

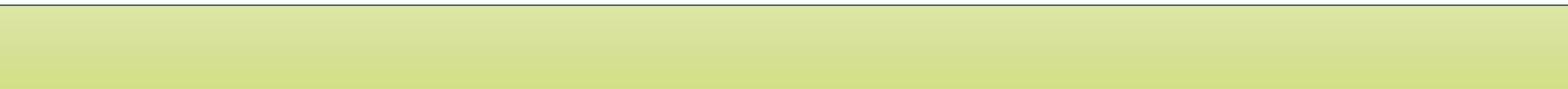
Assessment Component 1

SJYW4013

Passport to Youth and Community Work

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Outline

Placement – Pobl Supported Living

Location – Neath

Young Clientele

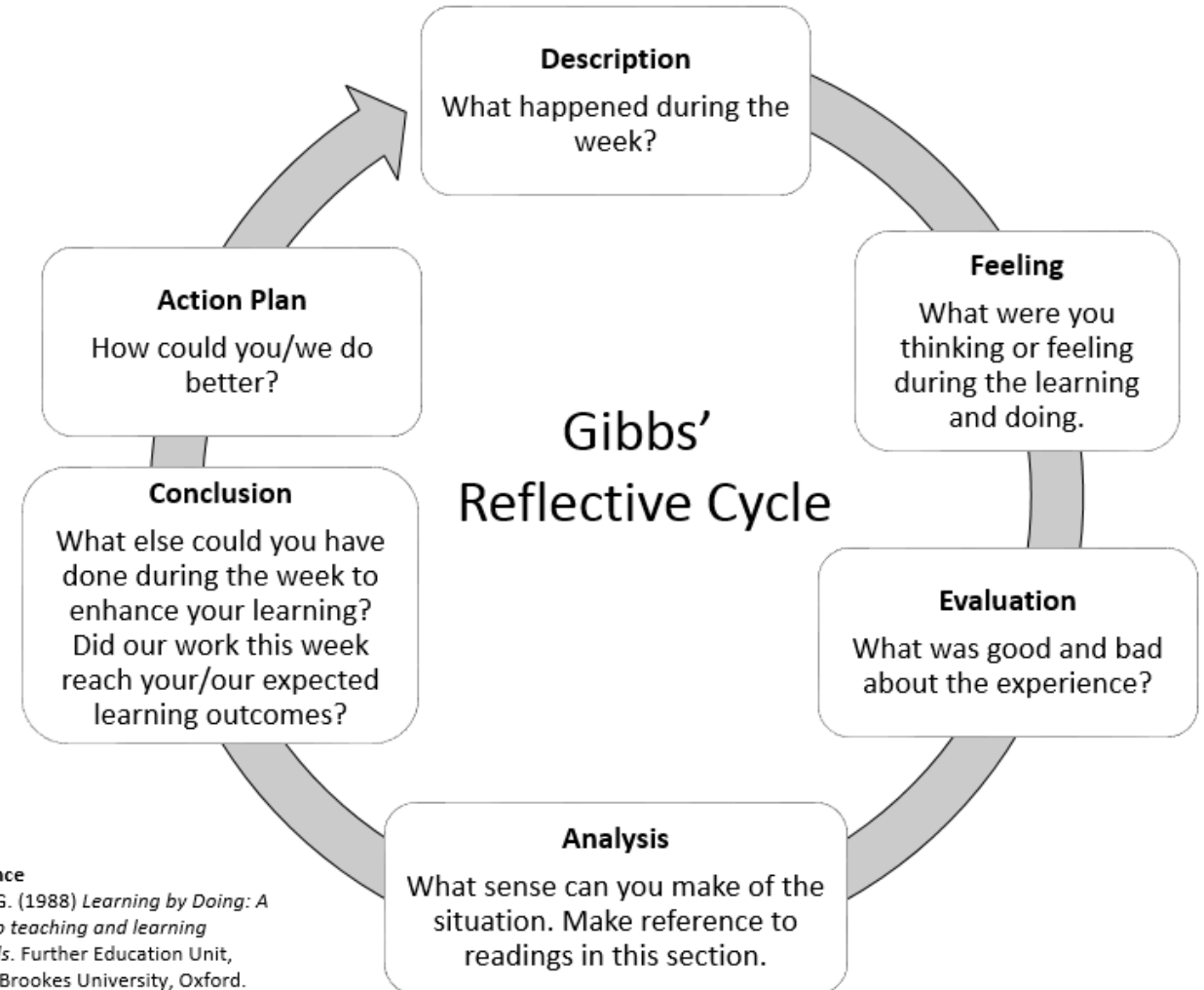
- Sophie (Name changed to protect young clientele , as stated in The Data Protection Act 2018).
- 19 years old
- Female
- Has various diagnosed mental health issues which includes self-harming
- Unhealthy family dynamic, which has resulted in Sophie having to move out into supported living.



