

LEICESTER, LEICESTERSHIRE
& RUTLAND

**8 KEY ENABLERS FOR ACHIEVING
POSITIVE OUTCOMES WITH
YOUNG PEOPLE**

#1

Developing a high-quality relationship with the young person



A relationship which is based on **trust** and a **non-judgmental** approach



Providing a **safe space** where **young people are deeply listened to**

[The worker's] style is very relaxed... she instantly makes you feel open to talking about anything... I feel I can say anything to her, she is not judgmental.

Sometimes we can have really serious conversations and then other times it can be silly and fun which is great.

Young person

#2

Providing **consistent** and **tenacious** engagement with young people

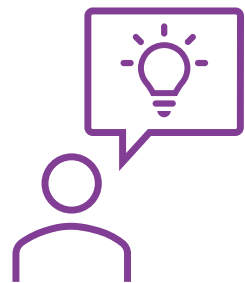


Including **intensive support** in the **early stages** of engagement to meet young people's needs

We work with a lot of young people who have experienced a lot of trauma... project staff are persistent and they don't give up on people.

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#3 Providing young person-centred support



Allowing young people to **make decisions** about how they receive support



Enabling young people to take the lead in **aims and objectives** of support

[My worker] is not forcing anything; he gives me a chance to speak.

Young person

It's really helpful – when they see that you want to do something, they help you in that direction.

Young person

#4

Building on young people's strengths and having an unwavering belief in their abilities



Demonstrating **belief** in young people



Giving **praise** to support the development of self-worth

Having someone listening to what I wanted to do and believing that I could do it was the most helpful part of the support. Not every day was a good day... [but] they believed in me. They don't give up.

Young person

#5

Building opportunities for **positive friendships** and **peer relationships**



Bringing young people together to **empower** them e.g. through **peer mentoring**



Encouraging participation in **positive and purposeful activities**

We have created an advert to launch this [knife crime] campaign, and from that we are going to do peer mentoring and go out into the community.

The project brought us together and it has given us a focus. It is really engaging, and we're all involved.

Young person

#6

Ensuring support is tailored to specific groups of young people

Including young people who are:

Neurodiverse

Care-experienced

Homeless

Disabled



Providing **evidence-based interventions**, specific **training** for staff and capacity in **caseloads**

With young people who have ADHD...we empower them with information about their condition and it gives them confidence.

Staff member

#7

Providing **training and support to staff** to manage the **complexity of issues** that young people are facing



Use of **Multi-agency working** and onward **referral pathways** to address immediate issues in partnership with others



Use of **multi-disciplinary team meetings, reflective supervision** and training in **trauma-informed practice**

When a young person has the same service delivery and communication between different services and it's smooth, it works really well.

Staff member

#8

Services are equipped to **monitor the 'distance travelled'** by young people



Identify **wider impacts** of the support



Can be used as a **motivational tool** with young people to demonstrate progress

We sat down with my mum towards the end of our sessions and talked about how different I am now and how I know knife crime is wrong and I showed her the things I do now to control my anger and she was really proud.

Young person