

Psychological interventions at Wakefield

Youth Offending Team

Emotional wellbeing pathway

Two out of five children on community orders have emotional and mental health needs, the same amount have experienced abuse, neglect or homelessness and half had been a victim of crime themselves (Young Minds, 2018). Chitsabesan et al (2018) found in their study that one in ten children involved in the criminal justice system (community and secure estate) had anxiety or Post-traumatic Stress Disorder and one in five had significant depressive symptoms.

Overview of the Emotional Wellbeing Pathway at YOT;

“ 1 in 10 children in the criminal justice

- ▶ Overarching principles are to improve better outcomes for young people in contact with the Criminal Justice system. *system had anxiety or PTSD.”*
- ▶ To identify as early as possible those young people who may be presenting with emotional mental health and well-being needs.
- ▶ Developed within existing recourses.

What we are doing

16 year old child who underwent an emotional health assessment through the emotional wellbeing pathway. It was found that they was presenting with symptoms of PTSD after their traumatic experience.

12 sessions of Cognitive Behavioural Therapy were completed with the YOT CBT psychotherapist.

Goals

- To visit the place of trauma. This was rated a 2/10 at the start of treatment and was a 9/10 at the end
- To be able to think about the event in a different way. This was rated this a 1/10 at the start of treatment and a 10/10 at the end
- To understand why they felt guilty. This was rated this a 1/10 at the start of treatment and a 10/10 at the end

“ You said that you didn’t feel as anxious as you had thought and it was not as bad as you had expected.”

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