

Proposals for schools – Resilience Coach Team

Group work programme aimed to build resilience and promote social, emotional health and wellbeing.



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Introduction - The Resilience Coach Team

Research has shown that the complexity of individual situations, alongside the high levels of deprivation and social inequality in Blackpool, is having an impact on young people reaching their potential.

The Resilience Coach Team are committed to embedding a resilience based therapeutic approach, which focuses on breaking the cycle of social disadvantage, which impacts many young people. Our aim is for each young person to access and benefit from opportunities provided by school and the community.

Resilience Coaches work as equal partners with young people and their parents/carers to look at social, emotional and mental health difficulties. Ambitious plans can be made with the young person, enabling them to make informed choices and empowering them to be at the forefront of making positive plans for their future.

Why are Resilience Coaches and our programmes unique:


- Our innovative approach is underpinned by Resilient Therapy (Hart, et al, 2007), which is evidenced based. This approach has informed the newly developed Model of Practice, which is for all partners working alongside children, young people and families in Blackpool.
- It is an asset based approach which is focused on resilience building and is tailored to the individual need.
- The support is there throughout the year, including the school holidays.
- It empowers the young person and family to identify their own goals, maximising positive outcomes.
- The support is offered to the young person at school, home and in their community.
- The Resilience Coach Team have over four years' experience of supporting the transition of young people from primary to secondary school. Supporting young people at risk of exclusion and with young people around self-harm.

- The Resilience Coach Team have established relationships with Blackpool schools and, some Lancashire school and are flexible and considerate to the demands of school life.
- The Resilience Coach Team have a good working knowledge of child and adolescent mental health, including expertise around self-harm, trauma informed care, thoughts of suicide, anxiety and depression.

Bookings and enquiries

For any individual needs or to discuss further please call or email **Sharon Butler** on

 **07920702723**

 sharon.butler@blackpool.gov.uk

For most bookings, we are taking them now for a September 2021 start. We can also offer a slight discount for pre bookings. Contact Sharon Butler on the number or email above.

The Resilience Coach Team are part of the School Standards, Safeguarding and Inclusion Services.

Secondary School Programme

Group Work

Girls Group

Group work programme aimed to build resilience and promote social, emotional health and wellbeing.

- 6-8 girls in the group (same year group preferred)
- 6 x weekly sessions

To cover

- Knowing and understanding yourself – being you!
- Looking at ways to help raise your self-esteem and confidence.
- Understanding how your brain works
- What makes us feel good? Pamper time!
- Recognising and understanding our body – mood changes. How can I cope and what will help me?
- Coping strategies.
- Developing ways to help self-regulate and positive distraction techniques (an alternative to harm / risk taking behaviours)
- Raising awareness and understanding our thoughts / feelings and the cycle of our behaviour, benefits of breath work and gratitude.
- Being creative and able to express yourself.
- True friendships and what does this look and feel like?

Boys Group

Group work programme aimed to build resilience and promote social, emotional health and wellbeing.

- 6-8 boys in the group (same year group preferred)
- 6 x weekly sessions

To cover

- Knowing and understanding yourself – being you!
- Boundaries and consequences. Am I easily led by others? Coping strategies.
- Understanding how your brain works
- Taking responsibility for yourself. What does this look like?
- Raising awareness and understanding our thoughts / feelings and the cycle of our behaviour.
- Finding time for your interests and talents. Exploring positive activities – what does this mean to you? What are the benefits to me? Exploring the science behind it all.
- Pamper time – personal hygiene quiz with great rewards and prizes.

Each session will be facilitated by a member of the Resilience Coach Team. The sessions will allow young girls and boys to have discussions, be creative and take away useful resources and knowledge. At the same time working together and having fun. All of which will get those feel good hormones flowing.

Aim - for girls and boys to reflect on themselves, look at ways to help them feel good about who they are which in turn will enable them to feel more confident and raise their self-esteem. All sessions will be asset based, focusing on the positives and using the resilient framework which, is an evidenced based tool.

Costing per group –

6 x 1 hour weekly sessions –
£360 per group

Includes resources –

- Pamper packs for each young person up to 8 young people in a group
- Creative materials.
- Information sheets / leaflets



Drop in sessions

Primary and Secondary Schools

We all know that COVID 19 is having a huge impact on young people's mental health and their education. Returning back to school for some young people will also prove to be a challenge.

The Resilience Coach team can help

Have you thought of having a Resilience Coach 1 day per week to be around to offer drop in; a place that we are around for them to come and have some 1:1 time?

We can offer:

- support
- a listening ear
- advice
- suggest coping strategies to help as an alternative to self-harm / risk taking behaviours
- signpost to other services if needed.
- a safe confidential space where they feel they are being listened too.

This could be done on a booking process for young people that teachers are concerned about. Time slots throughout the day.

Over time, we have shown that:

- Young people are more readily available for learning.
- Have gained coping strategies to help and support them.
- Young people accessing other services signposted to.
- Increased school attendance.
- Overall young people's mental health improving.

What we need

A quiet room and a process to ensure young people are able to leave the classroom to see us if, they have been identified.

A key person identified to give feedback to at the end of the day.

Costing –

£150 per day (1 staff member)

- Up to 10 young people could be supported in a day. 30 minute slots.
- Resources could include distraction items, coping tools, information sheets / leaflets.





Primary Schools across Blackpool, Fylde and Wyre

Transition – Moving on Up Group work.

This 6 week group work programme has been developed to help and support young people transitioning from Primary School to Secondary School.

Have you thought of having a Resilience Coach 1 day per week to be around to offer drop in; a place that we are around for them to come and have some 1:1 time?

