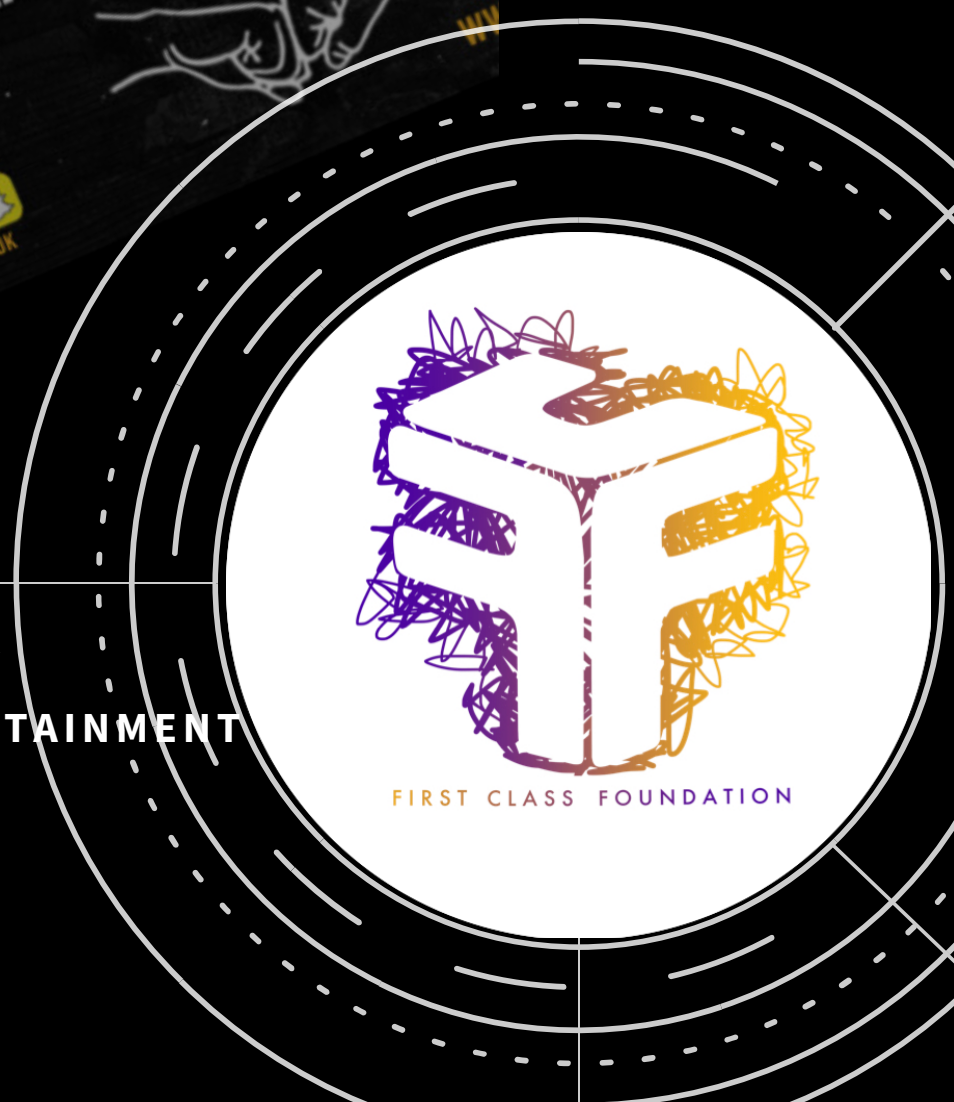


#DEARYOUNGERS

MENTAL HEALTH RESILIENCE PROGRAMME



MINDSET | ATTITUDE | ATTAINMENT

SPECIALISTS IN YOUTH & COMMUNITY ENGAGEMENT STRATEGIES

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INTRODUCTION

Our Dear Youngers mental health and resilience programme is a very innovative, therapeutic, solution-based programme, engaging young African Caribbean males around wellbeing and mental health resilience and exploring adverse childhood experiences in a safe environment that is psychologically informed, culturally sensitive, delivered and facilitated by relatable role models.

This approach has been independently evaluated by the Centre for Mental Health and can be found in a report titled, Against the Odds.

