

Changing the story: Working together so that young people no longer experience homelessness

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Laura Bryan – Therapy Lead

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We will cover

- Insight into young people
- Issues and challenges they may face
- Support available in Brighton & Hove
- Looking forward

- Q&A





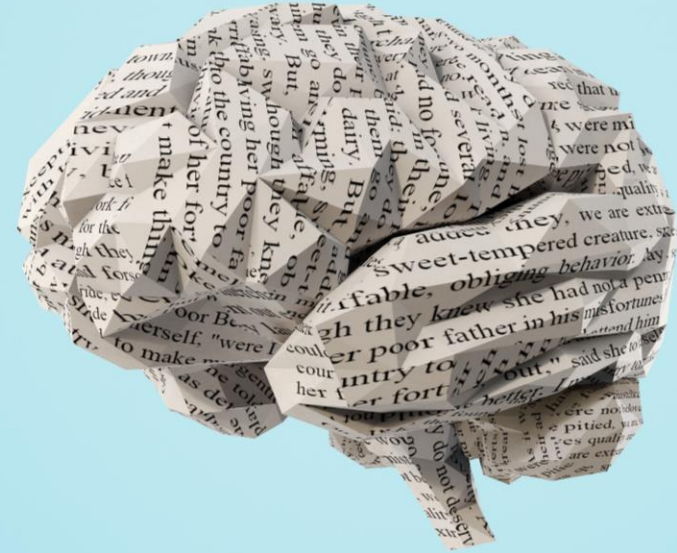
Who works with under 25s?

Who works with under 18s?

Who works with all ages?



