

The Solutions Trial

Solution Focused Brief Therapy with 10 to 17-year-olds presenting at police custody: A randomised control trial with an internal pilot

- ◆ We would like to invite you to take part in a research trial of Solution Focused Brief Therapy (SFBT) sessions, to see whether these sessions can support young people who have been in trouble with the police.
- ◆ We are interested in finding out if SFBT is helpful, and so to do this, we are going to offer SFBT to half the young people who want to be in the study, the other half will continue to get the support they would normally get. Who will be in each group will be chosen at random, so like flipping a coin. Your chance of receiving SFBT will be 50/50.

What will happen if you take part?

1. We'll ask you, and your parent or guardian to fill in some questionnaires.
 2. You will be told if you have been selected at random to receive SFBT or carry on with whatever services you would normally get.
 3. We will ask you, and your parent or guardian, to fill in some questionnaires about 6-months after you agree to be in the study, and again for some people after 12-months.
 4. Finally, we will invite some (not all) young people and parents or guardians to take part in an interview. We will ask families questions about things they liked and did not like about SFBT, things they thought worked well, or not so well.
- ◆ The questionnaires and interviews all take up to 1 hour.
 - ◆ We are inviting just under 300 young people to take part.
 - ◆ We will keep your information private.
 - ◆ We will give you a £20 shopping voucher for completing the first questionnaire, a £25 a £30 shopping voucher for completing the second questionnaire, and a £10 for the third questionnaire even if you don't get the chance to complete it. We will give your parent or guardian vouchers each time they complete a questionnaire.

If you are interested in taking part, let us know:

- 07384 231421 or at solutions@warwick.ac.uk or
- 07976 631613 or at solutionstrial@lscft.nhs.co.uk
- Or tell someone from the Liaison and Diversion Team or a Police Officer or anyone supporting you

<http://www.solutionstrial.co.uk/>

Please scan the QR code to send your contact information to the research team who will call you to talk more about the trial:

