

Information for Referrers

***The Project* is committed to supporting and improving the emotional wellbeing and mental health of young people, age 12-24, as well as providing support to the parents and carers of young people experiencing mental distress.**



Supporting young people on the path to better mental health

What is The Project?

Based at the Young People's Centre in Axminster, we offer weekly peer support groups in two age groups—12-16s and 16-24s. There is a group meeting every Thursday, alternating between the two age groups with the 12-16s meeting from 4.30-6.30pm one week, and the 16-24s meeting the following week from 6.30-8.30pm, and so on.

The Project's focus is on early intervention and prevention, and is there to support young people who do not satisfy the criteria to receive help from CAMHS, AMHS or other services. It can also provide additional support to young people who are under CAMHS/AMHS and support young people through transition, or discharge from services.

For parents and carers of young people, we hold monthly meetings, providing much-needed information, support and advice. More details about our Parents Group can be found on our website.

How can The Project help?

The Project offers a friendly, non-clinical space for young people who are experiencing emotional and mental health issues. Here they can come and meet others with similar issues, talk, share, give and receive support, so reducing their isolation in the community.

In addition, we offer a programme of activities—therapeutic, creative and social—all of which are designed to develop self esteem, support, enhance and improve emotional and mental wellbeing. Our aim is to provide young people with a range of information and tools which they can use to manage their symptoms and improve their emotional resilience.

Our weekly groups are facilitated by a Senior Youth Worker, and a qualified Mental Health Worker, assisted by a team of volunteers.

All our volunteers have either lived experience of mental health problems, or have relevant professional experience or qualifications. They receive mental health, safeguarding and child protection training, and have enhanced DBS checks. Volunteers receive support and supervision from The Project's Coordinator.

Additional information, signposting and support is available via our website www.theprojectyp.org.uk .

Referral Procedure

- The young person should be aware of, and happy with the referral.
- A simple referral form will need to be completed and returned to the Coordinator, either by post or email. You can also ring with the required information.
- The Coordinator will arrange an informal introductory meeting with the young person and meet with them personally to discuss what The Project can offer, find out what support, if any, they currently receive, and what their interests and needs may be. They will be required to fill in a short questionnaire.
- Depending on the availability of places, and their suitability, the young person will join the most appropriate group for their age.
- There are limited places available, so the young person may need to be placed on a waiting list. They will be informed if this is the situation.
- The Coordinator will either be present on the young person's first visit to the support group, or will assign them a "buddy" (a peer or volunteer) who will be there to welcome them.

Please see over for important referral information.

Important Referral Information

- The Project is a free service, and is available to young people, and their parents/ carers, across East Devon, South Somerset and West Dorset.
- Young people can be referred by anyone who is currently supporting them— CAMHS, AMHS, GP, teacher, school nurse, counsellor, social worker, parent and so on. They can also self refer.
- The Project **does not** offer counselling, or other therapy and is **not** a substitute for these. If our staff or volunteers feel there is a need for further intervention, we will contact service providers.
- The Project assumes **no** clinical responsibility for any young person. This remains firmly with existing service providers, or their GP.
- If there is a waiting list, young people will be selected according to who it is felt will benefit most from the services offered by The Project.
- Young people may **not** be suitable if they have severe behavioural issues, or need individual or specific care and support.

For more information, please contact:

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#theprojectYP

www.theprojectYP.org.uk

To date, funding for The Project has been provided by Axminster Hospital League of Friends, Axminster Care Service, Axe Vale Festival, Gibbons Family Trust, Jack Riley Trust, Nether Edge Quaker Meeting, Tuckers Arms Raft Club, and EDVSA, who currently host The Project. We are also grateful to those who have made individual contributions.

We are still seeking further funding to expand and extend this project, which is currently funded until August 2014.



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EDVSA, East Devon Business Park, Heathpark Way, Honiton, EX14 1SF