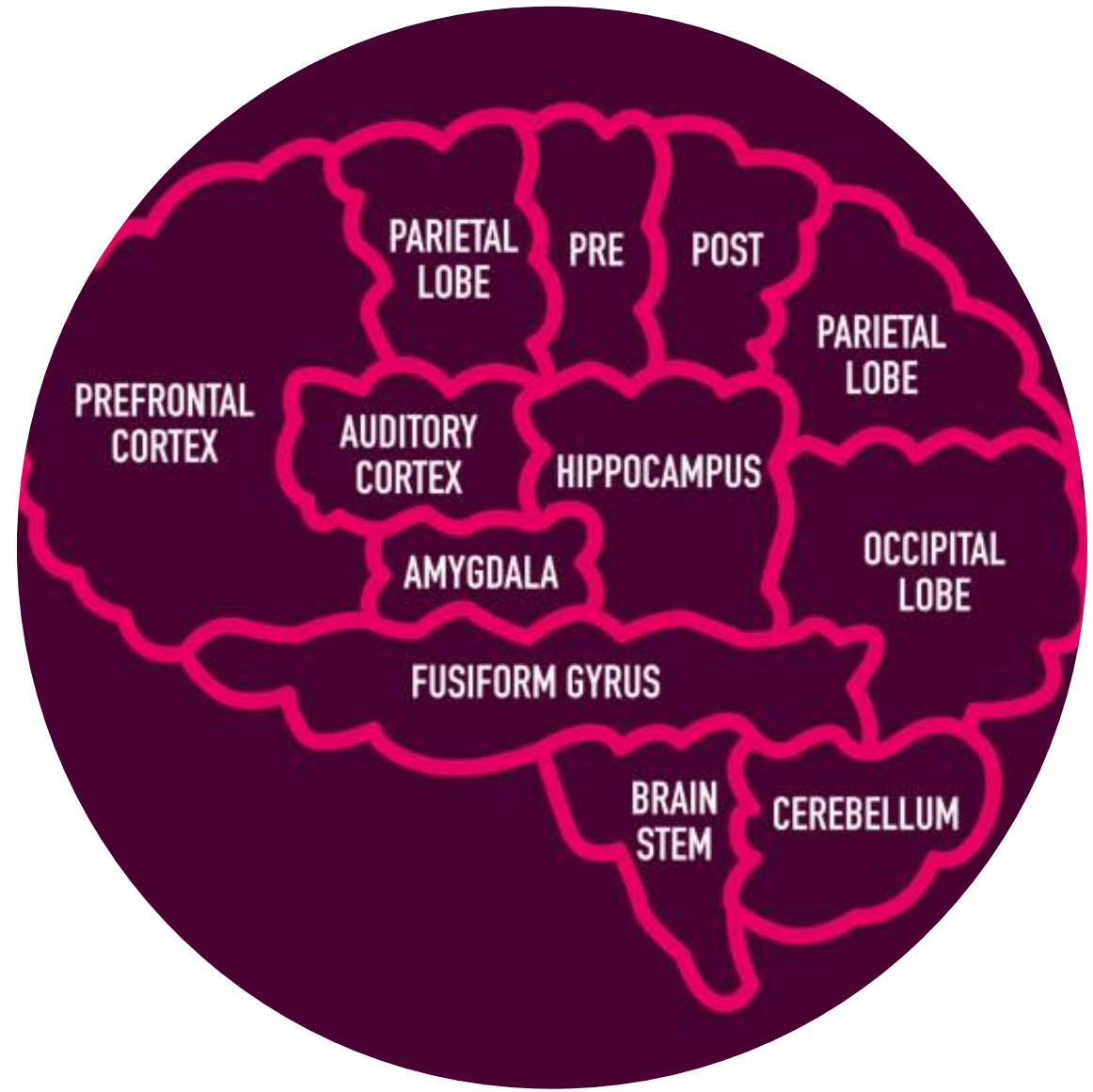
The Teenage Brain



Let's take a look at the brain

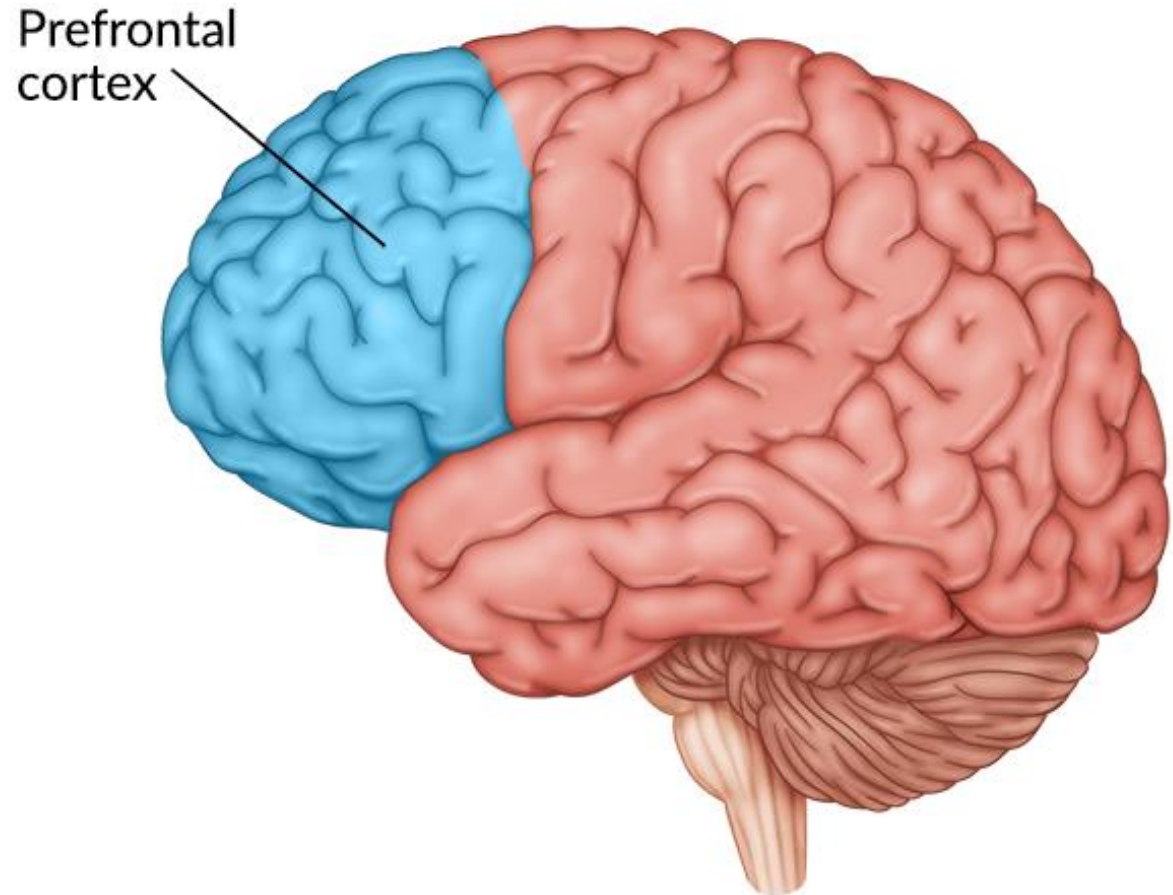
Two main areas of focus today;

