

# WELLBEING SUPPORT SERVICE



## 'FROM ADMISSION TO TRANSITION'

The Wellbeing Support Service is dedicated to providing an individualised holistic approach. Using specialised interventions we promote, support and encourage skills for the young person's overall wellbeing.

We are committed to providing a high quality service to the young people within the Good Shepherd Centre and have a genuine desire to ensure that the best outcomes can be achieved through the individualised interventions on offer.

Interventions are based on a thorough assessment of the young person's need and risk and aim to equip the young people with pro-social skills and strategies to manage their individual problems/issues.

Interventions on offer to the young people:

- The Ross Programme (R&R2) for Male Youth & Girls & Young Women
- Anger Management 'Keep Your Cool'
- Violence is Not the Only Choice
- Offending is Not the Only Choice
- Substance Misuse -Relapse prevention
- Girls Moving Forwards (female only intervention)
- Friends For Life – Anxiety Prevention (Child & Youth versions)
- What's New (Modular intervention – problem solving, social skills & thinking skills)
- AWSS(Autumn, Winter, Spring, Summer)– Change & Loss

- Teaching Recovery Techniques (TRT)
- Treating Problem Behaviour (TPB) – Trauma Informed Treatment
- Family Support Work

Health & Wellbeing Educational Interventions:

- Drug & Alcohol Awareness
- Sexual Health & Relationships

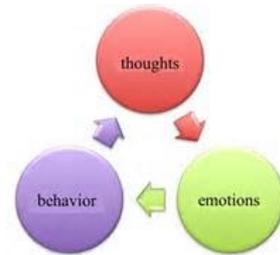
**External Agencies** - The Wellbeing Support Service works in collaboration with external agencies such as Fire Scotland, Police Scotland, Dogs Trust, Young Scot, PACE Theatre Group, Women's Aid, Medics Against Violence, Greenock Prison, Cornton Vale Prison etc. These services provide the young people with awareness of differing issues such as hate crime, disability, railway safety, road safety, responsible dog ownership, prison life, domestic violence, consequences of alcohol misuse etc.

**Group Work** – The young people are provided with the opportunity to engage in group work activities which includes exploring bullying issues, throughcare, exploring emotions, anger management, self-esteem workshops etc. The young people are also provided with the opportunity to take part in after school activities such as jewellery making, cooking class, sign language class, art class, football class, peer support, movie club and music classes.

**Cognitive Behavioural Therapy (CBT)** is a psychological treatment, a “talking therapy”. It aims to help the young person understand how their problems began and what keeps them going. CBT works by helping the young person to link the way that they think (thoughts, beliefs and assumptions), with how they feel (emotions) and what they do (your behaviour).

There are many types of treatment available to help the young person with problems in. Cognitive Behavioural Therapy (CBT) has been found to be effective in helping young people with a wide range of problems, including:

- low self-esteem
- depression
- anxiety problems
- obsessive-compulsive disorder
- Anger
- post-traumatic stress disorder



Young people are fully assessed and an individualised CBT treatment plan is developed specifically for each individual young person related to their needs.



**Holistic Therapies/Approaches** – Young people are provided with the opportunity to engage in differing types of holistic interventions such as relaxation therapy, therapeutic massage, reiki, mindfulness, anxiety reduction, brainwave therapy, Tai Chi and focused breathing exercises. These therapies focus on providing the young person with positive coping strategies and an opportunity to overcome stress/anxiety related issues. This work offers a sensory based alternative and is especially beneficial for young people who have not yet gained the confidence to discuss issues. They have become very popular with the young people and are also available for staff. The Centre has a strong focus on health and wellbeing and has a long term approach to continuous improvement.

The Centre has two Consultant Psychologists

Our Chartered Forensic Psychologist has worked across Scotland within residential care, prisons and with youth justice teams. His main area of interest is preventing delinquent development through the use of evidence based interventions.

Within the Good Shepherd Centre he provides psychological assessments (primarily focussed on risk of re-offending) and intervention work to reduce risk and increase desistance for young people.

In addition he provides support and training to the Good Shepherd Centre's staff team in relation to creating positive change and increasing the safety of the young people placed in their care.

Our Consultant Forensic Clinical Psychologist offers an assessment, treatment, consultation and advisory service to the Good Shepherd Centre. She has over 25 years of experience in the assessment and treatment of mental health and offending and has a special interest in young people and trauma. Alongside work with the Good Shepherd, she served on The Parole Board for Scotland and was a commissioner on Time To Be Heard. She currently lectures on the Glasgow University Doctorate in Clinical Psychology and leads on the Glasgow Psychological Trauma Service links with Glasgow City Council Criminal Justice Services.

### Young People's Feedback

