



**HERTFORDSHIRE SHORT TERM
INTERVENTION PROJECT**

**CAUDWELL
YOUTH**



Registered Charity Number 1200757
Broughton Hall, Broughton, Staffs, ST21 6NS
www.caudwellyouth.org

ABOUT THE PROGRAMME

Our Short Term Intervention Programme (STIP) pilot began in Hertfordshire in February 2024. We developed the programme in response to the increasing need and high number of referrals we were receiving.

STIP is designed to target a specific risk factor and provide 12 targeted youth work sessions, tailored to and for the young person's needs. This pilot programme worked with 17 young people in Hertfordshire during the year. It is a youth worker led service and is targeted at: Young people who need higher intensity intervention than mentoring Young people who have an identified high-risk factor such as child criminal exploitation or self-harm.

The service is designed to support and empower young people to achieve their goals or a specific set of agreed outcomes.

WHAT'S NEXT FOR STIP

After a successful pilot of STIP in Hertfordshire. We have launched our STIP program in Buckinghamshire in partnership with Buckinghamshire Council and Thames Valley Police. We are seeking funding to extend the program into our other areas and to continue this work in Hertfordshire.

STIP compliments our core offer of volunteer-led mentoring and having both programmes available for young people has enhanced our offer to young people at risk. Young people have been referred between the programmes where their risk changes due to the challenges they are facing.

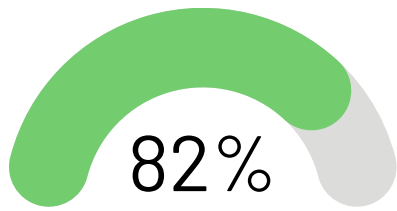
"Working collaboratively with young people has let me see first hand the lasting positive impact that intense, short term youth work can have on young people. Meaningful, bespoke sessions not only empowered young people to make change, but to stand taller and become more confident in different aspects of their lives. It has been deeply rewarding to be a brief part in a young person's life supporting them to realise their own strengths. Engaging the young people in work or education helped to foster a safe community, reduce costs for public services but most importantly helped to unlock the true potential our young people could not see before engaging with us."

-Caudwell Youth Programme lead

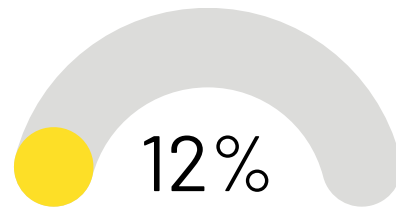


OUR YOUNG PEOPLE

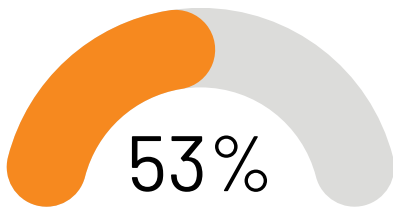
We gather information when young people are referred to us and ask them when they exit our service about the progress they have made, their achievements and any feedback they have on the service they received.



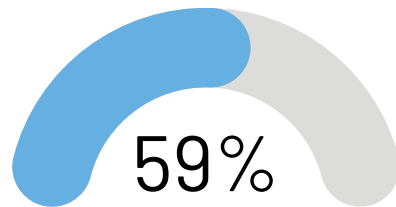
of young people report having mental health challenges



of young people are care experienced



of young people are at risk of offending

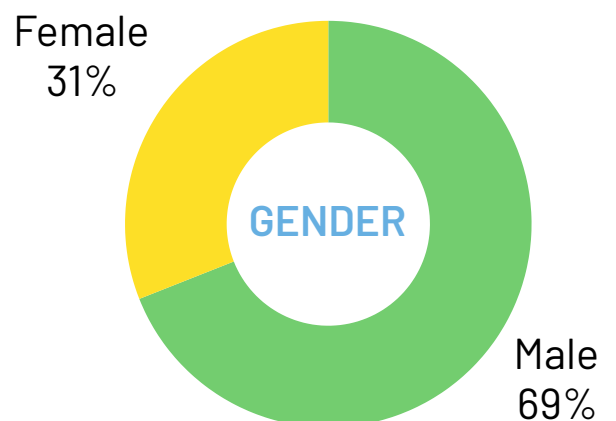
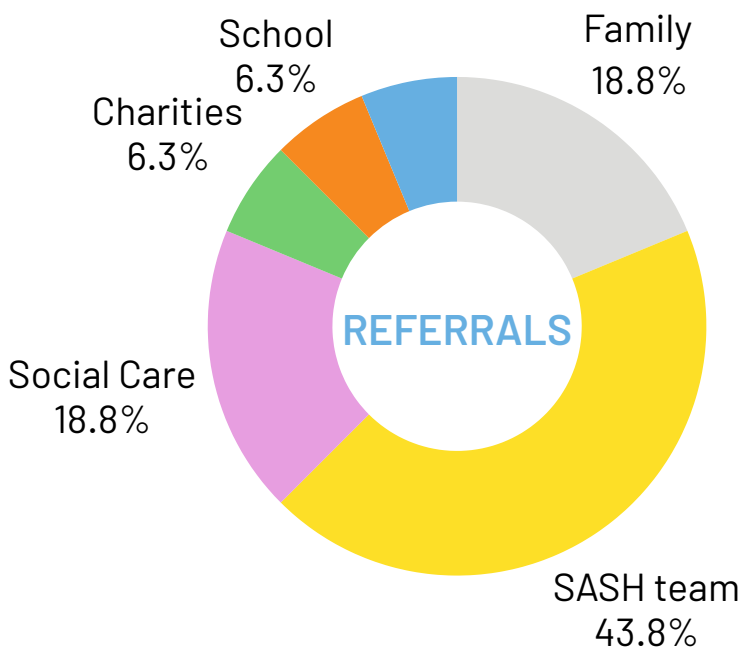


