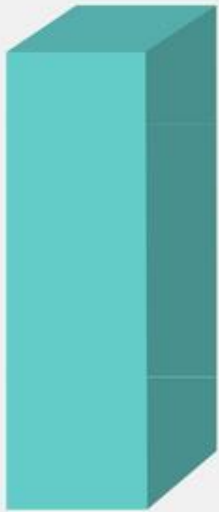


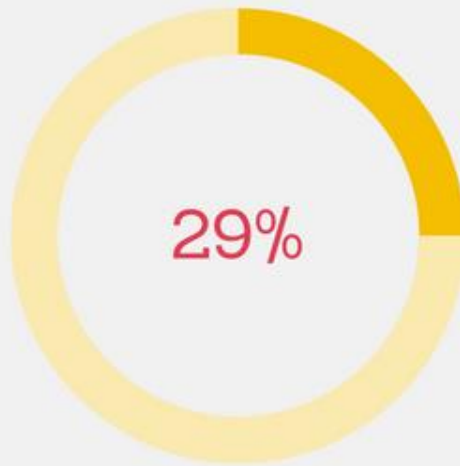
What is Homelessness?

People who are homeless are not just the people you see sleeping on the streets. Many of the young people that The Rock Trust work with have slept rough – in parks, under bridges or in stairwells. There are thousands of other homeless young people that you may never see – the ‘hidden homeless’.

How Big A Problem Is It?



83,000
Number of
young homeless
in the UK



29%
% of statutory
homeless under 24
in Scotland



12,107
Number of young
homeless
in Scotland



THE ROCK TRUST
HELPED 400 YOUNG
PEOPLE LIVING IN
EDINBURGH AND THE
LOTHIANS LAST YEAR

ROCK TRUST



THE ROCK TRUST BEDROCK
SERVICE PROVIDED
ACCOMMODATION AND
SUPPORT TO 98 YOUNG
PEOPLE

ROCK TRUST



LAST YEAR 220 YOUNG
PEOPLE GOT IMMEDIATE
ASSISTANCE FROM THE
ROCK TRUST'S
DUTY SERVICE

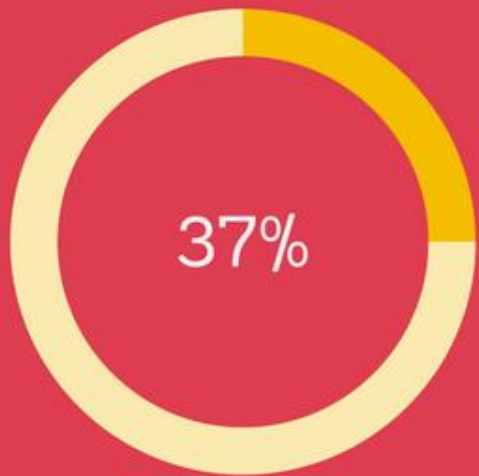
ROCK TRUST



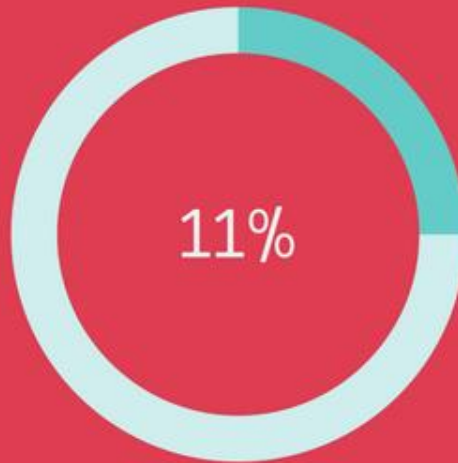
ACROSS SCOTLAND
OVER 7,000 YOUNG
PEOPLE AGED
BETWEEN 16 AND 25
ARE HOMELESS

ROCK TRUST

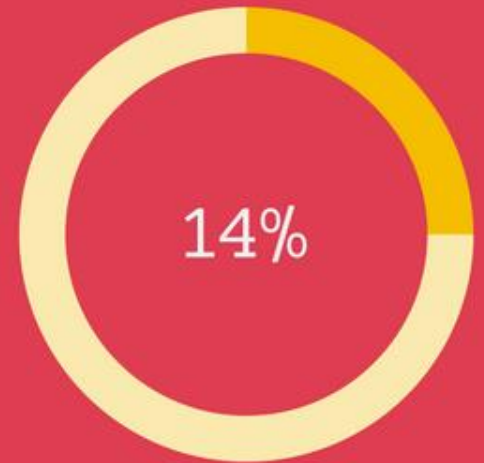
Of the young people who have been in touch with homeless services:



have mental
health issues or
learning
disabilities



have a physical
or medical
condition



have drug or alcohol
dependency

What Are The Causes Of It?

There are a whole range of contributing factors, from childhood experiences through to immediate causes.

> **Childhood:** abuse or neglect; violence, mental illness, or substance abuse in the home; difficult experiences in school; LGBT; being in care.

> **Immediate:** asked to leave family home; physical or psychological abuse; termination of tenancy; financial pressures'.

The “why behind the what”

Every presenting issue has a context, the context can be situated in the past, so in order to fully understand the presenting issue, we must understand its context in the past.

TRAUMA TREE



The why behind the what: Exercise

Split into 3 groups:

Soil

Roots

Fruit

The person has experienced, witnessed or been confronted with an event/s that involve actual or threatened death or serious injury, or a threat to the physical integrity of oneself or others either in their childhood or present life.



The person's response involved intense fear, helplessness, or horror.

Trauma 1 – current / presenting
Trauma 2 – life long / on going

Trauma affects young people in their body, brain, behaviour & cognition

ROOTS

FEELINGS &
EMOTIONS



Can be distorted and misplaced

Determines our beliefs & how we
see the world, ourselves and others

Effects how we behave and relate to
people around us

FRUITS

BEHAVIOURS &
ACTIONS



Challenging Behaviours

Based on our belief system

Can be self medicating

Can be challenged and improve

“I am useless/stupid/dirty”

“nobody likes me”

“the world is an unsafe place”

“Adults cannot be trusted”

“If I do People will like me”
(people pleasing)

TRUNK

CORE BELIEF
SYSTEM



Why do young people need a different approach?

Young people need a youth work approach. They are going through adolescence - a stage of development which ought to be acknowledged and responded to, and youth specific services need to be available, designed to meet their specific needs.

We support vulnerable young people to build positive relationships and resilience as well and providing support around more practical tasks.

We use person-centered youth-work approach, empowering our young people to make life choices for themselves, building confidence and being supported to learn from mistakes, consider risk and develop their ability to manage personal and social relationships.

WHAT DO WE WANT FOR YOUNG PEOPLE?

- Safe environment
- Trust
- Holistic approach
- Reflective culture
- Relationship based approach
- Consistent approach
- Direct proactive responses
- Skills in communicating with young people
- Ability to tolerate uncertainty



We provide:

- Drop in emergency advice 9-5pm
- One to one support
- Group programmes
- Opportunities for volunteering and work experience
- Night Stop
- Supported housing
- Training for professionals



THANKYOU

THANK YOU FOR YOUR TIME.
PLEASE COMPLETE THE EVALUATION
SAFE JOURNEY HOME