






## So.....you want to know who the health worker is, why you've been referred and know more about how the health worker can help!

### Who is the health worker?

My name is Sue Jones and I am a Mental Health Nurse.

I work with young people who may feel worried, stressed, angry or unhappy.



My job is to provide support to young people who are having difficulty dealing with feelings such as:



-  Feeling sad,
-  Worried/frightened,
-  Low self esteem,
-  Self harm,
-  Anger and stress.

I also work with family's who are having difficulties.




Working with parents/carers and involving them is very important because of the key role they play in the life of their child.

The work I do with families includes providing:

-  Family support & advice
-  Understanding behaviour and relationships

-  Sign posting to specialist adult services
-  Referral to Specialist groups for parents / carers with people who have similar problems

These groups include:

-  Parenting groups,
-  Parents of young people who use drugs,
-  Specialist support groups for women, men and carers

### Why have I been referred to the Health Worker?

If you tell your Yot worker you are having difficulties with your feelings or behaviour then they will need to find out more about you. Your Yot worker will need to ask questions about how you are feeling.

Your Yot worker may talk to you about seeing me, the health worker, for some help.

### Assessment

The first time you and your parents/ carer meet with me I will talk you through what will happen next.

I will need to ask you and your parents/carers about you, about your life and how you feel. We will talk about school or work, family and other things that may be happening in your life.

When I meet with you I will want to know whether anything is bothering you and making you feel bad.

Most of the time I work with young people who have less serious problems, but sometimes I see young people who I am really worried about and who are thinking about harming themselves and are very distressed.

At these times I can ask for a doctor to see a young person but this will be discussed first with the young person and their family.

### What happens next?

After the assessment I will go through the information with you and together we will decide whether you would benefit from some help.

I will talk through what might be helpful and then you can make a decision whether you would like that sort of help.

I will always listen to you and take your opinions seriously. I will listen to what you have to say and will not jump to conclusions or make any assumptions.

### Do I have to see the health worker if I don't want to?

**NO**, I will only work with you if you agree that you would like help.

However, if you are under 16 years old then your parents may decide that it would be helpful to see me then they can make that decision.

### Will it be part of my order?

Ideally, any work will be on a voluntary basis and NOT part of an order.

**However,** You may decide that you don't want to do extra time on top of your order and would like the work to be included as part of your order.

**At any time** you can ask not to have anymore sessions with me. If this is part of your order then that time will be replaced with something else.

If you would like the work to be part of your order you will need to speak with your Yot worker and myself first.

**You should be aware that if you ask for the work to be part of your order and you don't keep appointments then you might be breached.**

### Confidentiality

We aim to provide a confidential service and will only share information about you where necessary with your consent, unless we believe someone is in danger, has been hurt or is at risk of being hurt.

### Equal Opportunities

The Yot aims to ensure that no service user receives less favourable treatment on the grounds of age, colour, impairment, marital status, lifestyle or culture, nationality, race, religion, gender, sexuality or on the grounds of economic or social status.

### Complaints:

We do our best to provide a professional service. However, if you have any concerns or complaints about the service, if possible please discuss them with your Yot worker in the first instance or telephone or write to:

**The Operations Manager  
48-50 Elm Park, Filton  
South Gloucestershire  
BS34 7PH  
Tel: 01454 868565**

If you are worried, want more information or just want to talk things through please contact us. We are here to help

## South Gloucestershire Youth Offending Team



So you've been referred to the health worker for an assessment.....

# WHAT NEXT?