- The Prefrontal Cortex
- The Amygdala



The Prefrontal Cortex (Executive function)

- Decision making
- Logical thinking
- Planning
- Organisation
- Impulse control



The Amygdala (The emotional Brain)

- Processing emotions
- Particularly linked to fear and anger
- ‘Fight or Flight’



Brain Development

- During adolescence, the brain goes through an incredible number of changes very quickly.
- This development continues until around our mid-late twenties.
- New research suggests in some people this could continue even until their thirties!
- Our brains develop from the back to the front meaning the very last part to develop is the prefrontal cortex.

“Adults think with the pre-frontal cortex, the brain's rational part. This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences.

Teens process information with the amygdala, the emotional part”

Why is this important?

- As services working with young people it is important to ensure our approach is suitable.
- Expecting the same abilities and reactions from young people and adults is setting young people up to fail.
- Awareness and understand is key to being able to offer appropriate support.





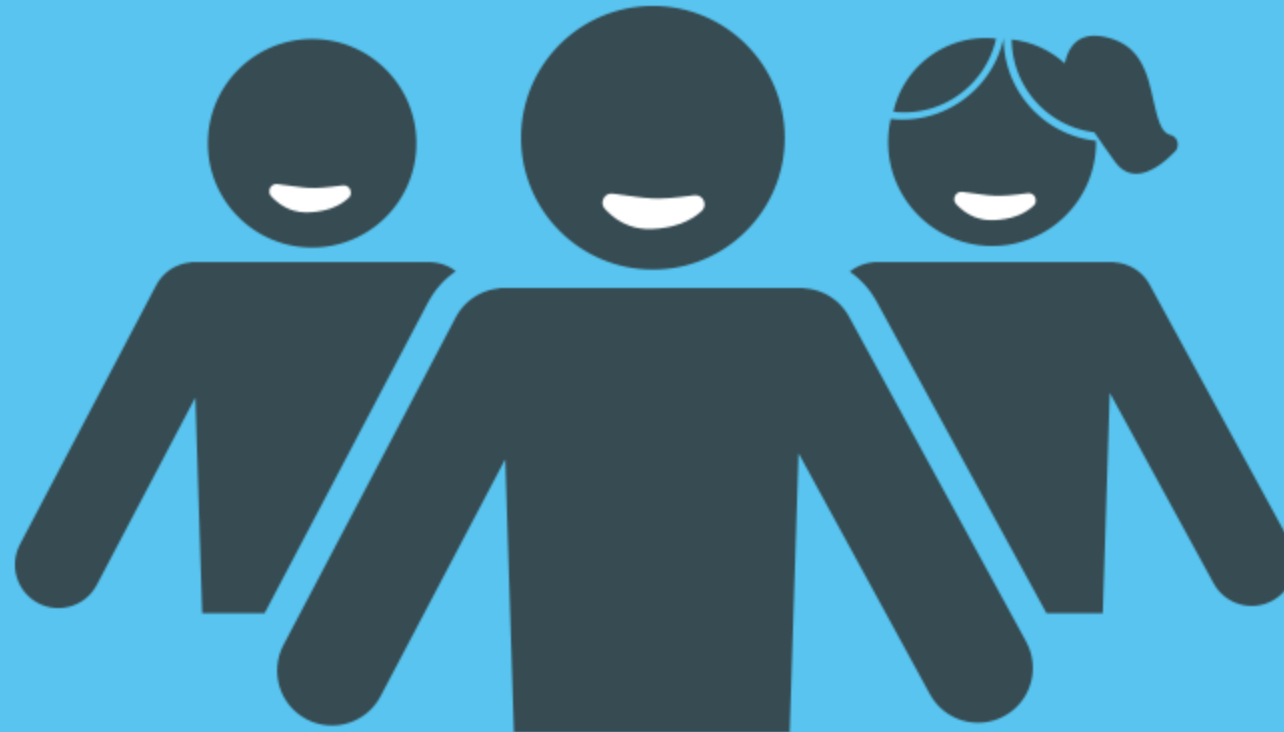
Trauma Informed

Hidden homeless

Family breakdown

Lack of suitable and affordable options

Not taken seriously or deemed a priority



Age related discrimination including pay & benefits

Vulnerable to exploitation

Can't evidence their homelessness

Unaware of what support is available

Discrimination

50% of young people at risk
do not contact their council

136,000 young people

approached their council as **homeless** last year.