of young people are at risk of exploitation


16 Average age of young people


44% Have a registered disability


38% Have an Education, Health, Care Plan

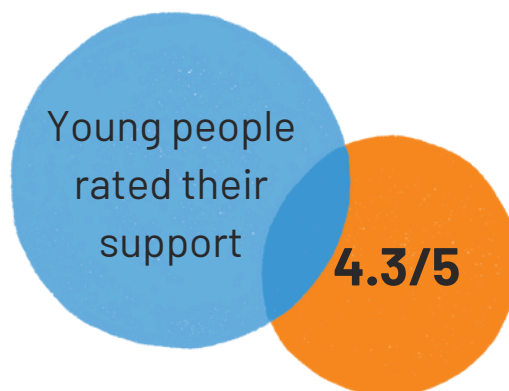


PROGRESS AND OUTCOMES

 83% **Improved in their identified challenge area.** The most prevalent areas of challenge for our young people were Crime, ASB and Child Criminal Exploitation. When young people are referred, we ask 'at the moment, things are difficult because...' 83% said things had improved in this area.

 83% **Couldn't have achieved their progress without their youth worker.** We asked if young people felt they could achieve the same progress without our youth worker support, 83% said they couldn't, 17% said they might have.

 100% **Felt listened to.** We ask young people what we 'need to know' about them, their journey and their progress, everyone on the programme said they felt we listened to this and felt heard.



We're proud to share these and evidence the support we provide to young people at-risk.

Thank you to all of the young people who reflected on their experiences and shared their progress and achievements with us.

WHAT YOUNG PEOPLE HAVE TO SAY

These quotes are all from young people on STIP in Hertfordshire about their support from Caudwell Youth

"I give things second thoughts now, before i never used to think about my actions and the consequences but the sessions have helped to always consider the risks and reward of my actions. I haven't got myself into trouble with the police since starting this"

"I have a better understanding of how I manage my emotions better when I am confronted by others, looking back at situations, doing problem solving has helped me look at things differently and its given me the confidence that I can make positive changes and decision. I have stopped knife carrying all together because looking at the consequences and how it would affect my future opportunities made me realise its not worth it."

"less arguments with my mum, no arguments with brother, no police, no missing episodes since middle of STIP"





MEET HAYLEY

Hayley, 16, was referred to Caudwell Youth following her mother's passing a year prior. She had discovered her mother's body and struggled to cope with the trauma. Living with her father, she found it difficult to discuss her grief. Hayley experienced high anxiety, and depression, and was struggling to access and accept support. Hayley was working long hours to support herself whilst trying to balance her A Levels which left her feeling isolated and lacking a support system.

Hayley struggled with bereavement, anxiety, and exhaustion, which affected her school performance and emotional well-being. Initially hesitant to engage with her Youth Worker, her breakthrough came during a long walk where staff were able to be a listening ear, Hayley felt heard and began to engage more regularly.

Through targeted support sessions and guidance, Caudwell Youth staff have supported Hayley to create revision timetables to manage her workload, improve her routines to reduce the exhaustion she feels and worked with her to encourage self-advocacy. Her youth worker also supported her by assisting with a CAMHS referral, getting Hayley more formal mental health support. Through ongoing sessions, she learned more ways to manage her emotions and accept that grief, including feelings of anger, was a natural process.

With support, Hayley improved her sleep and study habits and gained confidence in seeking help. She is now working towards securing stable employment with regular hours, setting boundaries in her relationships, and finding a meaningful way to honour her mother's anniversary. Her progress reflects her resilience and determination to build a more stable future.

"I'm in awe of Hayley. Her progress shows young people have the power to change when they are ready." - Hayley's Youth Worker