

Matrix of Presenting Issues

Are you considering requesting mentoring for a young person, to Lifespace Trust?

Are they aged 9 – 19 and living in South Warwickshire?

Are you undecided whether mentoring looks like an appropriate option?

This matrix will:

- Clarify your thoughts about the young person and the issues they are facing
- Help you decide whether mentoring might be an appropriate way forward for them
- Set the right level of expectations
- Provide other ideas for support through 'Signposting'

We all know that young people **cannot** be fitted into neat categories! They may be presenting a number of issues in their attitude, behaviour, work and relationships, some more obvious than others. This matrix is **not about diagnosing the cause** of the problem, it just gives you and us some **guidance to decide** whether mentoring can help.

Using the matrix:

Use the matrix as a quick way of thinking about **the top 3 or 4 issues a young person is presenting at this point in time**. Consider the facts you know and opinions you've heard. Draw on your observations and instinct.

The matrix is a list of wide ranging issues many young people encounter at some time. Our team of mentors work with young people presenting many of these, and sometimes the issue may be too complex or severe and require other specialist help. We do work with young people presenting severe issues but not as the specialists. Mentoring may be a **stepping** stone to other support and address more generic issues. When issues are severe (e.g. self-harm, eating disorders, suicidal threats) we only accept requests where contact with a GP has been made. The matrix also mentions other organisations that might be in a more suitable position to help.

Green – indicates we DO usually work with these issues

Amber – indicates we SOMETIMES work with these issues

Red – indicates we DON'T usually work with these issues

Next steps – once you've looked at the matrix:

NB. We don't require a copy of this matrix to be completed for you to make a request for mentoring. It's just for guidance.



Going ahead?

If you want to go ahead with a request, please complete the "One to One Mentoring Request Form" available on our website - www.lifespace.org.uk and click **Get Help**. Send it by post or email: Lifespace Trust, The Old Stables, 1a Brewery St, Stratford-on-Avon, Warks. CV37 0BQ

Unsure?

If you are not yet sure, then give us a call on **01789 297400**, or email us info@lifespace.org.uk - there is no obligation. We are always willing to talk things through.

Alternative support?

If you don't want to make a mentoring request, for whatever reason, but want involvement from another organisation mentioned on the matrix – some contact details of other organisations are listed on our website. In some instances, Family Information Services may be worth a visit www.warwickshire.gov.uk/fis

Jargon-buster: CAMHS – Child and Adolescent Mental Health Service; PMHT – Primary Mental Health Team; GUM Clinic – Genito-Urinary Medicine clinic (link to hospital); GP – doctor; RoSA – Rape or Sexual Abuse counselling (based in Rugby)

Matrix of Presenting Issues

Presenting Issue	Usually we do	Sometimes we do	Not usually	Signposting to others?	Notes
WE USUALLY WORK WITH THESE ISSUES IN MENTORING					
Low self esteem	Yes			Childline if high level of distress	
Other issue of loss / major transition	Yes				<i>E.g. House/school move; family bereavement or transition</i>
Low mood / Depression	Yes - low mood	If clinical depression		CAMHS, PMHT, GP	<i>Is there a link to an event of loss?</i>
Under achieving at school	Yes			Contact with school essential	
Sexual health	Yes			GUM clinic; Respect Yourself; GP	
Young carers	Yes			Young Carers	
Unemployment	Yes		Not formal 'Information, Advice & Guidance'	Job Centre, Targeted Support 4 Young People	<i>For those age 16+</i>
Excluded from school (or at risk of)	Yes				<i>We don't provide full time alternative curricula</i>
Feeling angry a lot	Yes				
Self-organisation problems	Yes				
Stress	Yes			Childline	
Conflict / Mediation	Yes			Mediation and Community Support	
Sleep problems	Yes			GP	
Low motivation	Yes				<i>Is there a link to loss or drug use?</i>
Anxiety / worry	Yes			PMHT, counselling	
Being bullied / bullying others	Yes			Beat Bullying, Childline	
Social isolation, friendship issues, loneliness	Yes			Childline	
Parental divorce	Yes			Relate 'Time 4 You', Childline	
School absence	Yes				<i>Link to loss?</i>
Statement of Special Educational Needs	Yes - if Asperger's Syndrome		Not if high level autism or high specific learning needs	Integrated Disability Service (IDS)	

Presenting Issue	Usually we do	Sometimes we do	Not usually	Signposting to others?	Notes
WE SOMETIMES WORK WITH THESE ISSUES IN MENTORING					
Self-harm	If occasional	If regular - contact with GP necessary	If severe and frequent	CAMHS, PMHT, GP	<i>What are the triggers?</i>
Drug /alcohol use	Yes - if low level use Class C	Yes - if cannabis	Not if regular use of other Class A/B	Compass, Youth Justice Service, Targeted Support 4 Young People	
Bereavement		Yes		Echoes (Shakespeare Hospice), Winston's Wish	<i>Alternative free support is available</i>
Gender-based issues, including sexual orientation		Yes		Terence Higgins Trust; Respect Yourself	
Pregnancy and abortion		Yes - contact with GP necessary		Life, Brook	<i>Age and legal considerations</i>
Serious illness in family		Yes		Echoes (Shakespeare Hospice)	
Acting violently		Yes			<i>Clear risk plan required</i>
Suicidal thoughts and/or threats		Yes - contact with GP necessary	Not if psychiatric needs	CAMHS, GP, Samaritans	<i>May involve Child Protection plan & clear risk plan</i>
Criminality		Yes		Youth Justice Service, Police	<i>Depends on nature of crime and age</i>
OCD (Obsessive Compulsive Disorder)		Yes		CAMHS, GP	
Eating disorder		Yes - if appears mild. Contact with GP necessary	Not if severe or diagnosis of anorexia / bulimia	Anorexia Bulimia Care; CAMHS, PMHT, GP	
Phobias		Yes		Counselling	
Physical impairment		Yes		Integrated Disability Service (IDS)	
Housing issues		Yes		Bromford Housing, Stonham, Orbit, Stratford District Council	<i>Age 16+</i>
WE DON'T USUALLY WORK WITH THESE ISSUES IN MENTORING					
Victim of abuse			Not if main issue	Professional counselling, ROSA	<i>Legal considerations</i>
Personality disorder			Good psychological contact is not usually possible	CAMHS, GP	
Domestic abuse (witness to)			We suggest trauma counselling	Warks Domestic Violence Support Service, other counselling	