

Elevate Her

Elevate Her is a project where we will actively seek out and support young women who without this additional level of support would be unlikely to access services. Women can refer themselves or can be referred by other agencies. Agencies will be provided with our referral form where women can advise how they wish to be contacted in the first instance. We can use the most appropriate method of communication to start to engage and to establish how we can help. We can meet remotely on teams so when we first meet in person, they are seeing a familiar face. We feel that knowing what the person you will eventually meet in person looks like is an important step in creating a safe and trauma aware space. This will not be a rushed process and we will go at the young woman's pace.

We will begin to develop an understanding of how we can best help and begin to build a relationship that feels safe.

We will help her to draw up a list / action plan by prioritising the various problems that need to be resolved.

Together we will then begin to plan to resolve those various problems either through an internal route such as counselling or external routes such as the DWP.

In the case of an external route our worker will make the necessary arrangements to visit the external agency with the young woman. We will attend with the young woman for as long as she needs. We hope to empower the young woman giving confidence for them to eventually be able to attend meetings alone. We call this 'warm navigation'. Warm navigation is the central plank of what we are aiming to offer, and we will use this idea to help young women feel safe and in control of their progress and situation.

In the case of internal routes, a warm introduction will be made to the therapist for example. We may not be able to use warm navigation in services such as counselling.

We will work with the young women in a facilitated peer support group. This will help to begin resolving peer pressure/self-esteem/confidence/social isolation issues and the mental health problems associated with these.

This peer group will form part of the long-term support plan, where young women will always be able to return to even when hopefully they are feeling more in control of their lives.

We will provide an evidence based six-week positive psychology psycho-education intervention to boost mental health.

At every stage of this process the young woman will be in control, and we will make this plain by the words and language we use and the way we behave.

We will continue to provide this service until such time as all the issues originally brought by the young woman have been resolved. We do not intend to have deadlines or force issues.