

Strengthening the Circle

Q&A



Is the training delivered online or in person?

The training can be provided online, in person or as a blended approach, depending on government restrictions. We will be flexible and tailor the training based on the preferences of the provider.

What is the time commitment for course attendees?

The timescale for provision can be determined by the provider, but we always have at least one week between each session to allow for practical implementation of the tools and approaches. There are five sessions which last for 2.5 hours. We would recommend completing all five sessions within two months to maintain momentum and engagement.

What support do course attendees receive between training sessions?

Each participant has one individual or small group session with a tutor during the delivery of the course to focus upon their personal learning and support reflection on using the approaches and tools in their work context. In addition, all participants automatically become part of an online network where they can access information and resources, as well as share learning with each other.

Is the training delivered during a mix of day and evening sessions?

The course can be delivered at the best times for the provider and participants; this may be in the day, evening or a mix of both.

Is this an evidence-based programme?

Yes. Strengthening the Circle was initially funded and evaluated as part of the Children and Young People's Mental Health Education and Training Fund. A copy of the evaluation of this work can be found on our website [here](#). The programme includes robust evaluation of outcomes which are reported in report after delivery.

What is the cost?

There are a few different costing options based on the number of participants and whether you would like cascade training to be included as an additional element to the training.

1) Strengthening the Circle training:

- **Up to 12 people: £9,200 plus VAT** (equates to just under £770 per person based on there being 12 participants)
- **Up to 20 people: £13,200 plus VAT** (equates to £660 per person based on there being 20 participants)

2) Strengthening the Circle with an additional cascade training option:

- **Up to 20 people: £14,700 plus VAT** (equates to £735 per person based on there being 20 participants). Participants receive:
 - Strengthening the Circle training
 - Presentations and resources for cascade training
 - Mentoring as trainers and micro teach
 - Follow up session and reporting back to funder re. legacy

How does this offer fit with Mental Health Support Teams offer and whole school approach to ensure there's no duplication?

Strengthening the Circle supports a whole school and/or college approach to promoting children and young people's emotional health and wellbeing. It is one of a number of different programmes education providers can purchase to build emotional resilience and mental wellbeing. The Department for Education is currently putting structures in place to make it easier for schools and colleges to navigate training courses from the market, and to use funding to buy good quality courses. NDTi is one of many providers who have been involved in this work.

Strengthening the Circle can either:

- Inform and shape a school's overall approach to wellbeing – aligning student and staff wellbeing approaches. Any subsequent training utilised can be purchased to support its overall aims.
- Integrate into a school's existing wellbeing strategy, providing particular focus on resilience.

The programme has the benefit of providing a consistent model that informs staff responses to children and young peoples' presenting needs/referrals, as well as underpinning a general approach to whole school wellbeing. It is designed to build on existing work and can be aligned to strengthen associated school-based initiatives and would not be run if it duplicates other training.

If the programme is aimed to help adults gain skills to support children and young people, how much feedback have you received from children and young people in terms of the design and delivery of this programme?

We receive direct feedback from children and young people who take part in the coproduction sessions that are run before we deliver each course. This feedback has been consistently positive. The findings from these sessions and children and young people's views are used to inform the training for adults.

Participants on the course are also encouraged to collect 'Change Stories' which capture rich data on outcomes from work with children and young people and in particular significant changes as a result of the support they have received.

What was the involvement with NHS Health Education?

NHS Health Education England commissioned the development and delivery of Strengthening the Circle in 2017-18 as part of its Children and Young People's Mental Health Education and Training Fund. The aim of the programme was to support workforce development, in order to improve the mental health outcomes for children and young people with extra vulnerabilities, across six local areas. A copy of the evaluation of this work can be found on our website [here](#).

More Information

Please visit the [Strengthening the Circle webpage here](#); look under 'Related Downloads' and 'Useful Links' for further details about the programme.

To hear about future Strengthening the Circle **events and news**, you can sign up to NDTi's mailing list [here](#). N.B. you can choose to hear about all NDTi news or select programmes of work (Strengthening the Circle comes under 'Children & Young People' and 'Mental Health').

If you have other questions about Strengthening the Circle and how it can be delivered in your area or setting, please **contact Alice McColl**: alice.mccoll@ndti.org.uk / 07394 560816.

