



YOUR CHOICE

LGA Presentation 13th December 2023

Royal Borough of Greenwich and LIA (London Innovation and Improvement Alliance)

Your Choice. A CBT enhanced approach to practice.

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The Your Choice framework



A new framework developed for London's local authorities which supports their youth practitioners to deliver CBT tools and techniques to London's most vulnerable young people.



This framework is rooted in:

- London's **multi-agency** working practices (e.g., referral routes).
- **Current best practice** in adolescent safeguarding, using a **public health approach**
- **Range of psychological theory** including developmental, trauma and neurological theory and **best practice** in relation to adolescent safeguarding.
- **Upskilling practitioners & young people alike**; to take young people on journey of “guided discovery” and equip them with tools and techniques that can be useful in overcoming a range of psychological challenges
- **Response to current presentation**, not a requirement to wait until fit criteria
- **Provides access to clinical supervision** to support practitioners understanding and formulation of young person's presentation and associated plans.



YOUR CHOICE, GREENWICH

Florence Kroll: Director of Children's Services

Lucinda Hibberd: Head of Family and Adolescent Service

YOUR CHOICE – UPSKILLING PRACTITIONERS



High Quality 5 days Your Choice training in CBT and application of the model.



3 weekly meetings with YP- 12 weeks seen as positive.



Funding has provided the scope to release staff to upskill and undertake intensive work.



Collaboration with young people ensures, their say, their choice, leading to outcomes achieved.



Regular peer supervision (in our case weekly) beneficial.



Adding activities promotes confidence in workers practice and utilises their creativity to engage with young people.



Handbook and resources provides clarity. Portal very positive, live sessions provide listening to practitioners about their barriers and then working together to remove them.



Monthly clinical supervision is essential.

ENGAGEMENT, RECRUITMENT AND RETENTION OF YOUNG PEOPLE ONTO YOUR CHOICE

- Young person orientated
- Implemented as intended- adherence to the model
- Flexible, child focussed, family focussed
- In families delivering Systemic/therapeutic lens
- Relational/intensive/consent based
- Activities pace of the programme three times a week contributes to intensity and engagement
- Explaining commitment of Your Choice Programme

“ I have seen first hand the transformative effect that the programme has had on the lives of the young people I work with. The programme has enabled the young people to understand the connections between their thoughts, feelings, and behaviours. It has enabled them to improve their emotional literacy so that they can recognise and communicate how they are feeling more effectively (Practitioner). ”

“ Before I started the Your Choice programme I wasn't leaving the house at all. I was scared to go out into the community in case I got attacked ... I had stopped going to college and was too afraid to even go to the shops with my family. By going out and doing activities in the community and talking about my thoughts and feelings when we tried different things I slowly grew in confidence and realised that I didn't need to be so worried. Now I know how to manage my feelings and not get so anxious when I go out. I know how to keep myself safe and make sure I am not putting myself at risk (Young Person). ”

HOW ARE PRACTITIONERS FINDING IT



Staff conference November 2023

“
Positive relationship building
between young person and worker

Systemic vs CBT – we thought!

Early reports- Useful! Especially
where parents route the problem
in the child!

Practitioners are reporting Your
Choice is leading to change
”

Thank you and get in touch!

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