Gibbs Reflective Cycle

The model of reflective practice that I will be utilising is Gibbs (1988) reflective cycle. There are six stages to this cycle which are:

- Description of the event or incident
- Feeling- what I felt whilst this was happening.
- Evaluation – good and bad aspects of the incident.
- Analysis – what sense can you make of the situation.
- Conclusion – what I understood about the incident and what else could I have done.
- Action plan - if the incident was to occur again, how would I react and respond this time.



Reference
Gibbs, G. (1988) *Learning by Doing: A guide to teaching and learning methods*. Further Education Unit, Oxford Brookes University, Oxford.

The Five pillars of Youth Work Wales

These five pillars are used as a tool for planning and providing activities with the expectation for positive outcomes for young people (Council for Wales of Voluntary Youth Services CWVYS,2018).

- Educative
- Participative
- Expressive
- Inclusive
- Empowering

By using these pillars as a guide it supports youth workers to offer opportunities for learning, whilst providing safe environments for young people and promote the development and well-being of young people.

Description – what happened

Self-harming

During a workshop session, there was a young person (Sophie) who appeared distant. Once the workshop had ended, I spoke Sophie to see if everything was ok, she had stated that there was an argument with her mother, but everything was ok, and the argument would soon blow over. I reassured her that if she needed to talk staff are available at any time, she refused and said that there was no need, as she was just having a bad day.

As Sophie has a history of self-harming, I suggested that if she was to feel low at any point then to approach a member of staff, so that she could get the support that she needs, to prevent any further incidents occurring in which Sophie agreed. After approaching my manager , his advice was to follow policy as she is not a high-risk client at this point.

Description

Later that day I heard a loud smash coming from Sophies flat ,I then knocked her door, in which she shouted that she was fine but wanted to be left alone, I requested that Sophie opened the door so I could physically see she was ok, as I was concerned for her well being.

As Sophie opened the door, I could see that she had destroyed her flat and I could see a knife on her bed. I asked what had happened and if she had self harmed, she showed me her arms and shrugged her shoulders. Some of the cuts were superficial but there were a few that were quite deep, so we decided that it would be in her best interest to go to hospital to be treated and assessed by the mental health team.

Self-harm

According to McDougall, Armstrong and Trainor (2010)

“More often than not self harm is not about ending life but is more about regulating emotions, survival and coping with stress, although self-harm appears on a spectrum with suicide each has different pattern and purpose, and interventions to help both have a different foundation and emphasis”.

Feeling



Jeffs and Smith (2010) state that feelings are different to thoughts, nevertheless in youth work our feelings are put to use in an indirect way, this suggests that we hardly speak of our own feelings ,as it can cause confusion to the situation. There needs to be space in your mind to absorb new facts of the situation and to be able to respond in a professional way without pre judgement as well as emotional space.

Evaluation

(CWVYS, 2020) States that as part of a learning and development cycle – evaluation or reviewing is crucial to good youth work practice.

- I feel my observation on the young client that appeared upset was dealt with accordingly using Pobl policy and upholding professional boundaries.
- After approaching my manager I feel that more could have been done to possibly prevent the young client from self harming, however my placement is where the young people live, and they have the right to their own privacy.

