

# Helping Re-build Family Relationships

Includem aims to **prevent family breakdown** and the unnecessary use of residential care by helping parents and carers better support young people.



**“They understand how I feel. Without them....I would have no contact with my mum.”**

# Making family relationships work ●

GIRFEC (Getting It Right For Every Child) is about acting in a child’s best interests, but when young people on Supervision Requirements don’t get the right support to help them and their families address their needs, this leads to poorer outcomes - and sometimes the need for emergency placement decisions.

Unplanned residential placements can be disruptive and damaging to young people’s lives. It doesn’t have to be this way.

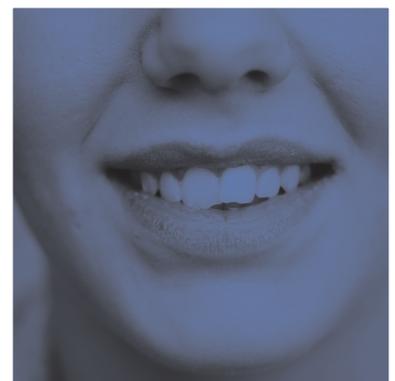
Includem helps support families with complex needs through difficult situations. We help keep young people in the community and with their family as much as possible - either as part of a Supervision Requirement, or as early intervention to reduce the need for compulsory measures.

We support young people at risk of being taken into residential care. We support young people in foster or kinship care placements. We also help those already in care return home. Importantly if a move to a residential placement does become necessary, we help ensure as smooth a transition as possible.

The evidence shows that when young people connect with their family and community, they strengthen relationships that help in the long term.

## 5 KEY PRINCIPLES AT THE HEART OF EVERYTHING WE DO:

- WE BELIEVE NO YOUNG PERSON IS BEYOND HELP
- WE GUARANTEE A FLEXIBLE, QUALITY SERVICE 24/7
- WE AIM TO REBUILD FAMILY RELATIONSHIPS
- WE PROMISE VALUE FOR MONEY
- WE KNOW WE’RE SHAPING THE FUTURE



“They often work with young people and families who do not want them and they stick at it until they are accepted and can start to make a difference.”

SOCIAL WORKER

# How Includem makes a difference ●

Established in 2000, Includem is a specialist Scottish charity registered with the Care Inspectorate, focusing on delivering support to the most vulnerable and challenging young people in society.

At the heart of what we do is 1-to-1 relationship-based support for young people and their parents or carers. Whatever time of day or night, 7 days a week, we’re there when they need us most.

We also offer a free 24/7 Helpline, giving them a practical way to get in touch. This means we can intervene at the point of crisis, reducing immediate risk of harm as well as developing trust and learning opportunities for young people and families.

Our toolkit A Better Life is based on best practice and research evidence, and provides a framework for young people to make positive changes to their attitudes and behaviours. In addition, all staff are qualified to SSSC residential child care standards.

## WHAT OUR SERVICE DELIVERS

- A flexible intensive support service that responds immediately to referral enquiries for young people aged 8 to 18, including young parents.
- Community-based, personalised support for young people and their families.
- Robust safe-guarding role in Child Protection cases.
- Direct support to parents and carers - building parenting confidence, and helping them engage with specialist support such as addiction services.
- Support to improve attitudes leading to offending behaviour.
- Support for families coping with a young person with an Autism Spectrum Disorder and displaying challenging behaviour.
- Close working with schools to improve attendance and behavioural issues, helping prevent exclusions and education placement breakdown.

### PROOF OF SUCCESS

At the age of 14, residential care seemed inevitable for Donna due to her gran struggling to cope as her main carer.

She refused to attend school, was risk-taking under the influence of alcohol, and the relationship with her gran was very volatile and difficult.

