

## 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 and fosters positive sexual health and well-being. The Young People’s team also provides education, training and support for health staff and other agencies working with young people.

The core Place team consists of a Consultant and a Lead Nurse and a young people’s counsellor. 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 youth priority services, 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 youth priority services.

There is a youth priority session within each hub or satellite and each clinic has its own character, shaped by local partnerships and priorities. More details on these can be found in the hub reports.

The Sandyford library and information services team support the ongoing health improvement programme, providing appropriate resources for young people and clinical staff on a range of topics.

The Sandyford Central Youth Priority clinic is open four days a week and sees young people under 18, along with partners of those young people. 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**

- youngpeople@sandyford operates on a walk-in basis with no appointment necessary. All young people are welcome, and can then be offered onward referral to more specialist services if required. Young people are also welcome at all Sandyford walk-in clinics.
- 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 fast-tracked through the service where possible.
- Young people are welcome to bring a friend or carer with them for support; they are 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.
- youngpeople@sandyford specialist clinics are held weekly, led by a specialist nurse with consultant input when required. Appointments may be made via NaSH in the normal way (SC Place specialist). 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 with the appointment details. Referrals from other agencies are welcome. Young people with complex medical or social problems, who need consultant assessment, who are vulnerable, or who need to attend outside of the usual drop-in times can be seen at these clinics. Young people who require ongoing follow-up (for example after attendance at Archway) may also be offered appointments at these clinics. Young people who wish LARC may be booked in to these clinics if they would prefer an appointment slot.

- **Alcohol Brief Interventions:**

This is a short session with a nurse offering support advice and encouragement to decrease their alcohol intake if required.,

### **ALCOLATOR – Young Persons Alcohol Screening and Brief Intervention Website**

The website is user friendly, simple to operate and has three main features; **unit calculator**, **alcohol screening tool**, (same screening tool used at clinic) and **email brief intervention link**. The site can be accessed through its own URL or through the Sandyford webpage.

- **Listening Ear Service:**

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; the service is available through the week at Sandyford central and at Sandyford Renfrewshire on a Wednesday. If the young person meets Sandyford criteria for counselling, they will be referred to the young person's counsellor.

- **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 17yrs and under with the aim of enabling young people to make informed decisions and choices about their lives. Counsellors do not seek to give young people advice or influence their values or beliefs. They offer 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 GPs, Social Work teams, LGBT services, youth workers, school nurses, other Sandyford services and young people themselves. Young people will initially be offered a maximum of six hourly sessions with the opportunity to review at the end of this period. If required, onward referral to the CAMHs team can be arranged for the client.

The young person's counsellor offers Cognitive Behavioural Therapy and should this be unsuitable for a particular client there are a range of counsellors with the Counselling and Support services team who can continue the intervention using different counselling techniques.

To refer to the counselling team please complete an internal referral form. Counselling is also available at the hubs (see local referral arrangements).

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