

FIND IT OUT PLUS

A D U R & W O R T H I N G



In Worthing & Adur, Find It Out Plus acts as the front door for Mental Health and Wellbeing services for young people aged 11-25.

THE TEAM CAN SUPPORT YOUNG PEOPLE WITH:

MENTAL HEALTH

GENDER & SEXUALITY

HOUSING & HOMELESSNESS

EDUCATION & EMPLOYMENT

EXPLOITATION

RELATIONSHIPS

SUBSTANCE MISUSE

SEXUAL HEALTH



TO ACCESS THE SERVICE:

EMAIL THE FIO+ TEAM:

ADURWORTHINGFIO@WESTSUSSEX.GOV.UK

OR CALL THE EARLY HELP DUTY LINE

0330 222 8077 (ASK FOR FIND IT OUT PLUS)

FIO+ PROVIDES SUPPORT TO YOUNG PEOPLE IN 3 WAYS:



STEP 1

YOUNG PERSON COMPLETES REFERRAL FORM AND RETURNS TO FIO+ TEAM

STEP 2

WORKER COMPLETES A NEEDS ASSESSMENT WITH THE YOUNG PERSON

STEP 3

WORKER RECOMMENDS ONE OF THE 3 FIND IT OUT PLUS SERVICES BELOW

INFORMATION, ADVICE & GUIDANCE

Where young people do not want/require a referral to another agency, or would not like further support from FIO+, we can provide young people with information, advice and guidance.

This might involve providing information about local services, signposting to online resources, or helping them to find local positive activities or opportunities.

REFERRAL AND ASSESSMENT

We help young people to understand and navigate the local services which are open to them, advocating for the service we feel best fits them based on their Needs Assessment.

We support young people with referrals to the following services:

YOUTH EMOTIONAL SUPPORT - YMCA DIALOGUE COUNSELLING - WEST SUSSEX MIND - NHS TIME TO TALK - CAMHS - AMHS - WSCC EARLY HELP - WSCC NEET SUPPORT - A&W WELLBEING - CHANGE GROW LIVE - ALLSORTS YOUTH PROJECT - ESTEEM - ASPHALEIA - REBOOT - A&W HOUSING SOLUTIONS - SAFE IN SUSSEX - LIFECENTRE - BARNARDOS - AUDIO ACTIVE - SUSSEX CLUBS FOR YOUNG PEOPLE - (AND MANY MORE!)

BITESIZE SUPPORT SESSIONS

Young people triaged as suitable during the Needs Assessment may be offered a short piece of directive emotional wellbeing support. The young person will be offered up to 4 sessions with a FIO+ Youth Worker. There are two main goals for these pieces of work:

- Tier 1 Early Intervention Support (to provide the young person with the skills, knowledge and support to either prevent a subsequent referral, or prepare the young person for a Tier 2 referral.
- Tier 2-3 Transition Support (providing the young person with support during a transition - this may be between schools, workplace, homes or support services.



FIND IT OUT PLUS IS DELIVERED IN PARTNERSHIP BY WEST SUSSEX COUNTY COUNCIL & YMCA DOWNSLINK GROUP, WITH SUPPORT FROM ADUR AND WORTHING COUNCIL



YMCA
DOWNSLINK
GROUP



FOR MORE INFORMATION ABOUT THE SERVICE, PLEASE CONTACT:
ELINOR.ADIE@YMCADLG.ORG OR DANIELLE.KNELL@WESTSUSSEX.GOV.UK