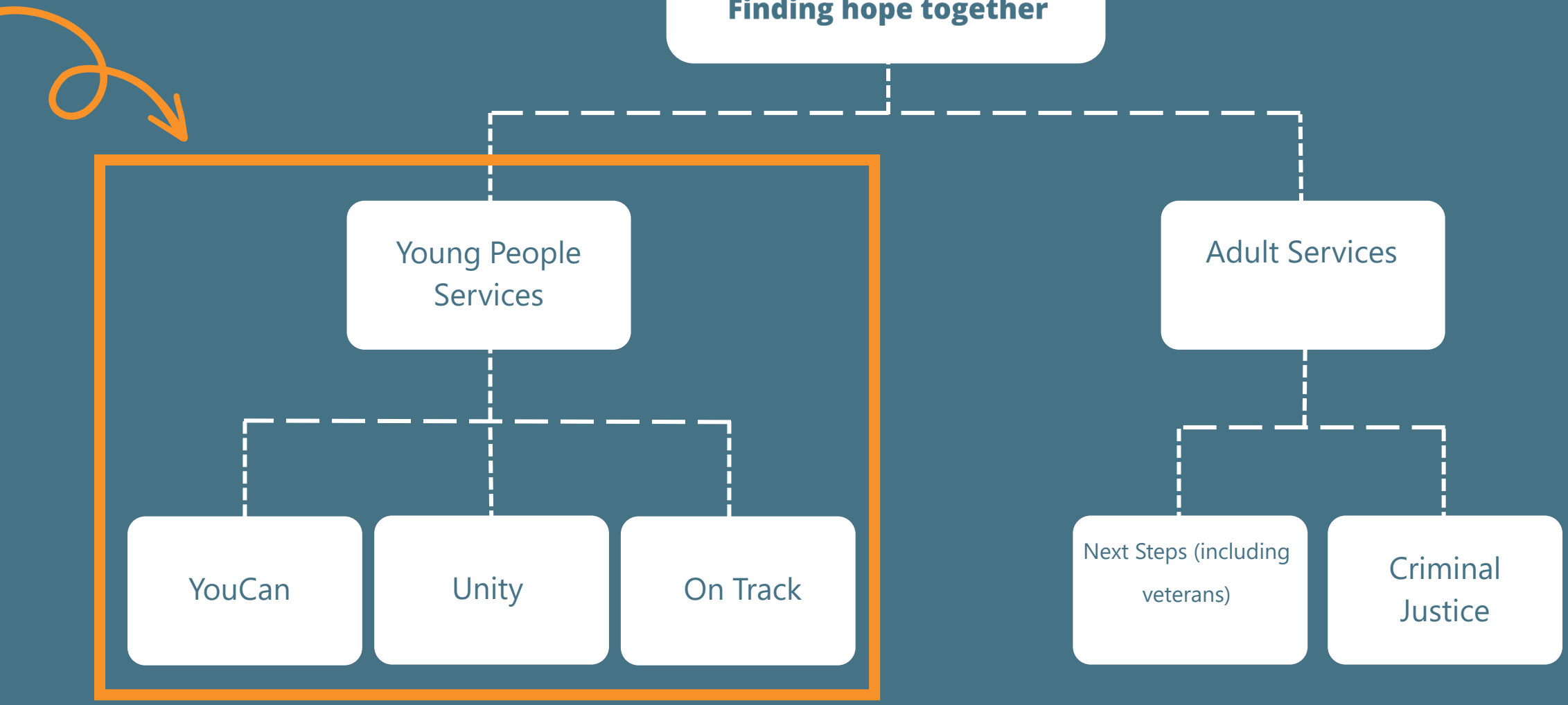
Our Charity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Young People Services
Adult Services
YouCan
Unity
On Track
Next Steps (including veterans)
Criminal Justice

YouCan

Referral Criteria:

- Aged under 19 (up to 24 SEND) and living in Norfolk
- Affected by a family members drug/alcohol use - current or historical use
- Consent from the young person or parent/carer if under 12



Our Support

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Tailored 1-2-1 support with a worker to meet the child/young person needs



