

Relate the relationship people

HOW TO MAKE A REFERRAL

If you are working with a young person you think may benefit from mediation with a counsellor contact one of the Referring Agents, by phone or email, listed below to discuss whether you can refer them to the scheme.

The referring agent will discuss the referral and establish whether it is appropriate to make a referral to Relate.

Bromsgrove District Housing Trust

Contact the Housing Needs Team on
Tel: **01527 557557**
Email: **allocations_mail@bdht.co.uk**

Elgar Housing Association

Contact the Housing Needs Team on
Tel: **01684 579579**
Email: **housingneeds@festivalhousing.org**

Redditch Borough Council

Contact the Housing Options Team on
Tel: **01527 534069**
Email: **housingoptions@redditchbc.gov.uk**

Worcester City Council

Contact the Homelessness Team on
Tel: **01905 722233**
Email: **housing@worcester.gov.uk**

Wychevavon District Council

Contact the Homelessness Team on
Tel: **01386 565020**
Email: **housingneeds@wychevavon.gov.uk**

Wyre Forest Community Housing

Contact the Homelessness Team on
Tel: **01562 732314**
Email: **allocations@communityhg.com**

Housing Leaflet No. 20

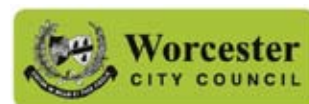
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If you require
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01527 881288



Bromsgrove
District Council

www.bromsgrove.gov.uk



Housing Leaflet No. 20

Relate

Mediation with a Counsellor Service for 13-25 year olds



 **relate**
the relationship people

Mediation with a Counsellor

“helping young people to rebuild relationships with family or friends, stay in education or take up training or employment, or deal with a drug, alcohol or mental health problem is as much about tackling homelessness as ensuring a roof over their head.”



AIMS OF THE SERVICE

Local authorities across Worcestershire are working with Relate to provide a Mediation with a Counsellor service to 13-25 year olds with the aim of:

- **Reducing homelessness**
- **Establishing mediated agreements that work**
- **Strengthen family networks**
- **Understand family conflicts**
- **Improve communication**

Relate Mediation with a counsellor is an independent, impartial and confidential service for those experiencing family conflict or breakdown which might lead to homelessness. It works by addressing problems and strengthening relationships so that young people are empowered to work towards their own solutions.

The service helps young people to explore their options and deal with conflict. It endeavours to restore and improve relationships and provide a therapeutic response to growing up and striving for independence, in particular:

- **The need to become an adult and be acknowledged by parents.**
- **The need for respect**
- **Learning better communication**
- **Valuing different perspectives**
- **Reducing conflict**
- **Relationships within the family context**

WHAT IT INVOLVES

The initial mediation session is a 2 hour session which helps young people consider the changes that can be made to help them remain at home or empower them to deal more positively with their situation. At this session the counsellor will assess whether further mediation is likely to be useful or appropriate. A further 5 or 6 sessions may be offered to the young person and their family.

The sessions address both the emotional and practical issues which cause family breakdown. Therapeutic Mediation with a Counsellor employs both peace making and system oriented approaches, focussing on helping families to explore the communication patterns and emotional circumstances which contribute to family breakdown. The sessions address family issues and aim to rebuild relationships and reduce conflict.

Any young person that approaches a local authority as homeless due to family breakdown will be encouraged to attend at least the initial session. Family and friends may also be encouraged to attend subsequent sessions either with the young person or individually.