

# MyST



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By helping children & young people, who are looked after to stay connected and remain in their local communities

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# What is MyST and who is it for?



MyST (My Support Team) is an innovative Mental Health care model which offers an alternative to placing children and young people with complex Mental Health needs in out of county residential care. It is a targeted service for children looked after, who are at risk or have been placed in residential provisions due to their complex Mental Health needs.

Through its community based placements, it provides bespoke and complex Mental Health interventions across the whole support network of the child, as intensively as needed, with a model of intervention that aims to focus on impacting on a child's development and resilience.

Some of the key elements that enable a service model such as MyST to be successful are:

- Working with the whole support network around the child
- Expertise in psychological interventions and strategies underpinned by theory

- Embedded support and reflective practice structures
- Collaborative, pro-active and inclusive approach to working with children, young people and their families
- 24 hour on-call support for foster cares, birth families and young people
- A whole system approach

MyST is part of the Gwent Children & Young Peoples Partnership to provide effective and local Mental Health care to children and young people with complex needs. It will cover the 5 local authority areas of Gwent.

# How MyST works



- By helping children and young people (5-18) with complex Mental Health needs to move on positively with their lives
- By combining therapeutic foster care with social care, health care, education and birth families as partners in the solution
- By increasing the stability and security, of home, school and family life
- By helping them to stay and remain in education and occupations
- By improving the life chances for children and young people with complex needs
- By helping children & young people, who are looked after to stay connected and remain in their local communities

*[NAME] has helped me with my anxiety... my behaviour and my relationship with my family as well.*

*Young person quote*

*MyST delivers a different message – that the adult world can be trusted. Placement stability gives them an experience which has a lasting benefit – a taste of normality.*

*Torfaen Teacher*

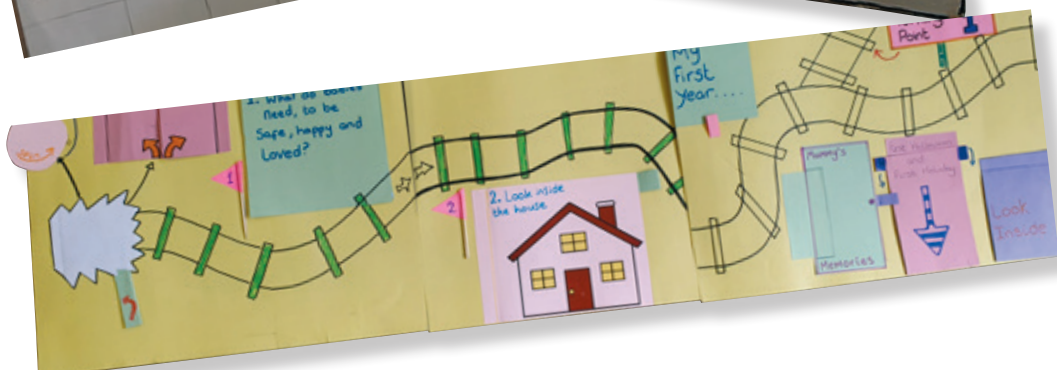
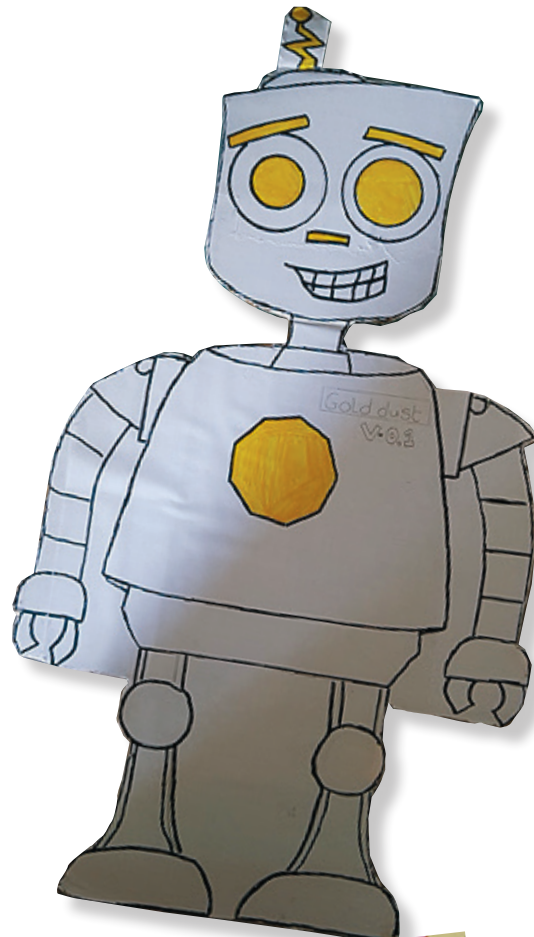
# Therapeutic Work