Centre for
Mental Health



This programme seeks to offer pastoral support, increase attainment, reduce fixed term exclusions and improve the overall education experience for students. We do this through a mixture of group work sessions and one to ones.

We demystify masculinity and looking at practical tools to deal with things like stress, depression and anxiety:

- We explore emotions
- Learn how to problem solve
- Find alternative ways to deal with problems

We use powerful stories and testimonies from the relatable role models to:

- Find common ground with participants
- To share lived experiences to shine a light on overcoming challenging situations

We inspire, motivate and strategise with students to help them self-actualise into the best version of themselves.





AIM:

Many young men feel constrained by a very narrow range of options in terms of 'how to act as a man' as they move away from their family and towards independence in their local neighbourhoods. Some young men describe this as caught in a 'push and pull' between family values and 'pressures to get into bad company' in local neighbourhoods (home and the road).

Our aim is to raise the standards and aspirations of the next generation by using the older generation & peers to share stories, experiences and their journeys.

PROGRAMME DELIVERY

A series of twelve workshops (of up to 2 hours per session) delivered within forum spaces where motivational & relatable leaders/men (young and old), can come together and reason about Life in a REAL & Authentic environment.

The heart behind each workshop is to shift the mindset, attitude & attainment of our young men, on a business and personal level.

As part of the wider programme there are opportunities to create new music, working with a variety of studios, creating dynamic digital media via music videos, short v-blogs, projects and even movies.

#DearYoungers has 12 components that can be flexibly delivered to fit into your timetable and is suitable for groups of 15. This means that you have the choice in terms of the way in which you would like it delivered! This could be over 12 weeks fitting into a complete term, you have the freedom to choose how long you would like the programme to last.

The programme is supplied in a ready to go format, complete with one of our licensed facilitators delivering the sessions, saving you time on delivery, assessment and evaluation as this is all included in the programme.

OBJECTIVES



- To encourage young men to think about themselves in a positive way
- To raise the moral standards and principals of young men
- To raise self -confidence and self-esteem
- To promote the importance of education in all its forms and to potentially change the average attainment achieved to one of higher standards.
- To promote the importance of a healthy balanced lifestyle (mind, body, etc)
- To highlight the importance of consequences for all actions
- To encourage young people to think outside the box to be different.
- To offer a safe environment to be used as a sound board for different issues they may face

To offer private and confidential one to one mentoring, counselling and signposting to those who require it

- To offer individual support to those who require it.

To offer a fun safe environment where young people can come and be themselves.

OBJECTIVES



Relatable male role model

'Relatable' male role models (e.g. 'people who look like me and talk like me' and 'who've come from the same place and had the same problems' I am facing). These role models are emotionally open, empathic, cohesive, values-led and successful, which builds trust with young men.



Creating a culturally and psychologically informed space

Delivered through creating supportive environments conducive to young men's personal development and change.

A series of sessions delivered such as drama, music, personal development or black history, which take place in a mutually supportive community or 'village' – a warm, positive, culturally and psychologically-informed space where young men feel valued and 'safe'. Adopting a person-centred approach and building trust and relationships



Prompting strength-based dialogue on wellbeing

Sessions gradually and intentionally open dialogues on issues relating to wellbeing, resilience, mental health and experiences of being a young man in the UK. Openness, with nothing off limits, helps young men to realise that they are not alone in their experiences which in turn reduces feelings of isolation. Openness is achieved through using icebreakers, music production, spoken word, drama, interactive exercises, humour, culturally resonant narratives, and focusing on issues that feel relevant and 'real' to young men.

OBJECTIVES



Breaking down social isolation

Isolation is broken down through creating a positive sense of brotherhood: Facilitating 'activities where everyone begins to develop...relationships with people' For example, fostering positive brotherhood 'in a postcode-driven world' recreating 'that family, that brotherhood, that village, that community.'



Helping young men understand masculinity and critically appraise misrepresentations of heritage and self-image

Sessions develop and encourage skills in filtering media information and distortions of culture and traditions which can impact some young men's sense of worth. The sessions challenge negative representations of young men and distortions of character, creating a more nuanced and strength-based narrative of the perception of men.



