Peer Support for Children and Young People’s Mental Health Programme 2017-18: Facts and Frequently Asked Questions

1. What is the Peer Support for Children and Young People’s Mental Health Programme?

This programme supports and provides schools and colleges with evidence informed training and resources to successfully refine or develop a peer mentoring programme which focusses on mental health and emotional wellbeing.

If you are a children and young people’s community organisation please download the CYP CO expression of interest form.

The programme consists of two-days of training workshops where school/college staff can explore any existing peer support they have in place at their setting or would like to implement. The training workshops will give staff an opportunity to refine their programmes based on evidence informed peer support principles. Attendees will leave ready to establish or refine their own effective peer support in their setting.

The workshops and supporting toolkit will be based on 5 key principles:

- Building a project appropriate for environment and developmental stage
- Involving the right people
- Relationship and trust
- Young people ownership
- Keeping safe and establishing boundaries

There will be five workshops over the two days. You will also be provided with a toolkit which will support you to implement learning from these workshops back in your setting. The workshops will be co-delivered by expert trainers and young people who have previously experienced peer support.

Workshop 1 – Introduction

- What is peer support?
- A young person’s experience of peer support.
- What to do when things don’t work well.
- Relationships and relational practice.
- Children and young people’s mental health.

Workshop 2 - A practical workshop exploring how you could set up your project

- How to recruit the right people as peer supporters and ensure you are supported.
- Practical exploration of different peer support models and how you could support each of these in your setting.
- How you will ensure that young people take a lead in setting up and shaping your project.

Workshop 3- A practical workshop preparing for training your peer supporters

- Based on the peer support principles, learning objectives and set resources we will support you to adapt three readymade lesson plans for your setting.

Workshop 4- An experiential workshop exploring how will you safely supervise the peer support project
• Keeping the peer support project safe, confidential and within set boundaries.
• How and where to seek supervision and support.

Workshop 5- Evaluation and impact

• How the project will be evaluated.
• What are the expectations from the school lead with regards to evaluation.
• How schools can better evaluate impact in their setting.

Please note – this is not an academic support programme aimed at raising attainment. This programme is about improving the mental health and emotional wellbeing of children and young people.

2. Who is the programme for?
This programme is for any education provider wishing to set up or refine a peer support programme supporting young people’s mental health and emotional wellbeing. Education providers could include Primary Schools, Secondary Schools, Colleges, Sixth Forms, APs, PRUs or Special Schools.

The programme will support a designated member of staff to co design, implement and deliver a sustainable peer mentoring programme. It is therefore critical that the right representatives attend the training. The named lead member of staff must be available for the duration of both training days and must have the capacity to implement and supervise the programme at their school/college. The lead contact must also commit to attending termly Community of Practice support groups. Community of Practice meetings will take place by telephone, via webinar or face to face.

We are welcoming expressions of interest from schools/colleges in the following areas only:

• Derbyshire
• Greater Manchester
• East Sussex
• Suffolk
• West Yorkshire

We are expecting high volumes of expressions of interest from schools/colleges and have robust selection criteria which includes the prioritisation of schools/colleges in the following opportunity areas:

• Bradford
• Derby
• Hastings
• Ipswich
• Oldham

If you are a children and young people’s community organisation please download the CYPCO expression of interest form.

3. Why should schools/colleges be involved?

"1/10 young people have an emerging or more significant mental health disorder. There is evidence that many of these young people can be effectively supported by their peers to become more resilient and as a result not go on to develop more severe difficulties. Young people typically are much more likely to engage with their peers than an adult. The key is to make sure that these peer supporters have the right skills and support to be able to safely and effectively provide this support."
This DfE funded programme is an exciting opportunity to support mental health and wellbeing in your school/college setting. The Peer Support for Children and Young People’s Mental Health Programme will involve over 100 schools/colleges across Derbyshire, Greater Manchester, East Sussex, Suffolk and West Yorkshire.

The programme will be externally evaluated by Ecorys. We will work with Ecorys to ensure that schools/colleges receive individualised reports which demonstrate both quantitatively and qualitatively the impact their local project is having on young people’s emotional and educational outcomes. Evidence and impact will be shared nationally, making a real difference to support the MH and wellbeing of children and young people.

Evidence Base

The programme is centred on evidence based peer support principles derived from a review of the literature – [Characterizing Mentoring Programs for Promoting Children and Young People’s Wellbeing](#).

4. What will it cost?

There is no charge for workshops or materials. **Schools/colleges will receive £3500 to support their participation in the programme which can be used to backfill staff time, pay for travel or other costs associated with the programme.**

5. What commitment of time and resources is needed from schools/colleges during the programme?

Schools/colleges will need to nominate a lead contact who will hold overall responsibility for the project. **The lead contact must be able to attend both days of training workshops (see training timetable in section 7) and must be the member of staff who will implement and supervise the programme at their education provision. The school lead will need SLT sign off prior to attending the training.**

Having attended the two initial days of training workshops the lead contact, with the support of the toolkit, will go back to their setting and:

- Recruit a small group of young people as peer supporters.
- Work with the group to develop a project idea.
- Train the group over 3 sessions (using the toolkit lesson plans).
- Implement the first phase of the mentoring programme from March 2018 through to July 2018 and provide regular supervision to their peer supporters.
- Attend the termly Community of Practice meetings. Meetings will take place by telephone, via webinar or face to face.
- Reflect with the young people on what has worked well and how the project could be improved and use the findings to refine the project.
- Deliver the refined project from October 2018 through to February 2019.
- Participate fully in all required monitoring and evaluation of the project outlined in section 6 below.

6. Monitoring and Evaluation requirements

The programme is being externally evaluated by Ecorys. The monitoring and evaluation requirements for the programme are outlined below:
• A 10-minute internet survey of the lead in each school/college to assess knowledge, attitudes and awareness at the start and again at the end of the programme.

• An in-depth 45-minute telephone interview with lead contacts in 40 selected schools/colleges near the start of the programme to look at issues in more detail.

• Self-evaluation tools will be provided to schools/colleges to allow them to conduct data collection with relevant individuals or groups in their school/college. An electronic data collection platform will be provided allowing results to be inputted easily. Schools/colleges will be fully supported through this process.

• Around 15 schools/colleges will be selected to take part in case studies involving around a day visit to schools/colleges to speak to a range of staff, peer supporters or beneficiaries and parents/carers depending on the particular site. We will work closely with each selected school/college to ensure their needs are taken into account in this process.

• We will also look to work with a small number of those taking part in case studies to support children and young people to conduct participatory action research.

7. Training Workshops

The programme is specifically designed to have minimal burden on resources and capacity of schools/colleges. The training workshops will be delivered as two, day-long, face-to-face sessions (10.00am - 5.00pm), held on consecutive days. Please see below for the training timetable. To ensure the staff build relevant networks, schools/colleges in each location will be split into cohorts according to the age of pupils at their provision.

Lead School contacts must be able to attend both training sessions in full to take part in the programme. The Lead School Contact must be the person who implements the Peer Support Programme at your school/college.

Training timetable

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<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Greater Manchester</td>
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<tr>
<td>Greater Manchester - primary age cohort day 1</td>
<td>Monday 15th January 2018</td>
<td>10am – 5pm</td>
<td>Local venue TBC</td>
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<td>Greater Manchester - primary age cohort day 2</td>
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<td>Greater Manchester – secondary/college aged cohort day 1</td>
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