



TALKING HOPE PHASE 3

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This presentation covers....

Origins of Talking Hope

Our partners

What we already knew about hope

Some findings from Earlier Phases

Our priorities now

The toolkit and hope reservoir

Pandemic features throughout



Talking Hope project – origins



Wanted to progress work in/around secure care (2007/8)

- Better outcomes for young people deemed to be at high risk through increased voice and inclusion
- Changing the conversation when risk is high = **hope** as an antidote to anxiety as well as hopelessness for young people AND practitioners
- More hopeful and collaborative **conversations** within and between agencies and with young people, and families
- Phase 1 EU Social Fund: Social Innov. Fund & SG = Phase 2 SG and GSC (2018) (2019)
- Ayrshire and Arran CAMHS, EA HSCP, GSC, Strathclyde (CYP Centre for Justice)
- Phase 3 SG and Includem (Oct 2021-July 22)
- New: St. Mary's, Rossie, Includem, Foxgrove, Edinburgh Uni

Our partners

FOXGROVE NSAIS



THE UNIVERSITY of EDINBURGH
School of Social and
Political Science



Rossie



Children and Young People's
Centre for Justice



CAMHS

Child and Adolescent Mental Health Service
NHS Ayrshire & Arran



includem



EAST AYRSHIRE
Health & Social Care
Partnership

What did we already know about hope ?



- The emotional element of hope is rooted in early experiences of trust, which are influenced by others and by external events (Erikson et al., 1994).
- Hope involves setting goals and identifying pathways to achieving them (Snyder 1994)
- Much of what young people identified as giving them hope is relational. Many other factors concerned what might be described as the building blocks of adult life; a job, a home, a family, and some sense of stability, security and normality.
- Several young people included references to helping or supporting others in their responses to being asked about hope and their wishes, including activities or employment aspirations to help other young people in care, as well as people experiencing mental ill health and older people requiring care:

“See if I was working with the elderly and I was doing a good job I would feel good, I was making their lives better.”

Helping to clarify the role of secure care (and other partners)



- Integration of hope into everyday practice
- Focus on wellbeing
- Integrated working around children
- Staying connected after secure
- Strengths based recording
- Language

Building bridges for transitions – community connections

From my experience in the GSC... of working with young people who had lost connections within the community, the levels of hopelessness were beyond comparison. The ones that had relationships, had intensive support workers, or social workers coming to visit, those were the ones that *more of a hope* of leaving, of better times, of improvement for themselves, that maybe engaged in the programmes a little bit better

Ayrshire - whole system approach - moving to hubs – co-productive approach to commissioning – changing roles



Interagency relationships



- Space for conversation/connection is essential for hope/wellbeing
- Assumptions can be challenged and new understandings emerge
- Combining knowledge, skills and experience a powerful antidote to hopelessness
- “...when you feel you are losing hope and the other worker was saying I was thinking about trying this. And you think I hadn’t thought of that before. Right, let’s get that in place let’s try that (Lead professional)”
- Powerful impact of CAMHS worker located in local authority
- Working as a team around the young person sends important signals to them about hope for them
- Disruptions due to covid – time to recover

Recruitment and retention / Supervision

- Values based recruitment – indirect approaches to accessing values
- Accessing new populations – transferable skills
- Retention includes focus on staff wellbeing
- Career progression opportunities (SW survey)
- Importance of supervision – modeling good practice
- Managers learn on the job – not prepared for a pandemic!
- Informal supervision (lost during pandemic)
- CAMHS peer supervision
- Emotions at work – emotional containment
- Call it support and supervision
- Coaching and a strengths based approach
- Delicate balance between availability and boundaries

Conversations / planning / communication supports



The focus of my work with a yp is always to have a conversation about what matters to them. I can do as many assessments as I like from my agenda, but is that actually going to make a difference to what matters to them. The the only way I can find that out is to have a conversation and that may take time. Decisions have quite often been taken without them being involved in that decision. They may not have felt listened to so it takes time to show that you will listen and the things that they say are valued and that what they say does matter. Sometimes we need to find ways to support them to have that conversation. There are simple ways to do that and all starts by asking them what you can do to make it easier for them.

Questions to explore speech, language and communication needs with young people



- How do you feel about talking to us?
- Do you always understand what people say?
- Can you remember what people tell you?
- Can you think of the answers you would want to give?
- Can you find the words and sentences to tell us what you want to say?
- When you were at school how did you manage in class?

- This gives you a basic understanding to explore how to support them to communicate. Again have a conversation... ..let the young person tell you what might help them to communicate

- It is ok to tell me if you don't understand something, just tell me.
- Would it help if we draw or write as we talked to remember the main points?
- Would it help to use pictures or words that we could move about as we talk?
- Would it help to have more time to think?

Ros Taylor, A and A CAMHS

Toolkit

- Connect all the themes (including those covered here)
- Includes images, quotes, stories, cartoons, audio clips
- Mainly for staff supporting young people, managers too
- Hope reservoir
- Hope and belief?



Resources/Stay connected

- @Talking_hope
- Talking Hope report and 4 page summary
- <https://www.cycj.org.uk/news/shining-a-light-on-hope-in-secure-care/>
- Toolkit coming soon!
- e.miller@strath.ac.uk