

**Clayfields House**  
**Intervention Team**  
**And**  
**CAMHS**  
**Description of Services**



# **Working together works!**

Multi-disciplinary integrated approaches are at the heart of our practice in Clayfields House. We ask all external professionals involved with our residents to work with us at the admissions planning meetings and subsequent CAMHs professionals' consultations in order to identify an underlying treatment and intervention hypothesis, subsequent goals for the young people and to agree the work to be done during their stay.

# **Intervention Team and CAMHS Description of Services**

On entry to Clayfields House all young people will complete:-

## **The Clayfields House Assessment Pack Part 1**

This pack was designed in collaboration with the young people and asks them for their thoughts, views and opinions on their key relationships, likes and dislikes and personal care and life skills. It is completed with the young person by their Key Team and is an important start in building relationships.

## **The Clayfields House Assessment Pack (CHAP) Part 2**

This pack is made up of a number of different assessment tools depending on the needs and offending behaviours of the young person. The combinations of assessments completed by different groups of Young people at Clayfields House are listed below:

### **Shorter Sentenced Young People (Recall, remand or 4 month DTOs):**

- ❖ What Do You Think?
- ❖ Rosenberg Self-esteem scale
- ❖ Strength and difficulty questionnaire
- ❖ Crime Pics II
- ❖ Victim empathy scale (sentenced sex offenders ONLY)

### **Longer sentenced Young People (Over 4 months):**

- ❖ What Do You Think?
- ❖ Beck Youth Inventory (second edition)
- ❖ Resiliency Scales for Children and Adolescents
- ❖ Strength and difficulty questionnaire
- ❖ Crime Pics II
- ❖ Victim empathy scale (sentenced sex offenders ONLY)

### **Young People without previous convictions who are welfare residents:**

- ❖ What Do You Think?
- ❖ Beck Youth Inventory (second edition)
- ❖ Resiliency Scales for Children and Adolescents
- ❖ Rosenberg Self-esteem
- ❖ Strength and difficulty questionnaire
- ❖ Crime Pics II (perception of current life problems ONLY).

All of the assessment packs includes less formal tools which are aimed at helping establish a rapport and relationship with the young person as well as obtaining their views on their lifestyle, high risk behaviours and offending if appropriate.

Should the assessment pack identify extreme difficulty with anger management the young person will be further assessed using the Novaco Anger Scale and Provocation Inventory. This enables further understanding around the young person's cognition, arousal, behaviour and anger regulation. This will allow a more informed decision around appropriate anger intervention for more complex presentations.

The Assessment Packs are drawn together into a Young Persons Assessment Pack Report. This report in conjunction with the views of the wider multi-disciplinary team including external professionals and parents/carers will then determine future intervention and CAMHs work undertaken with that young person.

The assessment pack completed by the young person on admission will then be repeated prior to their discharge. This is to assess for any changes in presentation during their admission and make informed recommendation on the follow up work to complete in the community. Should the young person be at Clayfields for a long time (18+ months) a decision will be made by the young person's professionals regarding a 'mid-point' assessment taking place. This would be to allow closer monitoring of the young person's presentation and needs whilst within the service to further inform the intervention work taking place.

### **The Comprehensive Health Assessment Tool (CHAT)**

The CHAT is broken down into the following assessments; Reception health screen (normally within 2 hours); Physical health assessment, Substance misuse assessment, Mental health assessment and Neuro-disability assessment. Assessments are normally complete within 10 days of admission or sooner.

## Intervention Programmes

### Group Work

- **Weekly Moral Reasoning** – this is a group work programme devised by the Intervention Team and delivered by unit staff. This programme asks the young people to engage in discussions and answer questions on topical issues from around the world in order to explore how the young people look at world wide issues and gauge their attitudes towards others. In moral reasoning young people are asked to determine the difference between what is right and what is wrong in a situation by using logic.
- **Cognitive Centre Programmes** – Our staff are trained to deliver all five programmes:
  - ❖ Offending Is Not the Only Choice – an offending behaviour programme
  - ❖ Violence is Not the Only Choice – a programme addressing aggression and violence
  - ❖ One World – which looks to address the issue of Hate Crime
  - ❖ Substance Abuse is Not the Only Choice – This is specifically to use with young people who have a history of substance misuse
  - ❖ 'STEP OUT' – this is a programme for young people involved in gangs
- **Weekly Cognitive Skills Development Programme** – this is a 4 session programme delivered with all suitable young people and is from the Cognitive Centre
- **Violence is Preventable (VIP)** – Explores the alternatives to violence, positive decision making and consequential thinking
- **Young Offender: Freedom or Detention** – Explores the cycle of offending, decision making and consequences of offending behaviour
- **IMPACT Resources** – We have 6 programmes available which are aimed at challenging young people's perceptions and attitudes and increasing their awareness. The programmes include:
  - ❖ Reality in Prison
  - ❖ Weapons and Gangs
  - ❖ Victims
  - ❖ Racism
  - ❖ Lifestyle – Female Focused Offending Programme
  - ❖ Crime
- **Skills for Youth**
  - ❖ Behind the Blade
  - ❖ The Managing Anger Plan
- **Child Exploitation and On-line Protection Centre**
  - ❖ "Think you know...." sexual exploitation and on-line safety

