

INSIDE OUT – INTENSIVE COACHING

Inside Out is an intensive coaching service for looked after young people commissioned by Essex, Hertfordshire and Norfolk County Councils.

Inside Out looks to work with young people who have experienced multiple placements or placement breakdown. We offer intensive coaching, matching you with a coach who will work with you in a way you want us to. We will keep you at the centre of all decision making whilst supporting you to engage with education, training and employment so that you can step down to a less intensive care environment.

Your specific needs are usually best supported by the other people you are working with continuing to work with you; such as Social Workers, IRO's, Mental Health, Youth Offending Services. These services will continue to be there and work with us to help you to achieve your aims. We will do this through coaching.

We are working in partnership with and Essex County Council, The Tavistock Centre, Kids Inspire and alongside Youth Offending Services and EWMHS (Emotional, Wellbeing and Mental Health Services) to help you achieve the following:

- * Being safer and stable in your world.
- * Having or working towards positive relationships with your family, carers and peers.
- * Making positive decisions and achieving your ambitions.
- * Being better equipped for the transition to adulthood.
- * Increased resilience, good emotional wellbeing and mental health.

Confidentiality

The Inside Out team aims to offer all clients a confidential service. This means that we do not share the information that you have told us without there being a necessary need to do so or without your prior consent. This service is delivered by The Children's Society with some of the programme of work being delivered by external providers including Kids Inspire, Tavistock.

In order to give you the best service we can, information will be shared between ourselves and The Tavistock Centre, Essex County Council, Kids Inspire. This will be done in a professional and appropriate way for case co-ordination and communication around support.

Information sharing

This service is signed up to an Information Sharing Protocol (ISP) within The Whole Essex Information Sharing Framework which includes members from a range of agencies. Further information can be found at www.dnn.essex.gov.uk/weisf/en-gb/forums.aspx

We will share information relevant to safeguarding as necessary and as allowed by legislation.
