

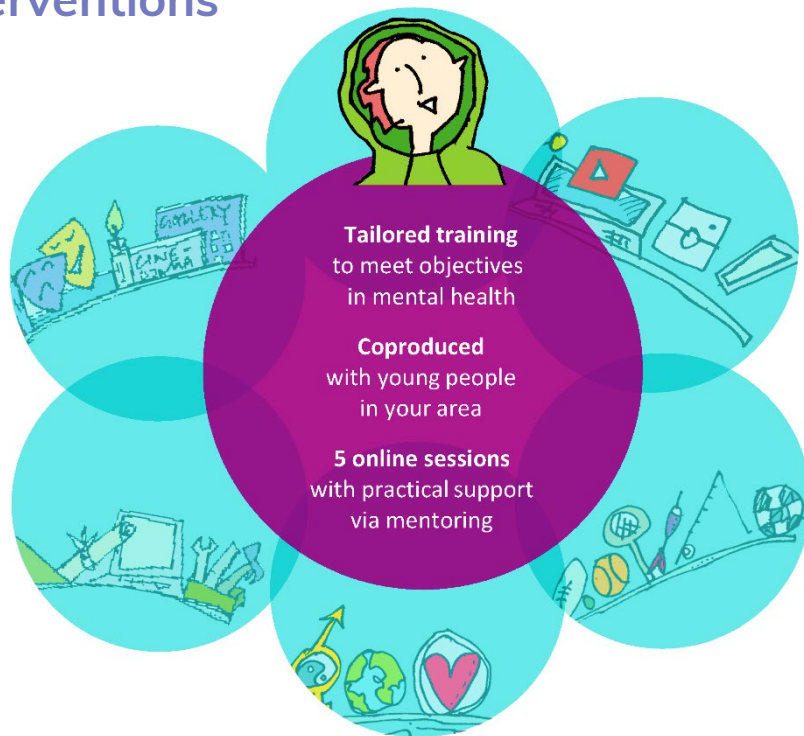


# Strengthening the Circle:

building resilience and good mental health  
for children and young people

**Building emotional resilience prevents the need for specialist interventions at moments of crisis.**

**Whatever your role in shaping the lives of children and young people, mental health is everyone's business. Supporting the emotional resilience of staff, volunteers and the people they support is a priority for organisations. But how?**



**Our unique programme gives practitioners, parents and carers practical strength-based tools to explore mental health in a way that is accessible to all.** This approach equips young people with the awareness and skills to recognise their own emotional needs, overcome adversity and maintain good mental health. To support children and young people we know that practitioners need resilience. On this course staff and volunteers benefit from reflecting on their own resilience and the impact that COVID-19 restrictions have had on their role and work with young people e.g., social distancing and working online.

**Best of all it is coproduced and tailored with young people in your area.** This ensures everybody is working together to create a strong circle of support that is meaningful.

**Strengthening the Circle has been tried, tested and evaluated,** having successfully run in several local areas with support from Health Education England. The programme's preventative and empowering approach to young people's mental health meets priorities in the NHS Long Term Plan and the 'Transforming children and people's mental health provision' green paper.

To discuss how Strengthening the Circle can be delivered in your area or setting, please contact:

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## Who is it for?

People working in 'non-clinical' roles directly with children and young who have a part to play in contributing to their circle of support, such as: school and college staff; early help and preventative services; alternative providers; voluntary and community or faith people organisations; youth workers; transition staff; and SEN and care leaving teams.

**The programme will be tailored to your needs and priorities.**

It can be delivered with a single organisation, across several partners in a locality or on a regional platform.

## Coproduction with young people

This unique feature informs the way we tailor and deliver each programme. Coproduction increases the effectiveness of the tools we share and boosts participants' confidence in emotional literacy.

## Programme structure

[online during COVID-19 restrictions]

Our team will work closely with commissioners and strategic leads to align your programme with local area plans and existing interventions. Participants explore innovative and creative approaches to support children and young people and are encouraged to develop reflective learning helping to embed person-centred approaches and conversations into their practice.

**Training is comprised of 5 sessions of 2.5 hours.** Each participant is also offered one to one time with tutors to discuss their wellbeing, their work with young people and their use of the resilience framework and person-centred tools.

Where possible participants are expected to try out new approaches in between sessions and reflect on learning.

