

Public Health Services and ASB

The We are With You Service

- **Experience**

<https://www.wearewithyou.org.uk/services/sefton-for-young-people/> works with young people affected directly by alcohol and substance use, and also supports young people when someone close to them has an alcohol or drug problem.

The service helps young people for whom substance is their main ASB or triggers other ASB.

Also, should a disclosure be made around ASB the service would follow the necessary safeguarding escalation procedures.

- **Interventions**

We Are With You delivers interventions targeted at risk-taking behaviour, decision-making and consequences of actions.

If a disclosure is made around ASB the service follows the necessary safeguarding escalation procedures.

- **Barriers to achieving success**

Sometimes when a young person has been suspended/excluded because of ASB in/around school this disrupts delivery of planned 1-1 sessions with.

1-2-1 Programme

- **Experience**

The 121 programme is delivered by Active Sefton and aims to improve the self-esteem and health and wellbeing of young people in Sefton (aged 11-19) who may benefit from more tailored support. The 121 Programme receives referrals from colleagues in Early Help, Social Services, Youth Offending Team and schools, as well as from families or carers of young people.

The programme has had a positive impact on young people's school attendance, attainment, and behaviour, both in and out of the school environment. Participants report increased wellbeing and motivation and feeling listened to and valued.

- **Interventions**

Development Officers mentor young people through the programme, using weekly physical activity or sports sessions as an opportunity to foster 1-2-1 dialogue about issues that may be affecting them (informed by Adverse Childhood Experiences training). The programme is tailored to each individual's needs and uses different activities and techniques to boost motivation and break down barriers. As confidence and wellbeing build young people are supported to transition to independent participation in activities. A comment from a teacher:

She has benefited a great deal from the active mentoring. She looks forward to it all week and says it is really helping her get things off her chest. We have seen a significant improvement in behaviour, openness, and trust. She is getting more positive behaviour points than negative points. We think this is mainly due to these sessions and being able to reflect on her behaviours. Her attendance has also improved and her willingness to discuss issues that are going to cause potential issues for her.

- **Barriers to achieving success**

The main barrier to success in 1-2-1's work with young people involved in, or at risk of ASB is the capacity of the service. The service receives many requests for additional support for students whose mental wellbeing is having a major impact on their behaviour and achievements in all areas of life.

Other Active Sefton programmes

- **Experience**

Park Nights is commissioned by the Police Crime Commissioner and delivers floodlit diversionary activities in parks for children and young people at key times of the year, e.g. Operation Banger. The aim is to reduce ASB and to improve community safety and perception of safety.

- **Intervention**

A range of activities such as multi-sports, zorb football, street gold and inflatable games is on offer to children and families during evening sessions. Active Sefton works with other youth service providers in the planning and delivery of Park Nights to maximise engagement and benefit. Park Nights is promoted through organisational and public communications channels.

- **Barriers to achieving success**

Implementation of Park Nights at ASB hot-spot locations has shown that fun activities in familiar neighbourhood surroundings are an effective alternative to ASB. However, funding limits the delivery of this intervention to key points in the calendar rather than having a year-round presence.