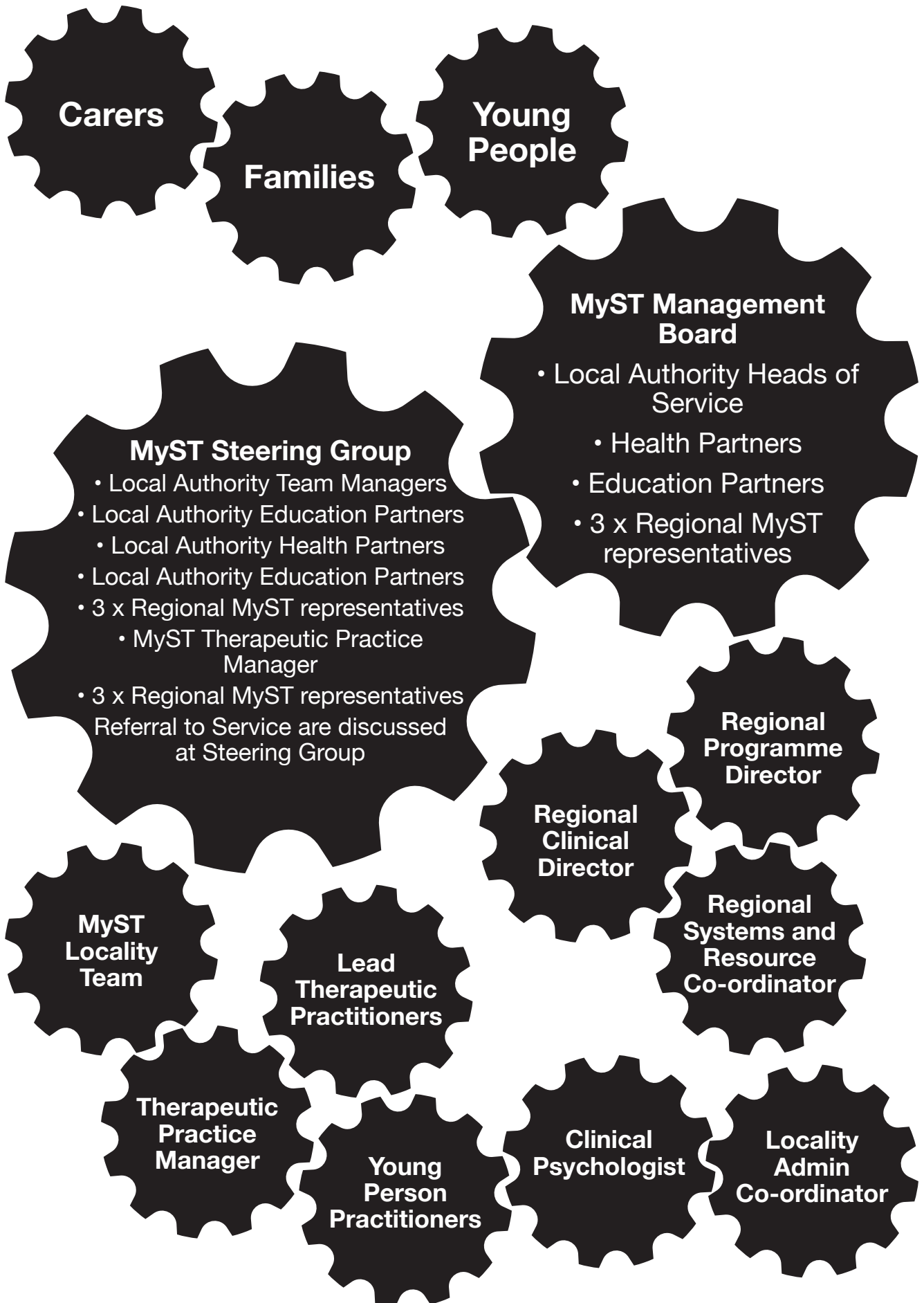
Shark Island: Activity where the Young Person selects a character to represent someone specific in their life, e.g. a birth parent/ sibling/ foster carer. They decide where on the map to place them.

The activity gives insight into how the young person perceives certain people and certain relationships.

A robot in foster care. His computer chip – everything he needs to survive and thrive in care.



# How MyST Works





# Feedback from our Young Person's Survey 2019

It is important to MyST to gather feedback from our young people, we asked them how they felt about MyST and the things we try to help them with?

*"Understanding of relationship with my mother. I appreciate and respect her more"*

*"MyST has made things more positive and given me confidence."*

*"MyST helped me manage change."*

*"Having more people to talk to"*

*"Seeing my Mam every two weeks [thanks to MyST and my social worker]"*

*"Being in a foster home instead of residential"*

*"MyST helped with controlling my emotions."*

*"Being able to make good decisions"*

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