



Supporting the emotional wellbeing of young people

## Overview for Directors of Public Health/public health teams/CCGs

*Youth Connect 5 is a programme to support parents and carers across Cheshire and Merseyside with knowledge, skills and understanding to enable them - and their children - to develop resilience and emotional wellbeing.*

### What

The programme consists of a five-part course that will:

- Build upon parents' and carers' knowledge, empathy, skills and attributes to promote and strengthen children and young people's resilience and emotional wellbeing
- Strengthen parents' and carers' own levels of resilience
- Increase confidence and ability to explore different ways to support their children; and
- Improve/enhance relationships parent/child have with their children
- The training will also ensure parents and carers are familiar with how to access information, support and services.

### Why

Within the Cheshire & Merseyside population of 2.4 million, 552,671 are children and young people (CYP) under the age of 18 years, by when 75% of mental health problems emerge.

Parents and carers play a pivotal role in promoting the knowledge, skills and environment that can help children cope with adversity. Supporting families has a dual role of strengthening parents' and children's resilience.

### Key Benefits

**Young people** - Children and young people gain clearer awareness and better information about resilience, staying emotionally healthy and family relationships.

**Parents/carers** - Parents' skills to strengthen family relationships and family resilience are enhanced, supporting skills in listening and communicating and teaching an understanding of behaviour in the context of relationships.



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**Schools** - Improved academic performance and behaviour. When parents/carers are supported to better manage their children's behaviour, there is a greater likelihood of success in reducing the child's problems and in supporting their academic and emotional development

**Workforce** - Staff are trained in the delivery of YC5 at no cost to the organization. Workforce obtain increased knowledge and skills in mental wellbeing as well as training delivery, supporting their own CPD and the organisation's strengths.

### How

Youth Connect 5 is a **'train the trainer'** programme across the nine local authorities of Cheshire & Merseyside. Staff receiving this training will be required subsequently to deliver this training to parents and carers. Each trainer will deliver 2 courses to 10 parents, 20 in total. The 9 local authorities will identify 20 trainers, with additional trainers for Wirral and West Cheshire CCGs, reflecting their financial contribution. The total number of parents/carers participating will be approximately 4,500. The timeline for the 'train the trainers' programme is October 2016 to January 2017 and delivery of the five week courses October 2016 to June 2017.

### Who

Frontline workforce 'trainers' include professionals working closely with children and young people, and their families, including:

- Teachers & school staff
- Social workers
- Youth workers
- Children's Centres
- Public health specialists
- Family and parenting services
- College support services
- School nurses/Mental health leads
- Employers

### The ask of:

#### Managers

- Identify staff who have experience in training delivery and an understanding of mental wellbeing
- Release the identified workforce for a 2 day 'train the trainer' programme
- Allow staff to organise and deliver 2 five week courses over a period of six months

Workforce trainers to make a commitment to undertake the following:

- Sourcing and training a minimum of 20 parents (2 courses of 10 parents)
- Arrange venues for parent and carer training sessions
- Evaluate the courses; and
- Feed this evaluation information back to Youth Connect 5 – this will be done electronically through the website system and it will then trigger certificates



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Public health teams and Clinical Commissioning Groups

- To promote Youth Connect 5 in local area and disseminate information as required
- To identify organisations from which 20 members of the workforce can be trained
- To identify and book venues at which the training can take place

### Branding and Communications

Marketing will include:

- Dedicated website and booking facility
- Course material (digital mostly but a handout will be considered)
- A communications tool kit
- Social media channels (Facebook & Twitter)
- Posters/flyers
- Direct marketing – e-marketing & postal (TBC)
- PR (internal and external)

### Evaluation

Ongoing evaluation will be an integral element of the programme and the majority of this will be done online and will include: monitoring the course output activity, tracking of all professional participants to ensure they have cascaded delivery, a robust monitoring system to record all end users and undertake evaluations with them including focus groups. External evaluation of the Youth Connect 5 Pilot will be conducted by a Higher Educational Institute

*Youth Connect 5 is led and co-ordinated through the Champs Public Health Collaborative, with funding from Health Education England and delivery by Merseyside Youth Association.*



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