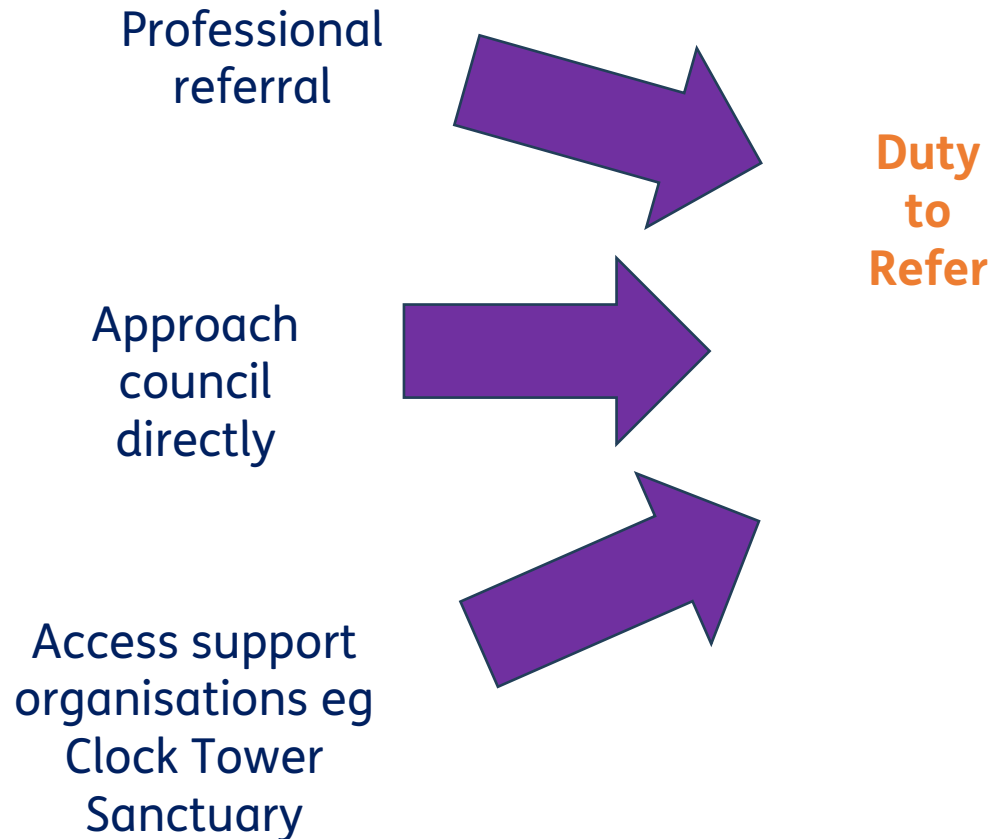
That's **372 a day**, a new young person
every 4 minutes !

Their future, being exposed to the harm of homelessness.

