

Preparation for Adulthood

Health | Employment | Housing
Friends, Relationships and Community

B.R.I.D.G.E TEAM

“Building resilience, independence, direction with guidance and empowerment”



WE CAN HELP YOUNG PEOPLE AND YOUNGER ADULTS (14—30 years) BY:

- Improving Health and Well Being
- Increasing Employability
- Developing Housing Independence
- Building strong Friendships, Relationships and Community inclusion

WHO WE CAN SUPPORT

Young People and Younger Adults
who:

- ◆ Have experienced trauma
- ◆ Struggle to manage their emotional well being
- ◆ Are at risk of offending or reoffending
- ◆ Are vulnerable to exploitation
- ◆ May be due to leave statutory or specialist support and unable to access help as an adult
- ◆ Not known to any services

Who we can't support

- Those in need of crisis or specialist Mental Health / trauma related support
- Those already receiving support in our four key areas
- Where the support should be provided by a statutory or other specialist service

HOW WE CAN SUPPORT

We focus on empowering people to believe in their future goals and aspirations by working collaboratively towards positive choices and lifestyles.

We will work on what the person wants to achieve using a coproduction approach.

Health & Well Being

Developing healthy lifestyles and building emotional resilience

Employment

Building confidence and practical skills towards employability and financial independence

Housing Support

Developing independent living skills

Friendship, Relationships and community

Nurturing healthy relationships to access community activities and new opportunities



Our mission:

“Intervening earlier and differently by supporting young people entering adulthood to be physically and emotionally resilient— so once they become an adult, they will have a connective, fulfilling productive life.”



Our ethos:

Promoting independence

Prevention and early intervention

Whole system networks of support

Focusing on what the young person wants and recognising aspirations

Encouraging problem solving skills and resilience

To be a system ‘connector’ to champion the testing of a new practice model, including connection pathways, sharing information and two-way communication to discuss different roles and services

HOW TO CONNECT A YOUNG PERSON OR YOUNGER ADULT TO US

We do not have referral forms so please call or email us to make a connection request.

We are happy to take connection requests from young people / younger adults, their families / carers or professionals.

The process is simple; all we ask is that if you are connecting to our service on behalf of a young person that they have given you consent to contact us.

What we will ask you when you call

- If you have consent to contact us.
- If the young person / younger adult meets our criteria of who we can support.
- What support they are already receiving and from whom.
- If we need to be aware of any risks
- What support *they* feel they need in with their health, employment, housing or friendships, relationships or in their community - we can send you an outcome tool to help a young person / younger adult to think about this.

HOW TO CONTACT THE PFA B.R.I.D.G.E TEAM:

Email:

PreparationforAdulthood@birmingham.gov.uk

Website:

birmingham.gov.uk/preparation-for-adulthood

Contact Number:

0121 808 0028



*Building Resilience,
Independence, Direction,
Guidance and Empowerment*