

Structured Assessment Worksheet Pack

Emotional Wellbeing

Wessex Youth Offending Team

Issued January 2008

This Assessment Programme has been designed to help you and your Officer get the most out of your meetings at the YOT. You don't have to do it all in one go. But it is important you complete it all. At your appointments, you will work through each section of the programme.

If you are having problems, or you don't understand something – please say! Supervising Officers do try to make things make sense but we don't always manage it!

- ***If you have problems reading or writing, your Supervising Officer can help you.***
- ***If you prefer, you could ask someone else to help you complete this, and bring what you've done to your appointments to talk it through.***
- ***If you prefer to think about things before you talk about them, you could take the sections away with you to look at before completing them with your Officer.***
- ***If you are really struggling, it might be possible to do something else but your Supervising Officer won't know unless you tell them!***

The Programme will give you an opportunity to talk about things and give your point of view. It looks at your risk of offending, the consequences of your offending, the things that make you more or less likely to offend and what might help you stop.

Later, you will also complete a very similar programme to review what you've done and work out whether you are on the right track. The amount of times you do this will depend on how long your Order is and how well it goes. Your Supervising Officer will be able to explain this to you.

Good luck!

Family Tree

Families can be quite complicated! A really good way to describe your family is by drawing a family tree. This diagram will help you and your Supervising Officer to understand more about you and your family and the relationships you have with each other.

Once you have drawn all the people you can add lines to show what the relationships are like between those people. Your Supervising Officer can show you the symbols you can use to represent the people and the relationships, or you can make up your own; it doesn't matter, as long as you understand it!

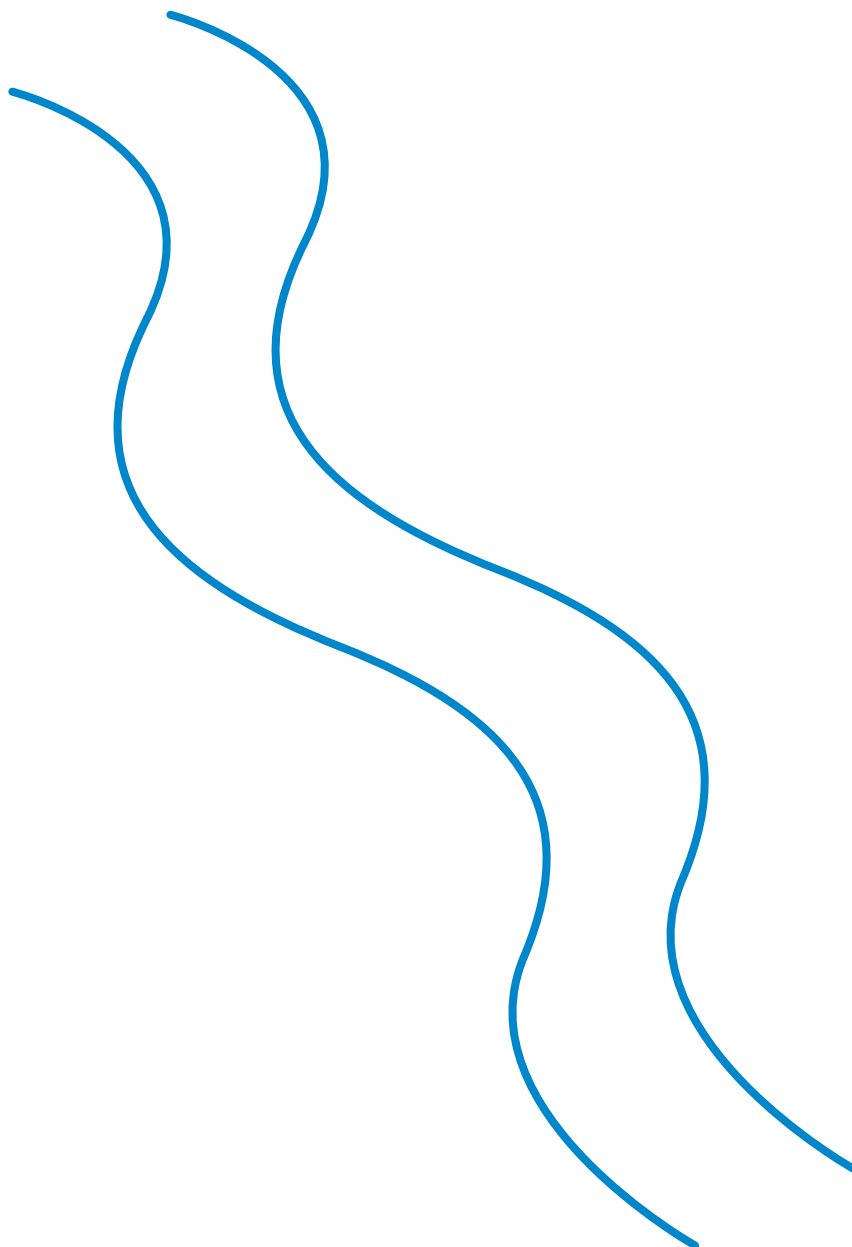
You can add people who are not in your family, such as friends and carers. Include as much detail as possible and take as long as you need to get everything in. You can discuss what you are drawing with your Supervising Officer and you will probably want to come back to the diagram to add more information later.

