

Hi and welcome to this month's newsletter from Core Assets. This month we will be focussing on **Transitions.**

What are transitions?

Transitions are any period in a young person's life where there may be a change in their environments or experiences. Common examples include:

- Starting Primary School
- Moving from Primary School to Secondary School
- Moving from Secondary School to College, Further Education, Work Placements etc.
- Physical transitions in appearance, puberty, sexuality, identity.
- Our Children and Young People may also face other transitions such as:
- Moving placements
- Moving schools or area
- Changing Social Worker or changing Social Care team (e.g. from Children in Care team to Leaving Care Team).

What do you need to be aware of?

Transitions of any kind can be stressful and scary! Change can be a good thing but it can leave us feeling vulnerable and overwhelmed.

It can also be particularly challenging for the young people/parents and care givers that we work with due to their lived experience and the fact that the vast majority of our young people have experienced adverse childhood events and potentially traumatic events.

Our Young People don't always have the vocabulary or the ability to verbalise their thoughts, feelings and emotions around transitions so sometimes, they may express this in their behaviours. It is also important to consider that whilst some transitions are natural parts of growing up, at the time they occur they are BIG events to our young people and with the additional factors that our young people contend with on a daily basis, this can lead to feelings of being unsafe, insecure and isolated.

What do you need to do?

Be mindful of upcoming transitions for the young person you are working with. Identify the young people who are coming up to transitions and consider whether you would like to discuss these young people at consultations with Core Assets, Caring to Care.

Prepare the young person for the changes, talk to them, get their thoughts and feelings, discuss perhaps some of the feelings that might come up, normalise these feelings and let the young person know its ok to be scared, nervous, anxious, excited, happy, sad, a whole mix of emotions they may be feeling.

Think about what services you may be able to offer to the young person, can you increase visits? Is it worth looking at alternatives like Independent Visitors? Will the young person need additional support through their transition?



How can Core Assets help you and your young person?

We are here to help in any way we can! Some of our support options include:

Consultations with you to discuss possible ways in which you can support the young person and services we can offer to support this.

We are happy to support in any way we can!

If considered appropriate, you can refer the young person to panel and we can look to provide additional support which can include:

One to one support with a young person support worker, tailored to the needs of the young person

One to one support with a therapist, again tailored to the needs of the young person

Parenting support or Carer support on a one to one basis, to explore challenges faced during transitions to enable carers to support the young person through their transition effectively, considering trauma informed practice.

We can also offer other solutions such as group work and are happy to accept any ideas you may have about what may work for the young people you work with.

Our experience in the past has been that groups have not been well attended and needs of individuals have meant that groups have not been the best approach, hence why we talk about the one to one work here, but this is something we can revisit!

What does one to one work mean?

One to one work means that a worker will work directly with the young person or carer, assessing their needs on an individual basis and working to achieve goals set in collaboration with the young person or carer. The work would include:

Getting the wishes and feelings of young person/carer in relation to the transition, establish their voice and gain an understanding of their interests in order to use these to do something creative around experiences of change/transitions before, aiming to pick out the positives and work on changing the potential worries into positives. Consult with the system around the young person to translate their feelings back to the carer and wider system and recommend further support where necessary.

Summary

Transitions can be a challenging time for our young people and it is important that we are able to anticipate the impact this may have for them and their careers. CACS are here to support you and the young person/carers so please pop to us for a consultation!

We are in each office on Tuesdays 09:30-15:30 and every third Thursday 09:30-12:30! An email is sent each week confirming specific individuals from the team on each site and the times! Feel free to book in or pop over to see us!