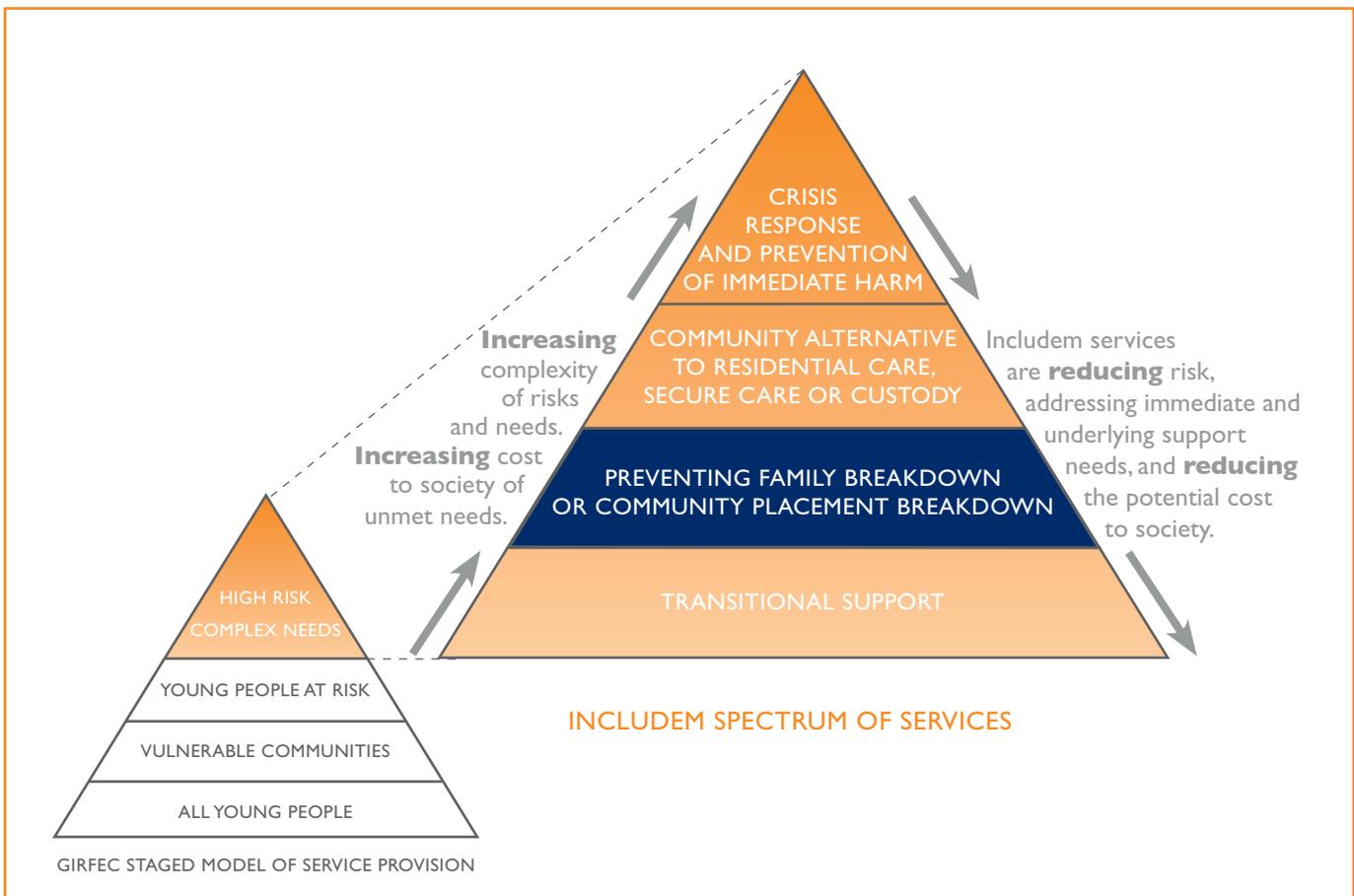
However over 12 months Includem helped them transform their lives.

Read Donna's story at: [www.includem.org/content/case-study-donna/](http://www.includem.org/content/case-study-donna/)

# Includem focuses on four areas •

As well as offering financial benefits, the evidence shows that our approach offers better outcomes for young people, families and communities:

- Reduced offending and risk taking behaviour
- Better school attendance
- Better family relationships
- More confident and positive parenting
- Improved health and wellbeing
- More responsible citizens



**FIND OUT HOW INCLUDEM CAN HELP YOU**

If you'd like to know more about our services, please get in touch today.

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