You will need plenty of space so don't try to squeeze it in here – use a fresh sheet of paper!.

Life Road

Sometimes it is helpful to think of your life so far as a journey. In this Life Road exercise your Supervising Officer will ask you to think back through your life and write down all the important things that have happened to you. Some of these will be happy things and some of them may be sad or upsetting - that is ok. All of the things that have happened to you have helped to make you who you are today. This diagram can help to sort things into the right order so that you and your Supervising Officer can see and understand them better.

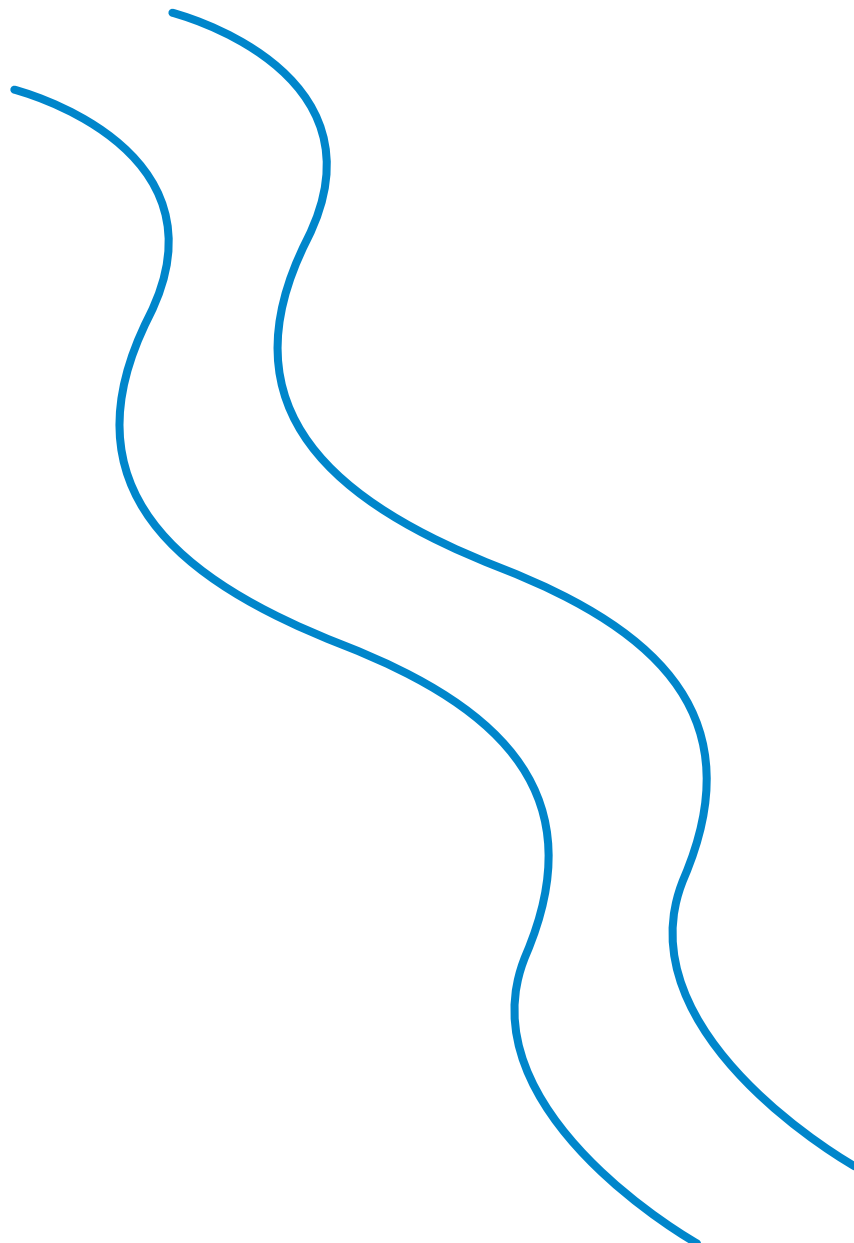
You can use this diagram but it may be more helpful to make a much more creative picture on larger paper. You can use any drawings, symbols or collage pictures you like. You can include notes or pictures about your feelings too. It may take more than one session for you to fill in all the detail you can remember.



Life Road - Optional Exercise

In the Life Road exercise you looked at your life so far. In this exercise you can use the road to look ahead. Where do you want to be in a year's time? In 5 year's time? In 10 year's time? What obstacles will you need to pass on your journey to get to where you want to be?