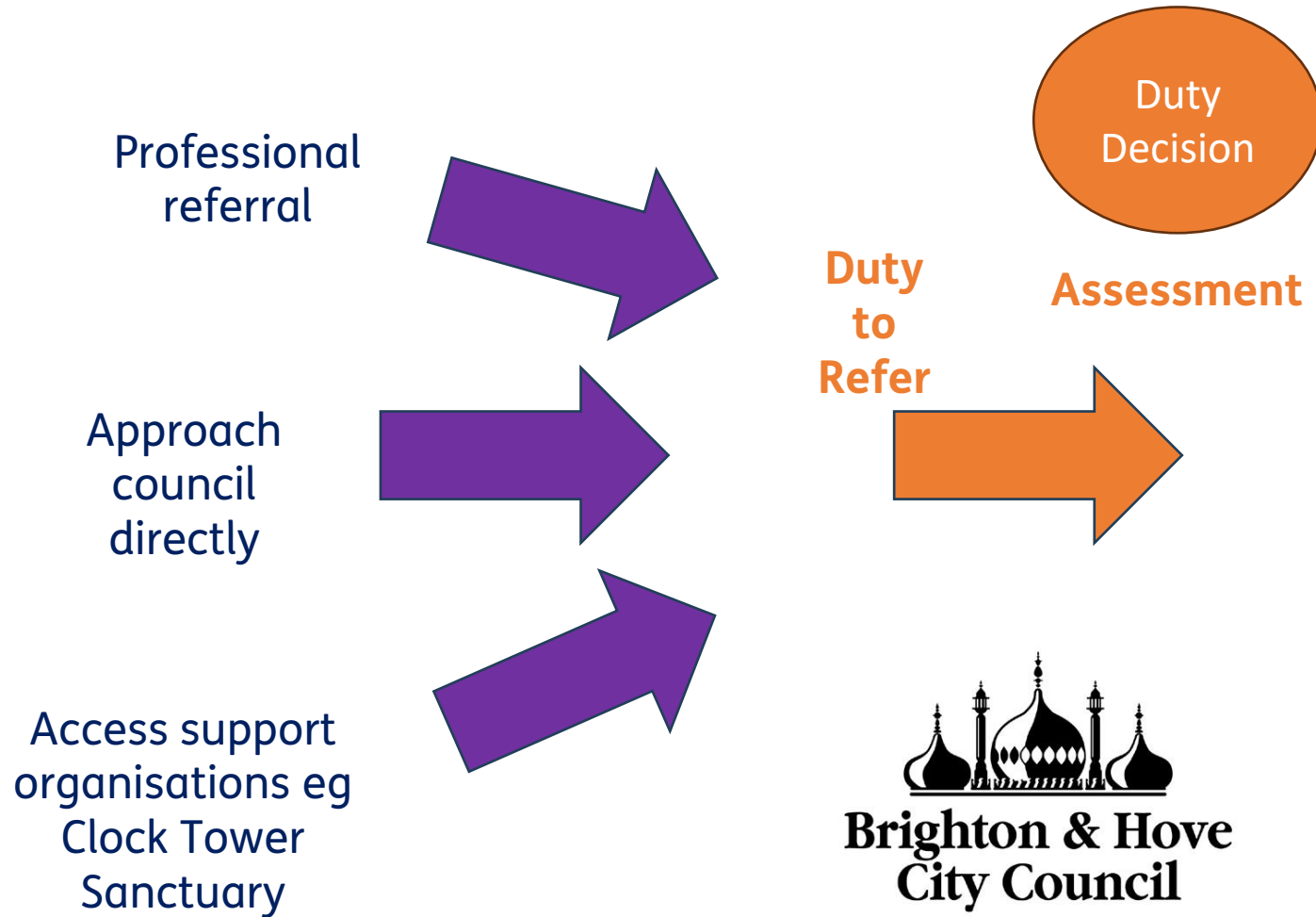
We're fighting for these young people.
We're fighting for a strategy to end youth homelessness.