- **Emotional literacy** in separate groups for boys and girls
- **Show Racism the Red Card** – under this umbrella of resources we have the following programmes;
  - ❖ Homophobia Lets Tackle It!
  - ❖ Racism – this aims to increase awareness of what racism is, who it can affect and the impact it can have.
  - ❖ 'Out of Site' – this aims to challenge racism towards Gypsy, Roma Gypsy and Travellers
  - ❖ 'No Place for Hate' – this challenges contemporary racisms and educates about the dangers of far right groups

### **Individual Work**

All group work programmes are delivered in bespoke packages and 1:1 for young people who do not cope well in group situations.

- In depth offence analysis
- Victim awareness
- Assertiveness and Aggression
- Peer Pressure and Friendship
- Resilience and positive thinking
- Self esteem
- Absconding
- Fire Setting and arson – working closely with Nottinghamshire Fire and Rescue
- Solution Focused Practice (SFP) exploring future goals and ambitions
- Domestic Violence
- Healthy relationships
- Sexual Health
- Pre-natal work with high risk girls - we have provided emotional and physical support for pregnant young women, by ensuring all their health needs have been met by the health team here and the local hospitals.
- Baby Think IT Over-baby simulators & Empathy Belly - we provide young women with the opportunity to experience the realities of being a young mother, delivering the Baby Think It Over programme. This gives the young women a very hi-tech baby simulator to look after for a period of time, and enables them to consider the roles and responsibilities of being a parent. This is also used as a preventative and educational tool, which has been successful and enlightening for the young people.
- Body Image
- Child Sexual Exploitation- Barnardos ( B-Wise)
- Child Sexual Exploitation - Love or Lies? My Dangerous Loverboy

### **Child Sexual Exploitation in Detail**

The Intervention Team provide specialist support for young people who are at risk of or a victim of child sexual exploitation, utilising a variety of resources which include hard hitting material, inspirational speakers and an external local organisation called

RAISE(Raising Awareness In Sexual Exploitation).This work has been very successful over the years and not one of the young people that have undertaken this work has returned to their previous lifestyle due to feeling empowered and listened to. The team have received extremely positive feedback from a variety of different local authorities throughout the UK.

These programmes aim to:

- Help young people make the links between grooming, sexual exploitation, trafficking and social media.
- Provide a safe place for young people to share their experiences.
- Help young people recognise and accept that they have been exploited and it's not their fault.
- Build self-esteem and confidence.
- Enable understanding about what a healthy relationship actually is.
- Encourage them to speak out and help others.
- Support young people to work with the Police when they need to make witness and or victim impact statements to secure the prosecution of their exploiter.
- Help young people to develop safety plans for their return to the community.
- Provide ongoing support in the community.
- Empower young people to envisage a positive future.

### **Solution Focused Practice and Motivational Interviewing**

Members of our intervention team are trained in Solution Focused Practice approaches by BREIF London and use these approaches regularly with young people.

### **CAMHS Interventions**

- 1-1 CAMHS therapeutic work for anxiety management
- Bereavement
- Self Harm
- CAMHS Consultations for internal staff and external professionals
- ADHD Clinic monthly
- CAMHS worker available on site daily
- Clinical Psychiatrist available on site weekly
- Specialist sexual harming behaviours interventions using multi-systemic approaches if required
- Family Therapy
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Monitoring prescribed medication for mental health symptoms
- EMDR (Eye Movement Desensitising and Reprocessing) Trauma Therapy
- Drama Therapy

## **Substance Misuse Interventions from the Substance Misuse Team**

Targeted Services – These are 1:1 or group interventions and education which focus on young people who are most likely to develop substance misuse problems and to identify those needing access to specialist treatment.

Specialist Treatment – These are 1:1 or group substance misuse treatments that are care planned medical, psychosocial or specialist harm reduction interventions that are aimed at alleviating current harm caused by a young person's substance misuse.

## **Available Assessments Conducted on Site**

- AIM 2 (assessment of adolescents who display sexually harmful behaviour)
- SAVRY (Structured Assessment of Violence Risk in Youth)
- ADOS (Autism)
- ADHD
- Global Mental Health Assessment

## **Prior to release all Young People will complete;**

- ✓ Re-Assessment Pack – this asks the young people to re-complete certain assessments that they completed on entry including Crime Pics II and Myself As A Learner in order to measure the impact of work completed while at Clayfields. Young people are also asked to complete a questionnaire as to their opinion on their time in Clayfields.
- ✓ A targeted individual **Relapse Prevention Plan** to help the young person stay on target and or a **Top Tips Booklet** for their new placement or parents/carers so that we can share what has worked well for us on a day to day basis to inform future practice.