



Strengthening the Circle:

Building resilience and good mental health for children and young people

Building emotional resilience prevents the need for specialist interventions at moments of crisis, supporting good mental health for children and young people

Whatever your role in shaping the lives of children and young people, mental health is everyone's business. Supporting emotional resilience is a priority for organisations. But how?



Our unique programme gives practitioners, parents and carers practical strength-based tools to explore mental health in a way that is accessible to all. This approach equips young people with the awareness and skills to recognise their own emotional needs, overcome adversity and maintain good mental health. Participants will benefit from learning about resilience and their role in developing a culture of support.

Best of all this programme is coproduced with children and young people. This ensures everybody is working together to create a strong circle of support that is meaningful.

Strengthening the Circle has been tried, tested and evaluated, having successfully run in several local areas with support from Health Education England. The programme's preventative and empowering approach to young people's mental health meets priorities in the NHS Long Term Plan and the 'Transforming children and people's mental health provision' green paper.



National Development Team for Inclusion

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For more details about the programme, please contact:

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Who is it for?

People working in 'non-clinical' roles directly with children and young people who have a part to play in contributing to their circle of support, such as: school and college staff; early help and preventative services; alternative providers; voluntary and community or faith organisations; youth workers; transition staff; and SEN and care leaving teams.

The programme will be tailored to your needs and priorities. It can be delivered with a single organisation, across several partners in a locality or on a regional platform.

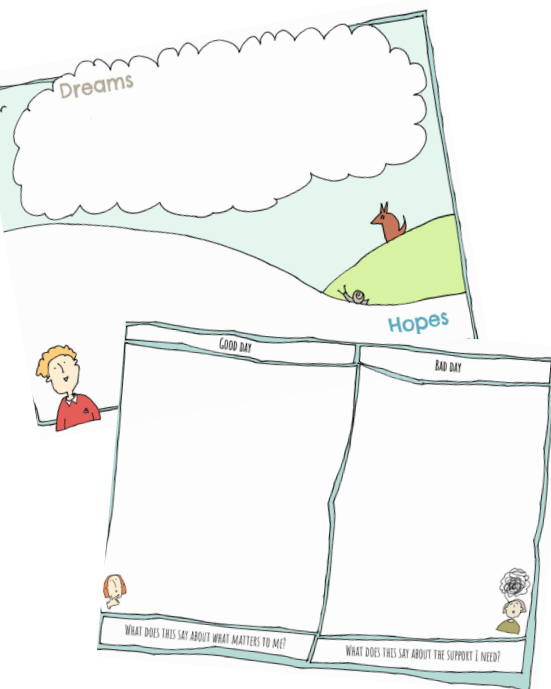
Coproduction with children and young people

This unique feature informs the way we tailor and deliver each programme. Coproduction increases the effectiveness of the tools we share and boosts participants' confidence in emotional literacy.

Programme structure

Participants explore innovative and creative approaches to support emotional resilience, developing and embedding best practice. Our team will work closely with commissioners and strategic leads to align your programme with local area plans and existing interventions. Tailored delivery can include mentoring, cascade training, and developing a community of practice.

- Training is comprised of 3 one-day workshops at monthly intervals with mentoring available throughout.
- Participants are expected to try out new approaches in between sessions and reflect on learning.



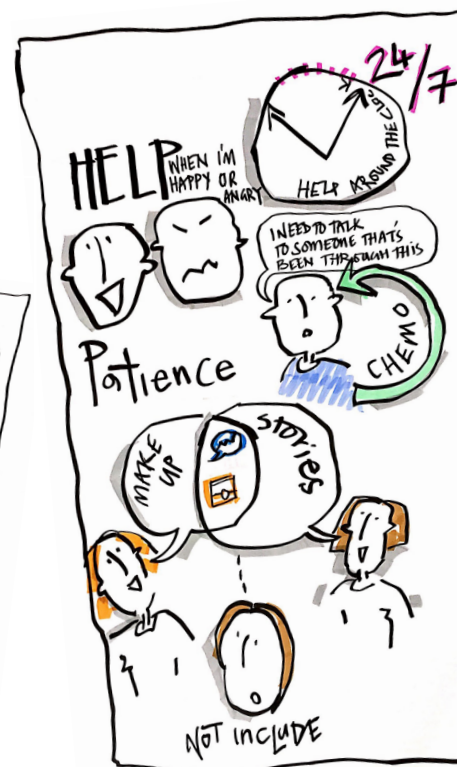
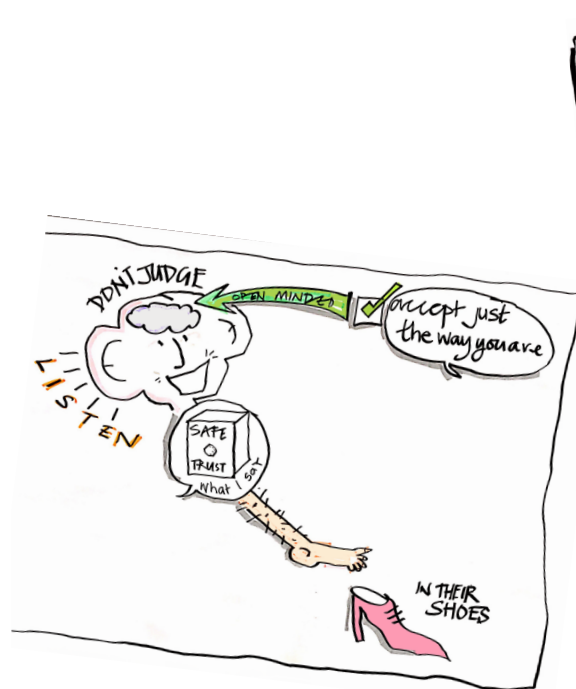
Strengthening the Circle is an NDTi programme, developed in partnership with Boingboing!

Boingboing! | A Community Interest Company dedicated to embedding the learning from resilience research.

NDTi | We are a social change organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose. We inspire and support services and communities to make change happen - change that leads to better lives.



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