

The YPAC Newsletter

YOUNG PERSONS ADDICTION COUNSELLING (MORAY)

Issue 5

July 2011

Hello and welcome to our 5th Newsletter .

In this latest Newsletter we have included the launch of our new Online Service. We hope you enjoy this Newsletter. We are always happy to receive feedback, so if you want to let us know what you think then please click [here](#).



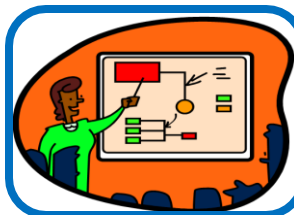
Did You Know.....



Tricia Joyce
Masters of Science
in Counselling Study



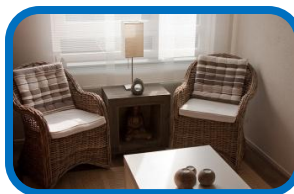
Internet
Counselling



Training
Information



How and When
To Refer to
YPAC



Where We Are
How to Contact Us

Did you know.....

- YPAC counsels young people from the age of 12 to 24 in their **own community**.
- This service is provided for young people struggling with their **own addiction or someone else's**.
- Addiction includes the following categories: alcohol, smoking, substance misuse, prescribed drugs, caffeine, food, shopping, gaming and gambling and more.
- It is a **free and confidential** service.
- Young people can **self-refer** by contacting us direct or they can be referred by others.
- YPAC are on **Facebook**, Just type in YP AC and you will find us!
- The **new online counselling service** is due to be launched in October 2011.
- YPAC is now on **GLOW**, the first national intranet for education in Scotland.

Launch of New Online Counselling Service for Young People.

YPAC (Young Persons Addiction Counselling) is excited to announce the launch of its new online counselling service. This will be for young people of Moray aged between 12-24.

It will enable them to access real time counselling without them having to physically go to an appointment.

At YPAC we offer counselling to young people who want to deal with a habit that is causing them difficulties in their life. This could be their own habit, or they are being affected by another's habit. In the latter case, it sometimes means the young person cannot access services as they do not like to leave the house, so by offering online counselling we can allow these young people to choose to access counselling from their own home.

Having carried out a survey of young people in Moray, it was felt this was a good idea, as the young people felt comfortable about going online and also felt it would be easier to talk due to anonymity and confidentiality. It will also make it easier to access for those young people who have feelings of shame and embarrassment about the situation they are in.

The way it will work will be that the young people can make contact online and will be allocated a counsellor or they can be referred to the service by a key worker. They will then be given an appointment to talk to that counsellor online at agreed times in real time. This service will come online in October 2011 and the web address to find us is:

www.ypaonline.co.uk

When To Refer

YPAC are always happy to receive referrals from agencies, but we understand that it is sometime difficult to decide whether you should refer or not. YPAC are always happy to discuss with referrers any individual cases that might be referred, we can even come in and meet with you and your client and have an informal chat about our service, at the end of this chat a decision can be made about whether a referral is needed or not. If in doubt then please give us a call or refer and we will carry out an assessment. For more information please just give us a ring. The number and e-mail address is at the end of this Newsletter.

YP CORE: How is it working? Tentative thoughts from a reluctant student

As development worker at MCA, I am constantly reminded of the importance of providing good quality feedback through rigorous evaluation to funders. I am also a person who likes to punish herself! So bearing all this in mind I decided to undertake a MSc. to look at the effectiveness of young people addiction counselling using the newly formed YPAC as my focus.

As part of setting up the YPAC, MCA had used evidence created by Strathclyde University for the Glasgow Schools Counselling Project. This Project has proved its effectiveness several times over and had been extended to include parts of Ayrshire and Renfrewshire (see <http://www.strath.ac.uk/humanities/research/schoolbasedcounsellingproject/> for more information). I felt the rigorous methods used by academics and their wealth of young people experience would provide the organisation with an objective viewpoint and the external validation needed. It would also allow us to benchmark our work with others throughout the United Kingdom. It was also an opportunity to get a jaunt or two down to my old stomping ground (all very valid reasons!)

To evaluate the service we used two data capturing methods that are utilised by Strathclyde University, YP-CORE (**Y**oung **P**ersons **C**linical **O**utcome in **R**outine **E**valuation) and the PCSQ (**P**ost **C**ounselling **S**atisfaction **Q**uestionnaire) both proven, young person friendly, evaluation tools which the young people filled in with gusto, often asking the counsellor to tell them their scores and if they were improving!

So what does the data tell us? Well, preliminary exploration tell us that the counselling is effective and this effectiveness seems to be consistent whether you are a boy or a girl, a primary user or a significant other or leave the service with a planned or unplanned label. It also shows that the counselling is effective across the age range YPAC serve (12-24). The data also tells us that the young people rate highly the fact that this unique project is available to them.

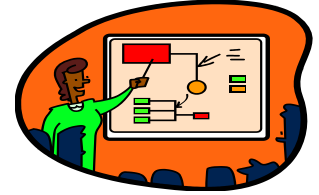
For funders and partners it tells them that the outcomes we set down are being achieved and for MCA, YPAC and all who have supported the organisation, it allows for a pat on the back for being so wonderful. Only a tiny one though as we know there is more work to do to ensure all the young people of Moray have equity of access in relation to addiction counselling.

For the young people, I hope it shows them by participating in a full and honest way that their viewpoint has been taken into account to allow the organisation to grow and develop with their needs at the centre. I thank them for that because without them there would be no evaluation. The full evaluation document will be completed in October 2011 and will be available both electronically and by paper.

Tricia Joyce. MSc Student

YPAC Training

Here at YPAC we are keen to let our partner organisations know about what we do and how we can work to the benefit of the Young People who might be interested in counselling. To this end we have developed training packs and these can be delivered at a time and place that suits your organisation. All the training that we provide is free and at present consists of:



“What is counselling?”

“Counselling Skills”

Brief Interventions”

To book or for further information please contact us on the details below.

We can tailor any training to your specific needs.

Where We Are Counselling

Our counsellors are currently offering counselling in these locations.

Milnes High School, Fochabers	Guildry House, Elgin
Gordonstoun School, Duffus	Covesea Housing, Elgin
Keith Grammar School, Keith	Cameron Parkbrae, Elgin
Moray Youth Action, Elgin	Moray Carers, Elgin
Riverside Christian Church, Buckie	Children 1 st , Culbin Road, Forres
Moray College, Elgin	Buckie High School, Buckie
Elgin High School, Elgin	Shand Centre, Dufftown
Forres Academy, Forres	Tomintoul GP Surgery, Ballindalloch
Lossiemouth High School, Lossiemouth	Elgin Youth Cafe, Elgin
The Loft Youth Project, Keith	Elgin Academy, Elgin
Speyside High School, Aberlour	Buckie Access Point, Buckie

**For Further Information or Referral
Contact Debbie or Robert at**

**YPAC
c/o The Loft Youth Project
86A Mid Street
Keith
AB55 5AF**

Tel: 01542 886630

E-mail: yppcp-loft@copperstream.co.uk

www.ypaconline.co.uk

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