

SAVU Forensic Mental Health Practitioner – Together for Mental Wellbeing (Together FMW)

Together for MWB is a well-established national charity working in the area of mental wellbeing. They have substantial experience of working in a variety of settings and in particular in and around the criminal justice system.

The SAVU service is centred around the risk to individuals as both perpetrators and victims of violence. The cohort is largely young BAME service users who face multiple challenge in respect of access to employment, education and training and often have had events in their young lives that can be described as Adverse Childhood Experiences these include:-

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Exposure to domestic violence
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

The consequences of such experiences contribute to stress and consequent trauma that has an impact on mental well-being that can be exacerbated by the effects of serious youth violence, which adds additional trauma.

Many of these young people feel unable to disclose such issues using more mainstream routes to support via GP surgeries, Health and Drop In centres as they may not recognise the symptoms they suffer as a condition to be treated or feel uncomfortable acknowledging vulnerability.

By embedding the Together FMW practitioner in the SAVU service this enables workers to be introduced in non-clinical settings for initial assessment and to utilise the rapport that individuals may have with other SAVU staff to build trust.

The practitioner offers assessment, create care plans and when appropriate deliver interventions, they can broker and facilitate routes into mainstream mental health provision. They also offer guidance and advice in their area of expertise to SAVU colleagues and participate in the fortnightly SAVU Tasking Meeting.