You can use this diagram but it may be more helpful to make a much more creative picture on larger paper. You can use any drawings, symbols or collage pictures you like. You can include notes or pictures about your feelings too. It may take more than one session for you to fill in all your plans and ideas.



Significant Others/Support Network

Who is important to you?

Who are your friends?

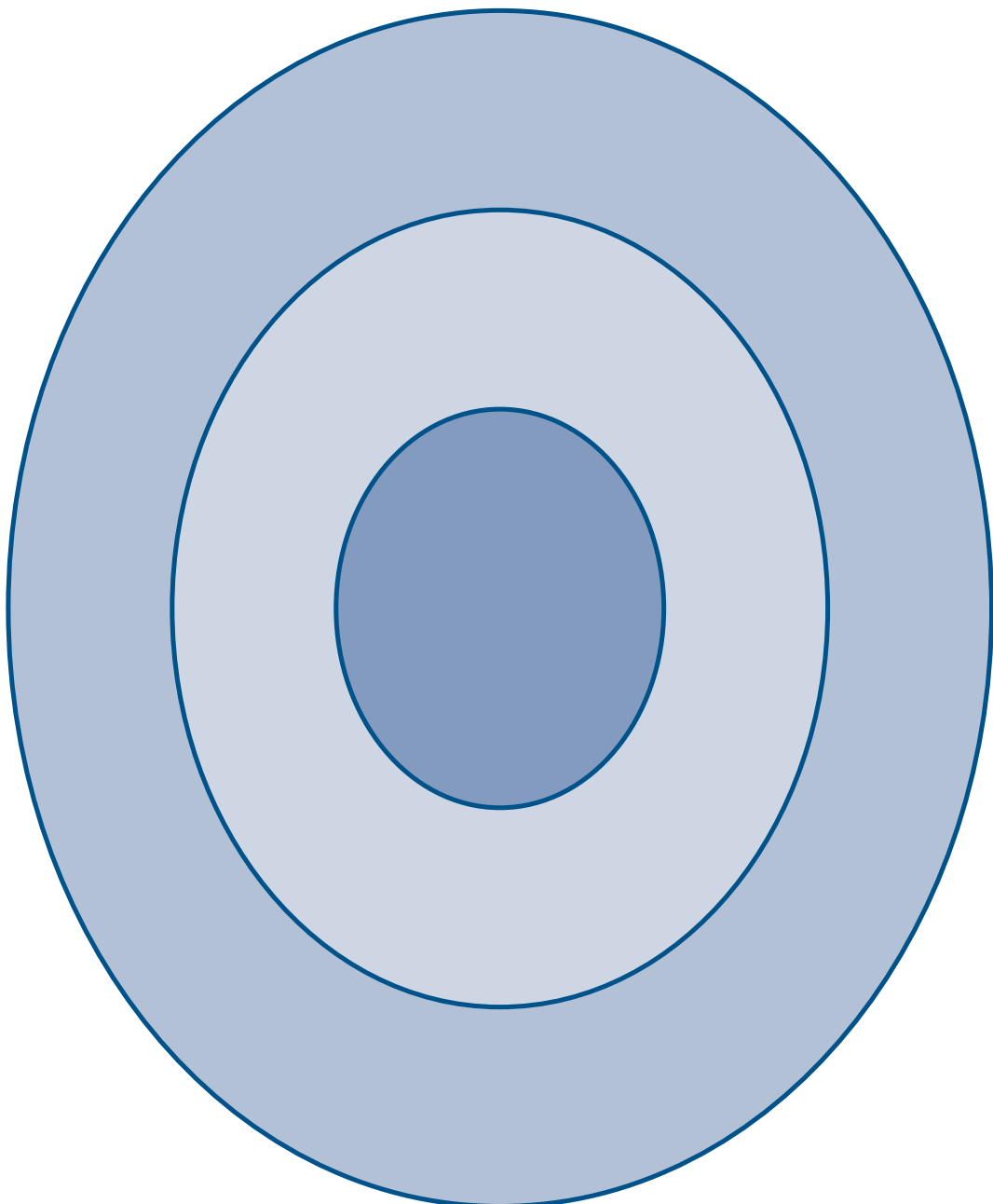
Who do you turn to for help or support?

Who can you trust?

Who do you talk to?

Who do you have fun with?

Show all the people that are important to you on this diagram; don't forget to put yourself on too! Are you in the middle or somewhere else? Who do you feel closest to? Who do you feel furthest away from?



Getting Your Needs Met

This diagram shows some of the basic things everyone needs in their life. We all have needs and we all have ways of getting those needs met. Some ways are more appropriate than others. Some ways of getting our needs met help us to move up to the next level; other ways may keep us stuck where we are.

How do you get your needs met?

Who is responsible for making sure your needs are met?

