## Improved Emotional Wellbeing and Positive Outcomes for Children and Young People

### Description

Enable the child or young person to access a service where they can discuss/explore the reasons why they have poor emotional wellbeing. To increase self-esteem and raise life expectations.

### Different approaches/programmes/interventions

| **Barnardos Parenting & Family Support**  |
| **Triple P (Positive Parenting Programme)** |
| The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children’s behaviour, prevent problems developing and build strong, healthy relationships. |

**Triple P Online parenting course**

Triple P online is for parents whose children’s behaviour may be causing concern in school, and outside. Children may be behaving in an aggressive, confrontational, argumentative or an uncooperative manner or may be unusually withdrawn. Triple P online is also for parents who may themselves be seeking support in managing difficult behaviour, or who would benefit from opportunities to build confidence and to consider additional strategies to deal with difficult situations. Triple P online is ideally suited to parents who have access to broadband internet and are able to use a computer confidently.

**The Incredible Years Parenting Programme**

The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. The programme, aimed at children aged 4 to 12 years, is founded on social learning theory and consists of at least 12 weekly, two-hour group sessions delivered by skilled practitioners. Overall, the Incredible Years Programme aims to:

- promote positive parenting
- improve parent-child relationships
- reduce critical and physical discipline and increase the use of positive strategies
- help parents to identify social learning theory principles for managing behaviour
- improve home-school relationships

**Solihull Approach** - Understanding your child's behaviour courses can be undertaken in face-to-face groups and are for all parents and carers: mothers, fathers, partners, and grandparents. They are for everyone who wants to know more about parenting, to understand their children and understand their children’s behaviour. The Solihull Approach promotes emotional health and well being in children and families. The model supports practitioners to work with children and families and supports parents and foster carers to understand their child.

The Solihull Approach team provides training and resource packs for the children's workforce, from midwives and health visitors to teachers. The Solihull Approach also provides a parenting course 'Understanding your child's behaviour', an antenatal parenting course 'Understanding pregnancy, labour, birth and your baby' and a foster carer's course 'Understanding your foster child'. The Solihull Approach is an evidence based model with a strong theoretical foundation. Thousands of practitioners have been trained across England, Wales, Scotland and Northern Ireland. Practitioners...
have also been trained in several other countries.

New Forest Parenting Programme NFPP - The New Forest Programme has been specifically developed to help the parents and carers of children with ADHD. The Barnardo’s Parenting & Family Support service has adapted this programme to be delivered as a group. There are two versions of the course: one for parents/carers of primary aged children and one for parents/carers of children aged 11+. The programme is delivered over 6 sessions. Each session is 2 hours long. Parents will gain the most if they can commit to attend all 6 sessions.

The New Forest Programme covers:
Session 1: Understanding ADHD and what this means for you and your child.
Session 2: Managing boundaries and avoiding confrontations.
Session 3: Specific parenting strategies to help children & young people with ADHD.
Session 4: Recognising and responding to your child’s emotional needs.
Session 5: Anticipating difficult situations and the use of rewards and consequences in managing behaviour.
Session 6: Looking after yourself and coping in difficult times.

All parents/carers will also get a self help manual to take away with them to remind them of the new strategies they have learnt on the course.

Referral is via the Paediatric Department at St Mary’s Hospital only.

Home Start - We provide one-to-one support for parents with children one of which must be under the age of five.

Our volunteers visit the family’s home for a couple of hours every week. They tailor-make their support to the needs of the parents and children. Volunteers are very committed and will keep visiting until the youngest child turns five or starts school, or until the parents feel they can stand on their own two feet. Parents and volunteers often develop a deeply trusting relationship which can lead to powerful change within the family.

We also run family groups and social events for families.

Positive activities – Challenge Programme from Challenge and Adventure

These are aimed primarily at young people aged from 12-16 years old who are referred to us by agencies on the Isle of Wight. Many lack confidence and have low self-esteem; some have difficulties engaging with school; and some are at risk of getting into trouble with the authorities. We offer a range of positive activities over a 8 or 9 week ‘Challenge’ period such as camping, mountain biking, climbing, water sports, archery, hiking etc. A residential trip is often included during this time helping challenge groups bond and work through some of the issues they face in their day-to-day lives. Young people who complete a challenge programme are invited to remain engaged with Challenge & Adventure to continue with additional activities and have the opportunity to take part in the Duke of Edinburgh’s Award scheme

RON Groups

The Real Opportunities Now programme or ‘RON’ is a 2 week engagement programme aimed at 16-19 year olds who are not in education, employment or training (NEET). The first week is spent on a “3 day Challenge” taking part in confidence building activities such as mountain biking, hiking and kayaking and the second week is spent visiting local training providers and looking at what provision is available to them. The programme is run once a month and has capacity for up to 8 young people.

RON has been running for over 5 years and has had over 230 young people take part, nearly 70% of those have progressed into education, employment or training.

