

## YOUTH PRIORITY SERVICES

### Youngpeople@sandyford

Within Sandyford a youth priority sexual health service known as youngpeople@sandyford (formally known as “The Place”) aims to provide a holistic one stop sexual health service that meets the needs of young people under 18 years of age. The Young People (YP) service will also see those over 18 years of age if the young person is care experienced or has other vulnerabilities. The service fosters positive sexual health and well-being. The Young People’s team also provides education, training and support for sexual health staff and other agencies working with young people.

The core team consists of a Consultant and two Lead Nurses. The team is housed within the Sandyford Inclusion team which supports vulnerable people to access sexual health services. Sexual and Reproductive Health Nurses with an interest in young people also support the team with reviewing case notes and following clients up. As well as the team of experienced clinicians working within the YP service, all clinical staff receive training to support them in working with young people, who are likely to present at all of Sandyford services, not just to the YP services.

There is currently a Young Person’s clinic at Sandyford Central, Paisley, Parkhead, Govanhill, Greenock, Clydebank and Woodside.

Young people aged 18 and over are encouraged to attend Sandyford’s mainstream services, although they may still be seen in these clinics by arrangement in particular circumstances.

#### How to be seen at youngpeople@sandyford

- Most YP appointments operate on a booked appointment status. Since April 2023 there has been a weekly walk-in clinic at both Sandyford Central and Parkhead, although the continuance of this will be reviewed in 2024. Booked appointments can be booked online or by phoning Sandyford. All young people are welcome, and can then be offered onward referral to more specialist services if required.
- Young people who let reception staff know that they have been brought by a care professional (for example a key worker, LAAC nurse, social worker, residential care worker) will be permitted to bring that professional into their appointment with them if they wish to do so.
- As far as possible, young people are seen alone. If the young person is particularly anxious or vulnerable then they can bring a family member, friend or carer with them for support if appropriate. Young people will be informed that it is usual for them to be seen alone at some point in the consultation to address any sensitive issues that may arise.

#### Specialist Sandyford YP services

- YP specialist clinics are held at Sandyford Central, led by the YP team Consultant and Specialist Nurses. A young person can be referred for a specialist appointment by completing an internal referral via NaSH in the normal way (Sandyford Inclusion Team (Young People)). A referral letter is not required but some indication of why the referral has been made and contact details for the young person should be included within the referral. Referrals from other agencies are welcome.
- Young people with complex medical or social problems, who need medical assessment, who are vulnerable, or who need to attend outside of the usual YP clinic times can be referred into the YP specialist service.

- The YP team also offers Outreach clinics to the three secure care units in Glasgow (Kibble, Good Shepherd, St Mary's). These clinic are held as a minimum once per month. Outreach to residential care homes on an ad-hoc basis is also provided upon request.

### How to be seen at Sandyford Counselling and Support Services (SCASS)

- **Listening Ear Service (LE):**

This service offers a safe place for young people to talk through distressing feelings and emotions that may have arisen as part of their consultation. Usually a LE session is a one off appointment though it is possible to be offered up to 3 appointments; this service is available through the week at Sandyford Central. To request a listening ear appointment contact SCASS on 0141 211 6700 or internally on 36700.

- **The Counsellor:**

Is an integral part of the **youngpeople@sandyford** service. The counselling service works to improve the mental health of young people by offering a confidential counselling service to young people, aged 13yrs - 17yrs, with the aim of enabling them to make informed decisions and choices about their lives. The service offers counselling in a supportive and understanding environment that is respectful and sensitive to the young person's values, beliefs and culture.

The service offers young people the opportunity to explore emotional difficulties which are affecting their lives within the bounds of a confidential service. The service accepts referrals from external agencies, Sandyford services, Parents/Carers and self-referrals from young people. Young people will be offered weekly or fortnightly sessions, up to a maximum of 12 appointments, with the opportunity to review at the end of this period. If required, onward referral to the CAMHs team or other relevant service can be arranged for the client.

- **The criteria:**

- Individuals who have experienced rape or sexual assault;
- Individuals who have experienced sexual trauma or sexual abuse, including childhood sexual abuse, which is having an impact on their current sexual functioning.
- Individuals who have current sexual health problems which is having an impact on their current sexual functioning.
- Individuals who are questioning and/or have issues around their sexual orientation or identity
- Woman who have had a termination of pregnancy;
- Gay, bisexual and all men who have sex with men who have concerns about balancing risks and sexual relationships;

All Sandyford staff should complete an internal referral form when referring young people to the Counselling service.

**FOR SPECIFIC YOUNGPEOPLE@SANDYFORD CLINIC TIMES AND LOCATIONS SEE THE SANDYFORD WEBSITE: [www.sandyford.scot](http://www.sandyford.scot)**