

Site

Fife Justice Social Work

Name of project / initiative

Short-Term Long-Lasting Therapies

Overview

The Short-Term Long-Lasting Therapy (STLLT) initiative offers holistic therapies and psychological approaches on a 1-2-1 basis, lasting approximately 12 weeks, for people with complex social care and mental health issues who are on short term community-based orders and programmes (including structured deferred sentences, bail supervision, and diversion from prosecution programmes). The programme is led by a social work assistant and tailored to individual need, in consultation with the service user. It is trauma informed and offers a range of potential interventions – such as acupuncture, breathing techniques, dialectical behaviour therapy, and overdose awareness – with referral on to other specialist agencies as required.

Its impact

The programme helps to support a group of people with a wide range of complex needs who, as a result of being on short term orders and programmes, might otherwise be missed.

What's special about it

Fife believe that what makes this stand out is the range of therapies offered to service users and their involvement in tailoring the provision to their own needs and preferences.

Wider applicability

Fife believe that this approach could be of benefit across the sector.

For more information:

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See also: [Knowx.uk/Fife-KBT23.pdf](https://www.knowx.uk/Fife-KBT23.pdf) [additional information]