



# Preparation for Adulthood

Health | Employment | Housing | Friends,  
Relationships and Community

## **Preparation for Adulthood - Vulnerable Adults Team Overview**

The Birmingham Vulnerable Adult Team will work with young people to support with their mental health and emotional well-being, reduce risk of harm to themselves and others and to prevent homelessness.

**The PFA VAT can work with young people / adults who are aged between 14 – 30 to support them to:**

- Improve their health and well being
- Increase their access to employment opportunities
- Have a safe and secure home
- Have positive relationships with friends, family and be able to access local community support and networks.

**A young person potentially suitable for support from the VAT is –**

- Age 14 – 30
- At risk of harm to themselves
- At risk of harm to others
- Vulnerable as an adult because of past trauma / adverse childhood experiences (ACEs) or have a disability that may pose a risk to harm themselves or others such as autism, ADHD etc.
- Struggling to manage their mental health
- At risk of becoming homeless or not having a safe or secure home

### **How we can help**

We can support young people / adults in the following four areas. For young people / adults who are already being supported by statutory / non statutory services we can support to meet any gaps that are not currently being addressed.

We are unable to support young people / adults where support is already being provided in all four areas however we can discuss any circumstances where they may be about to leave a service and would benefit from further help into adulthood.

- ✓ Health (both physical and mental health)
- ✓ Employment
- ✓ Housing
- ✓ Friendships, Relationships and Community

## **Our Service:**

Young people previously supported as a child by specialist children's services often find themselves unable to access equivalent or ongoing support as an adult. The Preparation for Adulthood Service has been designed to help young people at risk of becoming vulnerable as adults where they no longer have access to support. The Vulnerable Adult Team is here to support young people in these circumstances who are at greater risk as an adult in needing statutory intervention.

Mental health support is a key part of our service. We will support young people / adults who struggle to manage their mental health and need help. We do not replace any statutory service but will work alongside key agencies to make sure they receive the right support. We are keen to support young people / adults who are at risk of harm to themselves or others who have a learning / physical disability as they can be particularly vulnerable as adults.

We can work with young people / adults who are currently in the criminal justice system or are at risk of offending. We can alongside police, offender managers, resettlement teams and other organisations to offer support in our outcome areas where it is not already being provided. We can work with resettlement teams in custody to establish relationships early on to support the transition into the community and work closely with Youth Offending Services and adult probation teams to support young people moving from youth to adult services.

We are also keen to work with young people / adults moving on from the criminal justice system to offer help with maintaining positive and practical support, in the four outcome areas to reduce the likelihood of reoffending in future.

We will support young people who are particularly vulnerable to being exploited or harmed.

Reducing the risk of homelessness is also a priority for the Vulnerable Adult Team. We will work with young people / adults who are more likely to struggle with finding / maintaining a safe and secure home. Our Transitions Hub will offer specialist support around preventing homelessness.

## **The Preparation For Adulthood Service is divided into 3 separate workstreams:**

- **The Integrated Transitions Team**-Live since Sept 1<sup>st</sup> and supports young people with disabilities.
- **The Transitions Hub** - A commissioned service to support young people with multiple risk factors who are homeless, or at risk of homelessness – due to be open by the first quarter of the new year.
- **Vulnerable Adults Team** - Live from 26<sup>th</sup> January 2021

## **Team Structure:**

- Team Leader
- 2 Advanced Mental Health Practitioners
- Mental Health Liaison Coordinator
- Restorative Youth Justice Worker
- Resilience and Coaching
- 6 Family Support Workers - work with 12 – 15 young people at one time.
- Data Analyst and Business Support

## **Who can make a Connection Request:**

Many services are anticipated to connect with us including Adult Social Care, Birmingham Children's Trust, Birmingham City Council, the Voluntary and Community Sector, Police, the Probation Service, Youth Offending teams, schools, colleges and many more.

Most importantly families, and the young person themselves!

We do not have referral forms – we take connection requests via telephone where we will ask questions about the young person / adult who needs support. We are really keen to understand more about the young person and how we can help them in any of our the four outcome areas (Health, Housing, Employment and Friends, Relationships & Community) so will ask you about this and what support they need.

We also take enquires via our email address if you would like to talk about whether our service is suitable before making a connection request.

It's really important that any service making a connection request has permission from the young person / adult to contact us and also be sure that they are happy for us to contact them.

## **Make a Connection Request from 26<sup>th</sup> January 2021:**

- Call or text (for call back) 07927 665424
- Email (for call back) [preparationforadulthood@birmingham.gov.uk](mailto:preparationforadulthood@birmingham.gov.uk)

**For any questions or to arrange a discussion about how the Vulnerable Adult Team can work closely with your service and young people email Nicola Holmes Team Leader on [nicola.holmes@birmingham.gov.uk](mailto:nicola.holmes@birmingham.gov.uk)**

## **Our Vision:**

*“Our Joint Vision is to use a life course, strength-based approach to put children, young people and families at the centre of planning to access the right information and support, for a rich and fulfilling life, with equal life chances as they transition into adulthood.”*