Sessions

Each session supports Resilient Moves in which young people can make and allows discussion, problem solving and a real focus on support.

The sessions are aimed at:

- Year 6 pupils
- 8 - 10 young people in a group

Costing

£360

- 6 x 1 hour sessions
- Includes all resources

The Resilience Coach will require a room where the sessions can take place.

A key person to share any feedback with at the end.





Building Resilience – group work sessions

Primary Schools

6 week programme for Primary School children, looking into developing resilience and positive wellbeing.

Sessions will incorporate looking into:

- dealing with conflict
- making friends
- understanding our bodies and emotions and that of others
- problem solving
- discussing resilient moves around magic potions, mindfulness, and relaxation.

Sessions will cover:

- what is Resilience? – Creating their own definition as a group
- discuss Superheroes and what powers they have, linking into what super powers we have and how can we develop.
- what helps me and what could help my family?
 - introduce family time boxes / class boxes
- discuss ways to relax such as breath-work, mindfulness and mediation visualisation
- what to do and where to go if something has happened or you're worried about something. what's on and who's on your resilient shield.
- look on our own emotions and body triggers, using emoji faces and discussing different emotions using the emotions wheel
- creating happy jars, which include all the things, people and places that make us happy -focussing on the good times.
- if our worry was a monster what would it look like think of ways you can get rid of your worry monster
- what are your qualities and what are the qualities of others?
- create snazzy shades - this will help young people to wear them with pride and think of the positives in life.
- look at the high fives that make us feel good, such as: eat healthy, drink water, get exercise, get enough sleep and make time to do the things you enjoy.

The sessions are aimed at:

- Primary age groups

Costing £360

- 8 - 10 young people in a group.
- 6 x 1 hour sessions.
- Includes all resources

The Resilience Coach will require a room where the sessions can take place.

A key person to share any feedback with at the end.





Back on Track

What is 'Back on Track'?

'Back on Track' is for young people who have been identified as being on the edge of exclusion from mainstream education.

The aim of 'Back on Track' is to have a collaborative approach so that everyone involved in a young person's life, works together so that the young person can remain in mainstream education. Support is given to the young person so that they understand how they can increase their resilience. It complements the whole school approach to resilience.

Why Back on Track is unique:

- The innovative approach is underpinned by Resilient Therapy (Hart, et al, 2007), which is evidenced based. This approach has informed the newly developed Model of Practice, which is for all partners working alongside children, young people and families in Blackpool. Back on Track is consistent with this approach.
- It is an asset based approach which is focused on resilience building and is tailored to the individual need.
- It provides the young person and family with a consistent, trusted adult, for a minimum of 6 months. The support is there throughout the year, including the school holidays.
- It empowers the young person and family to identify their own goals, maximising positive outcomes.
- Our innovative approach ensures that the young person and family are equal partners in their support plan.
- It connects everyone who is involved with the young person – which leads to positive relationship building and ensuring that communication is clear and accessible.
- The support is offered to the young person at school, home and in their community.
- It offers the young person direct 1:1 support, as well as offering the opportunity for them to engage in co-production groups. Involvement in a co-production group gives participants the chance to make a real difference to their lives of others.

- The Resilience Coach Team have over four years' experience of supporting young people who have been on the edge of exclusion from mainstream education.
- The Resilience Coach Team have established relationships with Blackpool schools, and are flexible and considerate to the demands of school life.
- The Resilience Coach is available to offer practical support and advice to school staff on ways to embed Resilient Therapy.
- The Resilience Coach Team have a good working knowledge of child and adolescent mental health, including expertise around self-harm, trauma informed care, thoughts of suicide, anxiety and depression.

Costings

£1800

- 6 months support



Moving on Up – Transition support for young people year 6 going into year 7

What is 'Moving on Up':

'Moving on Up' is for young people who are transitioning from Year 6 to Year 7; where it has been identified that they would benefit from receiving additional support with their move to secondary school.

Young people can be identified in two different ways; having a low resilience score (through the Student Resilience Survey), or through concerns raised by their parents/carers or school staff. Following identification, the school will make contact with the parents/carers to explain the support and ask for consent to pass contact details onto the named Resilience Coach. The Resilience Coach will then make initial contact with the young person and their family.

The aim of 'Moving on Up' is to work alongside the young person to help them to understand how they can increase their resilience, and to support them to have a positive and successful transition from primary to secondary school, which will give them a solid foundation and help them to reach their potential. It complements the whole school approach to resilience.

Why 'Moving on Up' is unique:

- The innovative approach is underpinned by Resilient Therapy (Hart, et al, 2007), which is evidenced based. This approach has informed the newly developed Model or Practice, which is for all partners working alongside children, young people and their families. Moving on Up is consistent with this approach.
- It is an asset based approach which is focused on resilience building and is tailored to the individual need.
- It provides the young person and family with a consistent, trusted adult, for up to 12 months. The support is there throughout the year, including the school holidays.
- It empowers the young person and family to identify their own goals, maximising positive outcomes.

- Our innovative approach ensures that the young person and family are equal partners in their support plan.
- It connects everyone who is involved with the young person – which leads to positive relationship building and ensuring that communication is clear and accessible.
- The support is offered to the young person at school, home and in their community.
- It offers the young person 1:1 support, as well as offering the opportunity for them to engage in co-production groups.
- The Resilience Coach Team have four years' experience of supporting the transition of young people from primary to secondary school.
- The Resilience Coach Team have established relationships with Blackpool schools, and are flexible and considerate to the demands of school life.
- The Resilience Coach Team have a good working knowledge of child and adolescent mental health, including expertise around self-harm, trauma informed care, thoughts of suicide, anxiety and depression.

Costings £1800

- Up to 12 months support