Evaluation

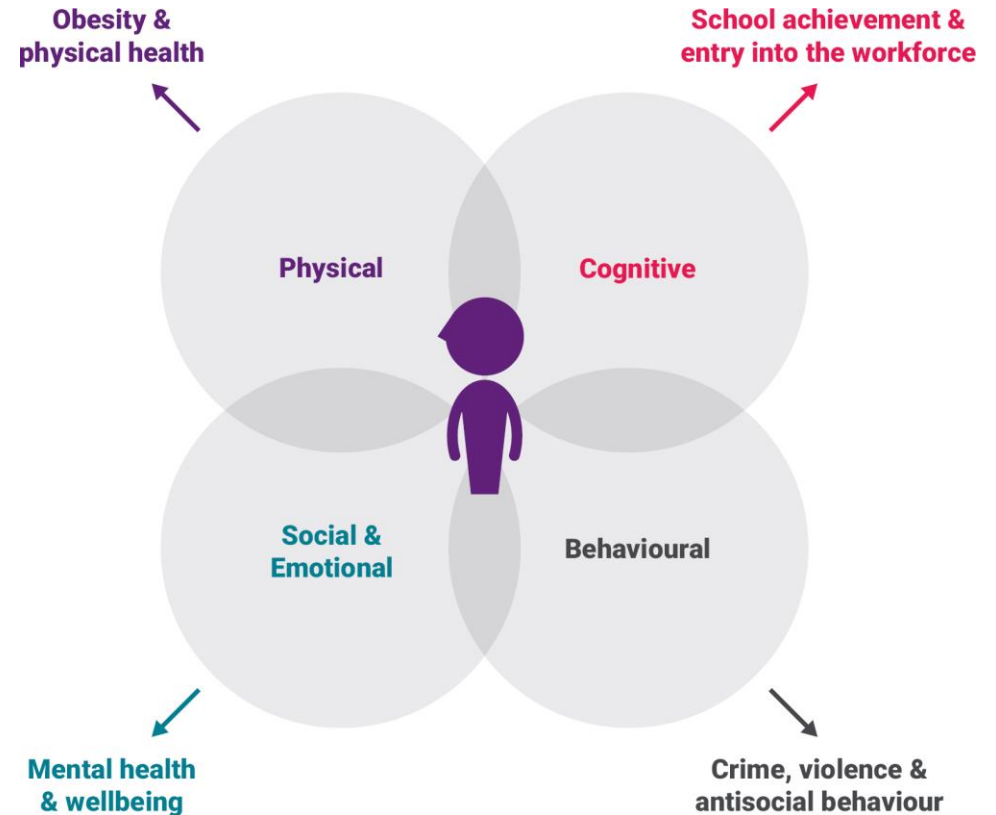
- Unfortunately, on this occasion my manager felt that the client was not at risk, as she stated she was ok and that the argument with her mum would soon be resolved. Be that as it may in my opinion more could have been done to support the young client during this self harming episode.

*“for evaluation to be effective it must be built into the planning process”
Ingram and Harris, (2001), p.52.*

Analysis

In my opinion if there were different policies and procedures that could allow staff to intervene sooner then maybe this may not have ended up with this young person self-harming, educating the young person on the support networks that are available and relevant for her situation.

Early intervention



(What is early intervention?, 2020)

Early intervention

Early intervention focus's on supporting four key aspects of young persons development

- Physical
- Cognitive
- Behavioural
- social and emotional development

This is when it has the potential to make the biggest difference and provide benefits throughout a young person's life (What is early intervention?, 2020).

Conclusion

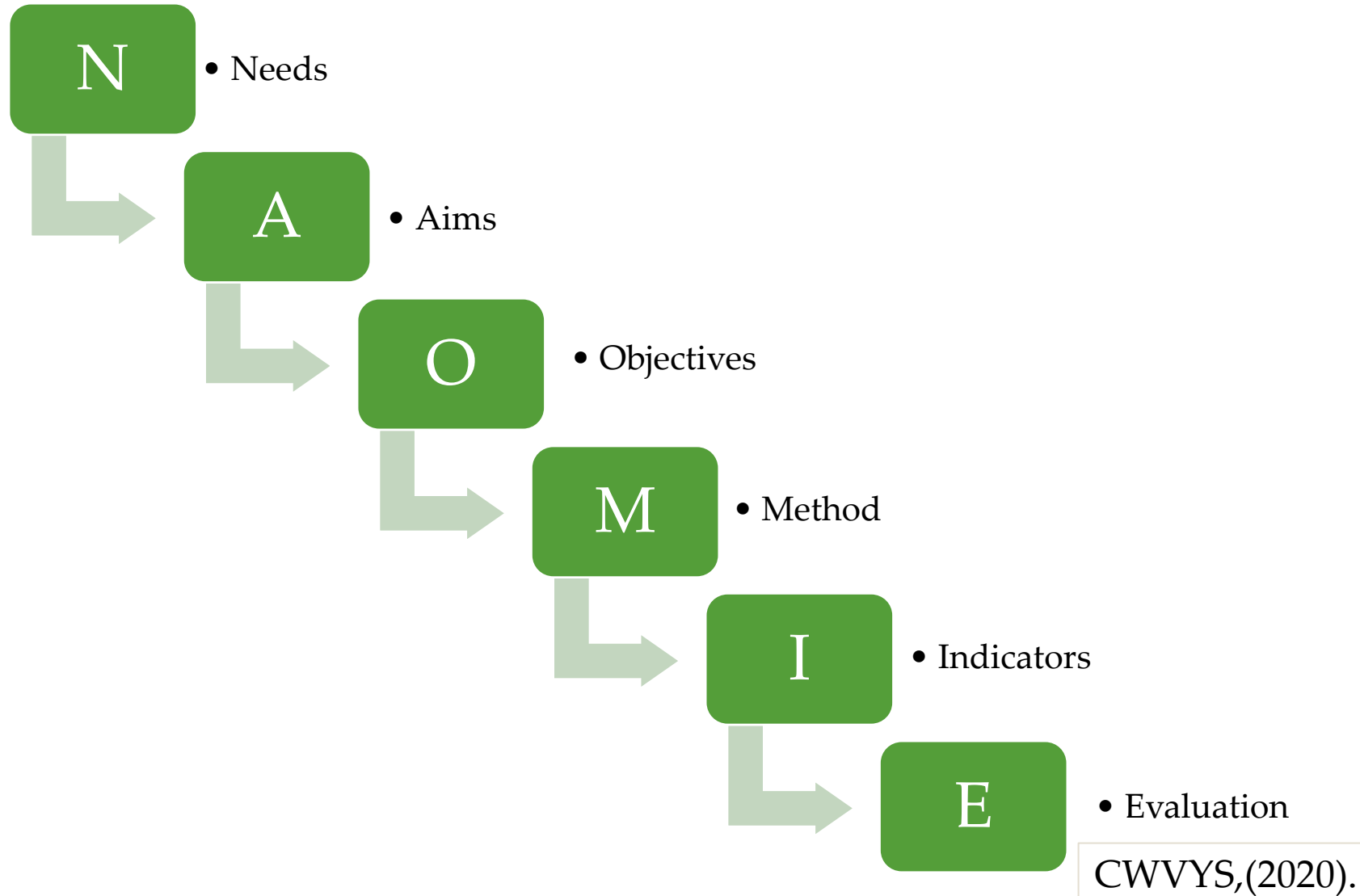
In conclusion, I was aware of the young client's history of self harming, I followed the company's policies and procedures, however in my opinion these policies are not suitable enough to cater for the client's needs. If a repeat of this incident or something similar were to occur again hopefully the workforce would intervene earlier and put measures in place to educating and assisting these young people and provide them with appropriate support. Furthermore I feel early intervention could decrease the danger of any accidents happening.

Action plan

Naomie is a framework model for planning, monitoring and evaluating, Youth workers must identify and meet the needs of young people, once the needs are identified then the Naomie model can be implemented (CWVYS,2020).

I would use the Naomie model with the young person to implement a plan for when the client is feeling distressed. I feel this would enable staff to support and assist this young person in a way that is most comfortable and secure for her.

NAOMIE Planning tool



Reference list

Cwvys.org.uk. 2020. [online] Available at: <<https://www.cwvys.org.uk/wp-content/uploads/2014/06/HB-Planning-Evaluation.pdf>> [Accessed 22 March 2020].

Early Intervention Foundation. 2020. *What Is Early Intervention?*. [online] Available at: <<https://www.eif.org.uk/why-it-matters/what-is-early-intervention>> [Accessed 19 March 2020].

Gibbs, G. (1988) *Learning by Doing: A guide to teaching and learning methods*. Further Education Unit, Oxford Brookes University, Oxford.

GOV.UK. 2020. *Data Protection*. [online] Available at: <<https://www.gov.uk/data-protection>> [Accessed 15 March 2020].

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Jeffs, T. and Smith, M., 2010. *Youth Work Practice*. Basingstoke: Palgrave Macmillan.

McDougall, T., Armstrong, M. and Trainor, G., 2010. *Helping Children And Young People Who Self-Harm*. London [u.a.]: Routledge.