

# **Working Agreement Framework between the Young People's Accommodation Service and YPSA Clinical Psychologists**

## **1. Purpose of the Agreement**

This working agreement framework has been developed to ensure that young people accessing the Young People's Supported Accommodation (YPSA) service receive the best possible support through effective and consistent partnership working with staff within the YPSA services and the Clinical Psychologists within the Clinical Team, who have been recruited to support the YPSA service. This agreement outlines how these services will work together to achieve the best outcomes for young people.

## **2. Background**

In past supported housing services, there have been varied experiences received by individual young people in the supported housing service and the staff supporting them. This was also evidenced in the review of the Young People's Supported Housing service, completed in 2019<sup>1</sup>. Collectively, supported housing projects did not all have a consistent offer or communication between the supported housing service and key partner agencies. There was previously a Mental Health Worker (MHW) role which was funded through short term CAMHS funding, which some providers accessed support from, though others were unclear about the support available and so didn't receive any clinical support from the MHW for young people in their service. When the service review was completed on the YPSH service, many workers talked about how they have / would have found it helpful to access support from a clinician, to discuss and reflect on their cases. As part of the service remodelling, funding was then allocated from the YPSA budget for two Clinical Psychologist posts to support both in-house and commissioned YPSA staff.

By having a working agreement framework in place, it is hoped that there will be clear understanding between the Brokerage and YPSA providers (both in-house and commissioned) from the outset about what is expected from each service.

## **3. Roles and Responsibilities**

Staff from both services will work together through a joined up approach, avoiding duplication and ensuring a consistent working relationship to support young people in achieving positive outcomes.

### **3.1 YPSA Service**

The key aim of the YPSA service will be to provide intensive, evidence-based interventions to prepare Young People for sustainable independence, whilst they are supported in temporary, high quality accommodation. Staff from all teams must ensure that any offer or support given is shared with the others to ensure a joined up

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<sup>1</sup> <https://consultations.oxfordshire.gov.uk/consult.ti/YPSHP/consultationHome>

approach, which avoids duplication and ensures consistent working relationships to help deliver positive outcomes for young people.

### 3.1.1 Role of the YPSA workers

The YPSA worker is responsible for the daily accommodation support which includes:

- Setting up a new home
- Support to develop general household skills
- Support to access education, work placements, employment via referral to EET service and social activities
- Budgeting and money management, including supporting young people to claim the benefits they are entitled to
- Support with personal health
- Support and guidance in preparation for independent accommodation
- Support with individual personal and emotional matters
- Support with setting up first independent home at 18 and moving on

### 3.2 The YPSA Clinical Psychologists

The two Clinical Psychologist posts will be part of the REoC clinical team but will focus their time on supporting the YPSA service.

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It is recognised that capacity will place limits on the clinical psychologists working directly with large numbers of young people, so caseloads will be small. The main focus of the posts will be on supporting the YPSA staff with their cases through reflective practice, case discussion and training.

Reflective Practice sessions will have fixed dates and the psychologists will group the sites together to make small hubs. Each hub will be offered a reflective practice session per month. Consultations will have to be booked by requesting a consultation session. Consultations are likely to be online as we have found that this has led to higher attendance.

The key focus of the YPSA Clinical Psychologists role will be to:

- Deliver training, aiming to equip the workforce to have psychological insight and a toolkit to better support the client population within the YPSA
- Lead team Reflective Practice sessions

- Provide consultation to other professionals both within CEF / external providers, and within partner agencies e.g. health and education

The Clinical Psychologists will:

- Provide expertise and specialist psychological advice, guidance and consultation to other professionals both within and outside of the service, contributing directly to clients' formulation, intervention, diagnosis and care or treatment plan. This may involve the convening of multi-professional or multiagency meetings and/ or writing required reports.
- Offer a range of therapeutic skills, which might include holding a small caseload and offering individual therapy to young people when no other resource is available (and capacity allows).
- Contribute to risk assessment and risk management for individual clients seen by professionals and unqualified staff, and to provide both general and specialist advice for professionals (e.g. social workers) on psychological aspects of risk assessment and management (to include being part of a team that offers advice and consultation out of hours when required and subject to capacity).
- Develop and implement training programmes with the YPSA to increase workers' competence and skills in working with trauma, and on meeting the emotional needs of young people. To deliver training to a range of staff with differing levels of qualification and professional background.

#### **4. Summary of Process between YPSA Service and the YPSA Clinical Psychologists**

### **The Three Strands Approach**

#### **EQUIP**

##### **TRAINING**

YPSA workforce will be offered training on a number of relevant psychological tools and theories to support their work with this population

#### **SUPPORT**

##### **CONSULTATION**

YPSA workforce can book consultation sessions with Clinical Psychologists to discuss individual cases. These might lead to follow up consultations, further assessments and referrals / liaison with adult mental health. In a small number of cases psychologists might offer short term direct intervention

#### **REFLECT**

##### **REFLECTIVE PRACTICE**

YPSA workers/managers are offered monthly reflective practice