Meeting face to face where the child or young person feels safe and comfortable



Access to positive activities to build skills, confidence and self-esteem
Including at home activity packs



Working closely with other agencies like Children's Services to build support

Our Support

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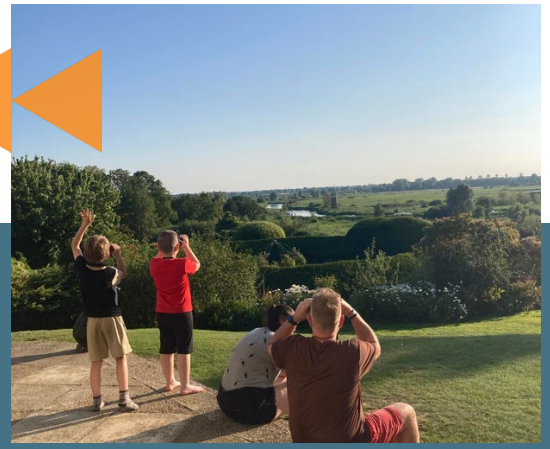

Offer a space to talk and aid understanding of their experiences



Advisory groups to help shape the service



Peer mentor programme



Aftercare support

Unity

Referral Criteria:

- Aged under 19 (up to 24 SEND) and living in Norfolk.
- Using drugs/alcohol.
- Consent from the young person.



Our Support

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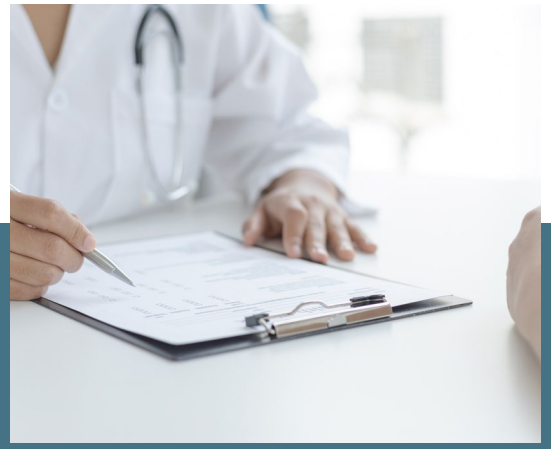
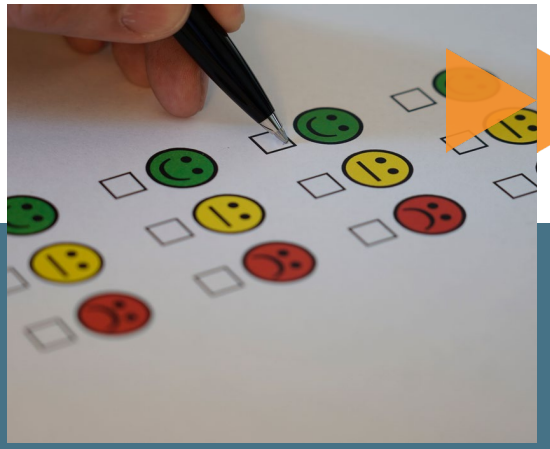
Meeting face to face where the child or young person feels safe and comfortable.



Harm reduction techniques and educational around substances.



Sexual health advice, C-Card, BBV & Hep B screening



Young people's voice central to service design, delivery, evaluation and development.

Our Support

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Targeted group sessions



Awareness training for professionals



Support for parents/carers



Aftercare support

Substance Info











If you're working with young people who want to know more about substances, we have five substance webpages covering ketamine, cocaine, MDMA, alcohol and cannabis. These can be accessed via our website, or we can provide you with a poster or QR code stickers.

The pages include information about contamination, the risks of substances, tips to help you and your mates stay safe, and stories from young people.

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On Track

Working with NEET young people and those at increased risk of becoming NEET. **Four projects:**

- **SafeSPACE** – Positive activities and community engagement for 13-19 yrs (24yrs with additional needs). Young people can access small group activities, work ready skills workshops and/or 1:1 coaching.
- **Kings Lynn and West Norfolk Coaching** - 1:1 coaching for 16–24-year-olds, alongside group activities focused on skills development and preparing for work or training.
- **Central Gt Yarmouth Engagement Coaching** - 1:1 coaching for 14 - 19 year olds living in Central Great Yarmouth.
- **NEET VOICE #IWILL -** working with young people aged 13 – 24 across Norfolk to make sure their voices are heard by the people making important decisions.