“Alternative Friday Nights”

Every Friday evening during term time we invite young people who’ve completed a Challenge Course to take part in outdoor and other positive activities with Challenge & Adventure. These range from
from mountain biking, to kayaking; orienteering to overnight camps; cooking to helping in the community. The Alternative Friday Nights give the young people a positive alternative to ‘hanging around town’ where it’s easy to make bad choices, Alternative Friday Nights are completely voluntary and are funded entirely by the charity, at no cost to the young people.

**Targeted Youth Support (TYS)**
The central aim of TYS is to help vulnerable young people early, to address their difficulties as soon as possible, and to prevent their problems escalating. It is targeted at young people who without help are at future risk of further problems such as substance misuse, youth offending, teenage pregnancy and homelessness.

In particular, this is likely to include young people who experience a combination of the factors below:

- Persistent absence or exclusion from school
- Behavioural problems
- Poor emotional, social or coping skills
- Poor mental health
- Learning difficulties and disabilities
- Low self-belief
- Poor aspirations
- Attitudes which condone risky behaviours
- Poor family support, family conflict or problems such as parental substance misuse
- Poor support networks
- Family or friends, or involvement in gangs, who condone high risk activities
- Living in a deprived neighbourhood
- Poverty

The service will now provide **3 key early help interventions:**

1. **Intervention** 1-2-1 support, a time limited bespoke intervention which will be tailored to the individuals needs and outcomes required.

   **How to access** - To refer to the 1-2-1 TYS professionals need to complete a CAF assessment form and action plan or CIN plan ensuring you identify the needs of the young people, what support is required from TYS and the expected outcome

2. **Intervention** - Housing Support - support to young people at risk of homelessness, aiming to prevent family breakdown and provide information, guidance and support regarding options for young people

   **How to access** - Complete initial screening check tool with the Young Person/Family (available from the TYS team). If there is an immediate Homelessness issue or Safeguarding concern a referral should be made to Hants Direct. In other cases contact TYS for advice and support.

3. **Intervention** - Return Interviews for children and young people who have been missing (non-social care cases). The team will provide an interview for young people and will work with other early help services to address issues/concerns.

   **How to access** - Referrals for this service will be through police and social care only.

At the end of the intervention TYS staff will provide a summary of case including the impact of interventions to the referring agency and young person.

**Choices Participation Team**
The Participation Team is a service provided by the Isle of Wight Council to support all young people post-16 to participate in education, training and employment. It delivers the following:

- Developing and co-ordinating engagement programmes to support young people to participate in education, training and employment. Current programmes co-ordinated by the team
include RON, FEET First, Pre-apprenticeships and Young Volunteers

- Supporting Island businesses. The team supports the Isle of Wight Council apprenticeship programmes and subsidies, and offers a free service for employers to advertise vacancies to young people through its weekly bulletin – Education, Employment and Training Opportunities Weekly.
- Working with the local community. The team provides a drop-in service for post-16 young people and their parents/carers, with qualified Participation Advisers referring on to local young people services.
- Working with young people who are not in education, training or employment. All post-16 young people who are not currently participating in education, training or employment are provided with a dedicated Participation Adviser to work with them until they are settled into a positive destination.
- Working with vulnerable young people. More intensive personal support is provided for young people with low qualifications and young people with learning difficulties and/or disabilities.
- Increasing participation. The team provides a range of resources and activities to support this aim. They include a Facebook page, website, weekly Vacancy Bulletin, Choices booklet, annual survey of school leaver’s first destinations, a web-based tool to support schools to identify students at risk of not participating.

The way the CHOICES service operates is changing with effect from 4 September 2014. The face-to-face service for NEET young people will be available through a variety of locations across the island. The aim is to bring the service to NEET young people in the area where they live, enhancing access to support for young people, and aligning to the range of newly commissioned youth services across the Island. Half-day sessions will be available in each of the following locations every week (unless stated):

Newport: Lord Louis Library and JobCentre Plus
Ryde: Ryde Library and JobCentre Plus
Freshwater: West Wight Sports Centre (fortnightly)
Ventnor: Ventnor Library (fortnightly)
Sandown: Sandown Library
Cowes: Cowes Library

To book an appointment for a young person to see one of our Advisers at any of the above locations, please contact us on our new telephone number 823888 – full details are on the Choices website and Facebook page. Alternatively, young people can drop-in to any of the sessions (Adviser will prioritise booked sessions). In partnership with the schools, the team will also be providing fully qualified and independent Careers Advisers for school pupils to access within the majority of the island’s secondary schools in the coming academic year. The following schools will be receiving this service: Ryde Academy, Sandown Bay Academy, Cowes Enterprise College, Carisbrooke College, Medina College, St George’s School.

