

## We Are With You - Spotlight on Bournemouth, Christchurch and Poole

**Overview:** We Are With You are a drug & alcohol support service commissioned throughout the UK to work with YP. They take a trauma informed approach to improve outcomes for YP. The team includes CBT workers, MH wellbeing practitioners and child wellbeing practitioners working together with mental health and substance misuse problems, which many CAMHS services will not. Work is done with YP in the place of their choosing & the MDT approach means stories don't have to be repeated, making it more youth and trauma friendly.

### Objectives:

- With You provide free and confidential support to adults & YP facing challenges with drugs, alcohol and mental health
- Work in a trauma informed model
- Work with YP to establish their own goals
- Use validated outcomes measures to determine impact (e.g. GAD-7)

**Results:** Since Jan 2025 their CBT therapist has supported 15 CYP, exceeded their targets of CYP demonstrating improvement at treatment exit (based on RCADs outcome) & 100% of CYP have completed treatment successfully (a minimum of 6 sessions).

100% of CYP have continued to reduce their drug & alcohol use, an additional benefit to this innovative model of care.

### Learning:

- Adopted a grow our own model through Recruit to Train positions
  - Challenge - Post training sustainability for these roles due to funding limitations
- Commissioner buy in is key - both during training programme & post qualification employment. Often in addition to core contract
- Managing service demand due to success of programme
- Complexity of YP - High occurrence of Complex PTSD= offer a multi-modal approach including EMDR, CBT & third wave CBT interventions



**we are  
withyou**

More information: [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)