Social and emotional competencies promoting good mental health

Sessions focus on stimulating evidence-informed social and emotional competencies which are considered important for good mental health and success in life. These included cultivating emotional openness, developing curiosity, perseverance, empathy, social commitment, positive social connection, self-belief and self-awareness, as well as a growth mindset and a thirst for knowledge. Sessions also focus on 'who-ness not what-ness': "It's not about how much you are spending on your trainers but it's about who you are as a person."

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OBJECTIVES



Empowerment and co-production

Co-production lying at the heart of our approach seeks to improve resilience. Co-production develops after initial relationships and trust have been created and involves harnessing young people's passion and talents to jointly develop activities. It involves a process of 'doing with' rather than 'for' young people. Co-produced approaches aim to facilitate young people building ownership and responsibility for projects often with opportunities to build professional skills via voluntary or paid work.



OBJECTIVES



Empowerment and co-production continued...

Co-production also involves fostering a 'pass it forward' culture or a 'virtuous circle' – harnessing the enthusiasm of young men who attended sessions to 'pass it forward' and become positive role models for others. This activity aims to increase the number of positive male role models reaching out to local communities, thereby creating a 'tide of change': "That creates a legacy and with that legacy young men can 'pass it on' and 'reach out' to other young men who feel really lost and who need a hand..." "It's a circle, it needs to be a circle with no breaks in it...it needs to be recurring and then those people can then act as champions, showing the young men in their communities what it's like ...to help other people as opposed to using the media to shape their futures." These young men can become shapers of subsequent interventions and sometimes of local and national mental health service activity.



OBJECTIVES



“It definitely taught me not to give up... sometimes when I have started things in the past, when it has got hard or difficult, not the task but like most things that are going on in your life, then there's a tendency to put things off...but like working with [the project lead] has definitely taught me to carry [on]... it makes you kinda keep pushing, keep on, keep on, keep on and don't give up and I know that it's a mental thing rather than just a physical thing.”

Cultivation of a growth mindset

Opportunities are created for young men to help them grow, believe in themselves, gain knowledge, and achieve.

1. Reduced stress and improved resilience

“Sharing experiences; talking in a circle, sharing how people went through stressful times and bettered themselves”

2. Positivity and hopefulness

Exposure to other positive young men who had achieved against the odds, make them feel more positive in themselves and in their day to day lives.

3. Skills relevant for life

Young men develop a range of life skills by demonstrating what they can potentially do and achieve.

4. Encouraging motivation and perseverance

Young men have contact with programme leads and with other young men in the project to develop drive, a thirst for self-improvement and perseverance.

5. Persistence and perfectionism

The involvement within projects cultivates persistence and perfectionism.



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OBJECTIVES



Cultivation of a growth mindset continued...

6. The role played by creativity, music and drama in supporting resilience

The development and implementation of creative activities. Creativity not only fosters unity and teamwork, it also acts as a coping tool. Creativity is seen as cathartic, as boosting 'feel-good' feelings, helping young men to distract themselves and lower stress when under pressure.

7. Developing empathy and a desire to 'pass it forward'

Young men develop real satisfaction experiences from 'seeing other's perspectives' and from their transition into mentoring and seeing others growing and progressing through collective experiences.



THE ROLE PLAYED BY CREATIVITY...



"That's why I use spoken word. It's very therapeutic. It's an outlet. I explode on paper rather than exploding in the outside. And I can track how things have moved. It's a form of self therapy and it's creative at the same time."

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INVESTMENT COMPLETE PACKAGE INCLUDES

All of the below are included in your complete package

1X LICENSED FACILITATOR DELIVERY OF 12 #DEARYOUNGERS SESSIONS

1X SUPPORTIVE ENABLER

COMPREHENSIVE DETAILED EVALUATION REPORT INCLUDES ASSESSMENT AND IMPACT

ADDITIONAL OPTIONS*

SHORT HIGHLIGHT REEL

GRAB AND GO #DEARYOUNGERS SYSTEM FOR FUTURE USE, WITH COMPLETE FULL DAY TRAINING WORKSHOP FOR UP TO 5 ADDITIONAL MEMBERS OF STAFF

#DEARYOUNGERS JOURNAL

**These options can be purchased individually and added on in addition to your complete package*



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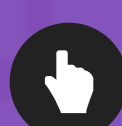
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