Talking Therapies – Cognitive Behavioural Therapy/CBT Psychotherapy

YMCA Counselling & Psychology Service
YMCA Counselling and Psychology (YCP) currently run five Counselling and Psychological Support Services for children and young people on the Isle of Wight. Our services cover Tier 2 Mental Health, Continuing and Palliative Care for life limiting, life threatening and end stage care conditions, Social Care Support, School Counselling and Children’s Bereavement. The majority of the services are fully funded and accredited by the NHS, with the exception of school commissioned services and Social Care. All therapists come under the registration of the Health and Care Professions Council (HCPC), The British Psychological Society (BPS), the British Psychoanalytic Council (BPC) or the British Association of Counsellors and Psychotherapists (BACP). The services are lead by a Consultant Counselling Psychologist and all therapists receive regular clinical supervision and follow NICE and NHS Framework Guidance for integrated practice and delivery and for clinical governance.
| **Barnardos Talk2 Counselling Service for children & young people.**  
Talk2 gives young people a chance to talk to a trained counsellor. A free counselling service based in Newport and outreach in Ryde. |
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| **Isle of Wight Youth Trust** – Under 13’s service (referral via GP) and also 13 – 25 service (self referral)  
Isle of Wight Youth Trust offer general counselling using either CBT or Psychotherapy whichever is most appropriate to the young person. |
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| **FIZ (Family Information Zone)**  
FIZ is the Isle of Wight’s family information service which provides impartial information and signposting services to families, children and young people under the age of 20 year (or up to 25 years for young people who have learning difficulties or disabilities). |
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| **CCAMHS Community Child & Adolescent Mental Health Service** GP Referral only  
Tel: 01983 523602  
[www.camh.org.uk](http://www.camh.org.uk) |
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| **Youth Trust**  
Tel: 01983 529569  
[www.youthtrust.co.uk](http://www.youthtrust.co.uk) |
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| **Talk2 Counselling/Barnardo’s**  
Tel: 01983 520006  
Email: talk2@barnardos.org.uk  
[www.barnardos.org.uk](http://www.barnardos.org.uk) |
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| **YMCA Counselling & Psychology**  
Tel: 01983 861072  
Email: CBS@YMCA-fg.org.uk  
Web: [www.ymca-fg.org.uk](http://www.ymca-fg.org.uk) |
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| **AESOP. 14 – 35yrs Early interventions in psychosis team**  
Tel: 01983 552555 |
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| **Youth Pride LBGT youth group**  
Tel: 07976 009118  
[Check it out](http://checkitout-iw.org) |
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| **Cruse Isle of Wight Branch (Bereavement support)**  
Tel: 01983 523030. Email: isleofwight@cruse.org.uk |
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| **Young carers**  
Tel: 01983 861071  
Email: iowyoungcarers@ymca-fg.org  
Web: [www.ymca-fg.org.uk](http://www.ymca-fg.org.uk) |
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<th></th>
<th>Tel: 01983 616607</th>
<th>Email: <a href="mailto:iowpfs@barnardos.org.uk">iowpfs@barnardos.org.uk</a></th>
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<tr>
<td><strong>Bodster Equine Assisted Learning Centre</strong></td>
<td>Tel: 07887 876138 or 07790 305108</td>
<td>Email: <a href="mailto:joangi@googlemail.com">joangi@googlemail.com</a></td>
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<td>Web: <a href="http://www.eaqbodster.co.uk">www.eaqbodster.co.uk</a></td>
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<td><strong>Anti-Bullying Textline</strong></td>
<td>07976 009494</td>
<td>Confidential Helpline: 0800 028 6464</td>
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<td>Web: iwight.com /antibullying</td>
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<td><strong>WightChYPS:</strong></td>
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<td><a href="http://www.wightchyps.org.uk">www.wightchyps.org.uk</a></td>
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<td><strong>Nationally</strong></td>
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<td><strong>Childline</strong></td>
<td>Tel: 0800 1111</td>
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<td><strong>Young Minds</strong></td>
<td>Tel: 0808 802 5544 Parents Helpline</td>
<td><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></td>
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<td><strong>Family Lives</strong></td>
<td>Tel: 0808 800 2222</td>
<td><a href="http://www.familylives.org.uk">www.familylives.org.uk</a></td>
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<td><strong>Kidscape</strong></td>
<td>Tel: 08451 205204</td>
<td>Email: <a href="mailto:helpline@kidscape.org.uk">helpline@kidscape.org.uk</a></td>
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<td><strong>BEAT beating eating disorders</strong></td>
<td>Youthsline: 0845 634 7650 Adults: 0845 6341414</td>
<td><a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></td>
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<td><strong>MindED For professionals working with CYP’s</strong></td>
<td><a href="http://www.minded.org.uk">www.minded.org.uk</a></td>
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<td><strong>Get Connected</strong></td>
<td>Tel: 0808 808 4994</td>
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<td><strong>The Place to Be</strong></td>
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Muslin Youth Helpline
Tel: 0808 808 2008
www.myh.org.uk

Winstons Wish – for bereaved children
Tel: 08452 030305
Web: www.winstonswish.org.uk

Cruse Bereavement
Tel: 0844 477 9400
Email: helpline@crusebereavementcare.org.uk

RD4U Road4You website for children & young people from Cruse
Tel: 0808 808 1677
Email: info@rd4u.org.uk
Web: www.rd4u.org.uk

The Site. Website for 16-25yrs
www.thesite.org

RUOK?
www.ru-ok.org.uk

Triple P
www.triplep.net