Professionals

1. Targeted group sessions for young people who may be at risk of misusing substances

2. Request a confidential call with one of team to discuss how best to support a young person.

3. Request a confidential call with one of team to discuss how best to support a young person. This is especially useful for young people who may not yet be ready to receive support from us directly.

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Contact Us

Advice line:
0800 970 4866

youcan@matthewproject.org
unity@matthewproject.org
contact@ontracknorfolk.org

matthewprojectyoungpeople.org

@TMPyoungpeople





Parent Support at The Matthew Project

Jaimie Picton

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Support for Parents

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- 1-2-1 Practical and emotional support
- Young Person is under 19 (or 24 for SEND).
- Their young person doesn't need to be in service with us.
- Offered under our Unity team.
- Confidential and Parent lead.

We found a need for parent support..

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- While supporting Young People, Our Unity Specialist Substance misuse Practitioners recognised that parents would also benefit from dedicated support and guidance.
- This highlighted the importance of providing specialist support to parents/carers recognising the emotional pressures and practical challengers that can arise when supporting a young person using substances.
- Our aim is to ensure parents/carers receive the support they need to maintain their own wellbeing while continuing to care for and support their young person.

What happens if the parent's Young person is in our service..



- If a parent's young person is receiving support from our service, we will respect both the parent's and the young person's confidentiality.
- This is to ensure Parents and Young people know they have a safe space to share information with a non-bias practitioner who has no preconceptions about them or their individual situation.

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Support we can offer..

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Here are some examples of the 1:1 support we can offer:

- **Face to face 1-2-1 advice sessions at our Norwich Hub.**
- **Advice sessions over the phone or online.**
- **Advice and support can be accessed for more than one parent/carer in a session.**
- **Practical support.**
- **Group Sessions.**
- **All contact is parent lead.**
- **Signposting to other agencies and assist with referrals.**
- **Advocating for parents/carers in multi-agency meetings and appointments.**
- **Harm reduction and educational sessions.**

Parent Groups



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- We offer a Parents group on the first Thursday of every month.
- Parents/carers are invited to join in person or online.
- Guest speakers are invited to attend to deliver information sessions.
- We deliver our own targeted educational sessions created by our Practitioners.
- The group gives parents and carers an opportunity to connect with others who may be concerned about their young person's substance use. It enables them to talk, listen and share experiences
- Held in a welcoming, Non-judgemental, relaxed environment.

How to make a Referral

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- Parents and carers can self-refer to access support.
- Professionals can refer parents/carers with their consent.

You can access a referral form via our website.

Alternatively, you can contact us via email: Unity@matthewproject.org.

You can also call our Advice Line : ***0800 970 4866***, if you'd like to speak us before you make a referral or to gain more information on our service.

We can assist parents/carers with filling in referral form over the phone or at the first appointment.

More to come...

BY SIGNING UP TO OUR PROFESSIONAL'S NEWSLETTER:



1. Be the first to hear about the continuation of the new Parent Support Service.
2. Find out what's going on in all of The Matthew Project's services
3. Be notified of professional training events

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Thank you for listening

Please provide some feedback - it only takes a minute!

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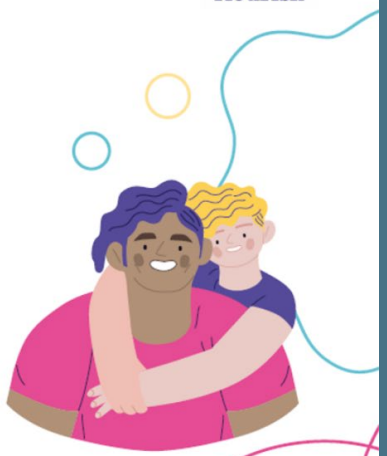

@TMPyoungpeople