**#PlanFor
The136k**

Young people tell someone that they are homeless or at risk of becoming homeless

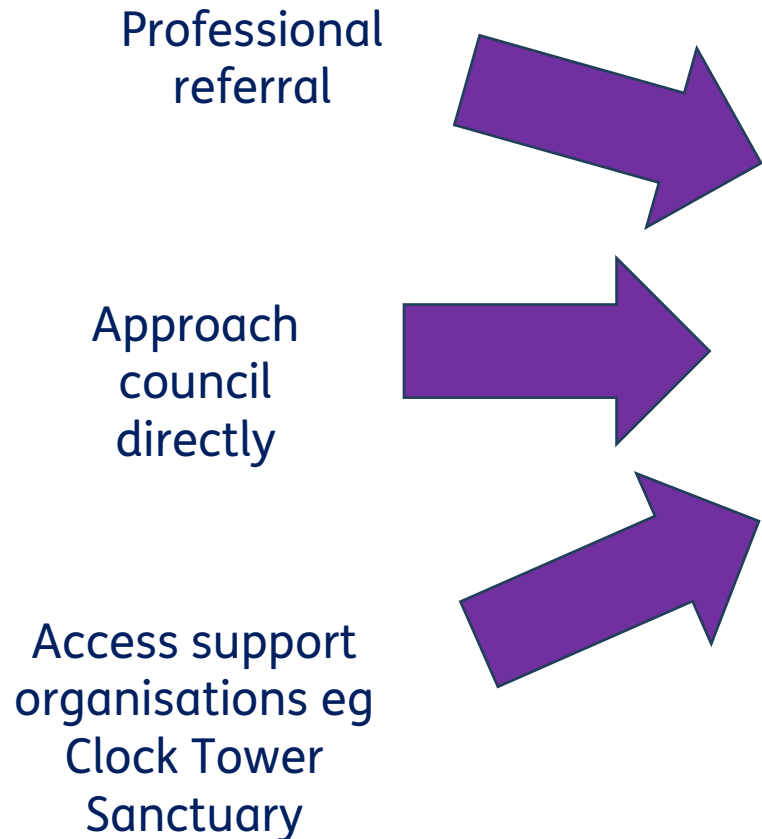


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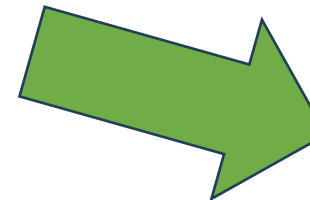
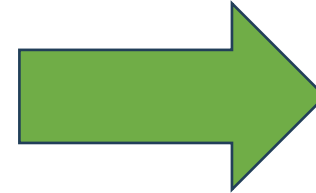
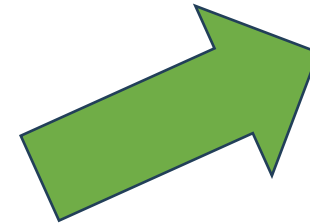
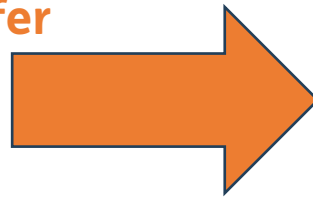
Young people tell someone that they are homeless or at risk of becoming homeless

The Council develop a plan and make referrals



Duty
to
Refer

Assessment



Housing
referral

Social Care
referral

Support
organisations
eg YAC







SUSSEX NIGHTSTOP

A community response to youth homelessness



CLOCK TOWER SANCTUARY

Supporting young people experiencing homelessness in Brighton & Hove

YMCA
DOWNSLINK GROUP

YMCA | Here for young people
Here for communities
Here for you

Family Mediation Support Workers



Hi, I'm Caroline

Hi, I'm Mary

What we provide:

- ▶ A safe and confidential space to talk, for young people aged 14-25 and their parents/carers
- ▶ Family mediation and/or one to one parenting support
- ▶ Listen, reflect, and empathise with all situations
- ▶ Support any family make-up
- ▶ Do not take sides or give advice

How it works:

- ▶ All support is with trained professionals and is completely free of charge
- ▶ Initial individual meetings with the intention of group sessions if appropriate
- ▶ Sessions are gently solution focussed with an emphasis on negotiation and compromise
- ▶ Support can be given over the telephone, here in our offices in central Brighton, at school/college or another location or during home visits

Contact us

- ✉ YAC.FamilyMediation@ymcadlg.org
- 📞 Mary: 07423000331
- 📞 Caroline: 07552825088
- 📍 Youth Advice Centre @ 11 St Georges Place, Brighton BN1 4GB

Private Rented Sector

Private landlord or estate agent
Direct Lets (BHCC)
Student accommodation

Supported Housing (non-commissioned)

YMCA DLG - Transitional Housing
Impact Initiatives – Stopover
BHT - Accommodation for Work
Safehaven
One CIC
Stonewall

Supported Housing (commissioned)

Low/Medium

YMCA DLG - Young Families Project, Chris Batten House, Goldstone Villas, Gochers Court
Sanctuary Housing - The Foyer

Medium/High

Impact Initiatives – Stopover
YMCA DLG - Lansworth House & Gareth Stacey House

Sanctuary
Supported
Living

 **impact**
INITIATIVES

The true scale of youth homelessness is unknown, but the solutions aren't.

We've got the evidence and experience in how to sustainably solve youth homelessness.

That's why we've joined a collective of youth charities to call for a governmental strategy to end youth homelessness.



**CLOCK
TOWER
SANCTUARY**



#PlanFor
The129k

Life is **never single** issue,
nor is **homelessness** !

 **Especially for young people.**

Engage with our vision of a Young People's Hub in Brighton & Hove

- Designed and delivered specifically for children and young people
- Brings together advice and support that young people need
- Not **just** on homelessness.
- Focuses on early intervention
- Integrated, open to all, easy to access





Reflections?

Questions?

Thank you

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