



GROUP INTERVENTIONS FOR LEARNERS

The aims of of School In-Reach are to support education settings to be better able to support the emotional and mental wellbeing needs of learners, and to improve learners' mental health and wellbeing. School In-Reach Service have developed a range of groups interventions for learners with the hope of fulfilling the service aims.

UNIVERSAL WORKSHOPS

Presented workshops on broad emotional wellbeing topics.



Universal workshops can be delivered to whole classes and year groups. Whereas the psychoeducation group and semi structured groups can delivered to a more targeted group of learners who may benefit.

SCHOOL IN-REACH GROUP

A structured group to build understanding of thoughts, feelings/emotions and behaviours and other relevant topics.



The School In-Reach group and semi structured groups are to be co-delivered with a member of staff from the education setting.

SEMI STRUCTURED GROUPS

Groups that utilise creative approaches to support learner's emotional wellbeing.



Groups can be delivered within individual secondary schools or settings and organised through termly prioritisation meetings and consultations with your settings' Senior Mental Health Practitioners. Learners attending the psychoeducation group and semi structured groups will need Request for Assistance submitted, with confirmation that parents have been fully informed.



For more information, please contact schoolinreach.cav@wales.nhs.uk

Visit www.cavyoungwellbeing.wales for Emotional Wellbeing and Mental Health information and resources.

UNIVERSAL WORKSHOPS



Workshops presented by School In-Reach on broad emotional wellbeing topics, to whole classes and year groups. Individual Requests for Assistance are not required for these workshops.

● InTER-ACT

InTER-ACT is a 3 x 1 hour session workshop which will be delivered to a whole class.

Interactive Training in Emotional Resilience with ACT (InTER-ACT) is a unique, engaging, evidence-based wellbeing programme for children and adolescents. The programme was developed by Clinical Psychologists, Dr Victoria Samuel and Dr Chloe Constable who have significant training and expertise in supporting young people experiencing a range of psychological struggles.

InTER-ACT is based on principles from the Acceptance and Commitment Therapy (ACT); a rigorously researched and effective approach for increasing resilience and improving wellbeing. ACT gives us skills to respond effectively to difficult thoughts and feelings, so that we can pursue a life rich with purpose and meaning, guided by our personal values.

For more information, visit: *link for leaflet*
<https://interact-programme.co.uk/>

WORKSHOP 1:

THOUGHTS ARE JUST
THOUGHTS

WORKSHOP 2:

PAUSE, OBSERVE, DESCRIBE

WORKSHOP 3:

TAKING STEPS TOWARDS
WHAT MATTERS



● WELLBEING DURING EXAM TIMES

One hour session for whole classes or year groups covering:

Thoughts and feelings associated with exam periods

What anxiety is & why young people experience it

How anxiety can affect performance

Can our thoughts & feelings be controlled?

Turning off the struggle switch

Strategies to manage difficult thoughts & feelings during exams

Signposting and resource list

We have also recorded a version for parents/carers:

<https://www.youtube.com/watch?v=CrulgjNZXHg>



SCHOOL IN-REACH GROUP



Request for Assistance must be submitted for each learner, with confirmation that parents have been fully informed. Learners must be discussed through consultation with education staff and School In-Reach to confirm suitability for the group. Each learner will receive a brief assessment prior to starting the group.

• OVERVIEW

The School In-Reach group aims to support young people with mild to moderate mental health and emotional wellbeing needs.

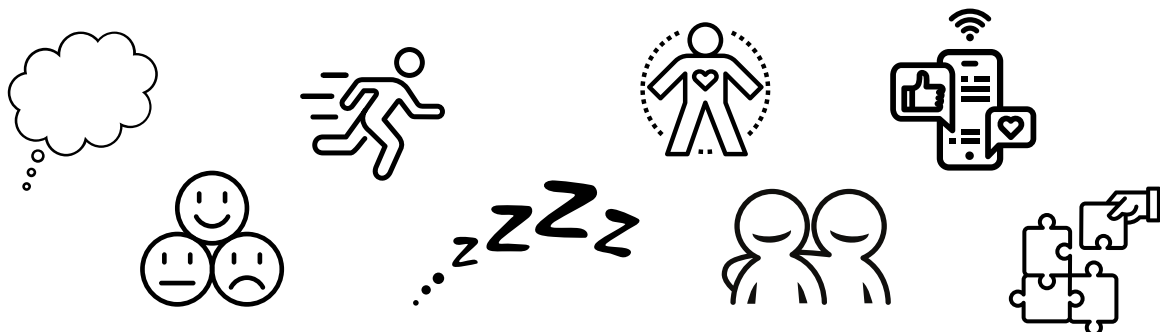
Each of our groups will start with 4 **sessions of psychoeducation where we will discuss thoughts, feelings/ emotions and behaviours.** This is the foundation phase of the group.

Further sessions may include the following topics:

- Sleep
- Body Image
- Social Media
- Friendships
- Problem Solving
- Values

Our groups have been designed to be flexible so we can meet the needs of the learners in the group and requirements of the schools we are working with therefore the number of sessions your young person will be offered may vary however most of our groups would typically be 4 to 8 sessions.

Our groups include activities, videos and group discussions and we encourage young people to participate as much as they feel able to.



SEMI STRUCTURED GROUPS



Small groups of 6-10 learners that utilise creative approaches to support learner's emotional wellbeing. School In-Reach can co-deliver these groups with a member of staff from the education setting who has attended the relevant 3 hour training workshop.

Request for Assistance must be submitted for each learner, with confirmation that parents have been fully informed. Learners must be discussed through consultation with education staff and School In-Reach to confirm suitability for the group. Each learner will receive a brief assessment prior to starting the group.

• TREE OF LIFE

A 6 week intervention Tree of Life is a creative therapeutic activity that can be used as a small group or 1:1 intervention. It can provide children and young people the opportunity to share, with support of an adult, the personal aspects of themselves. It also gives the opportunity to thicken stories of strength and resilience.

Appropriate for all ages.

For more information on Tree of Life visit:
<https://dulwichcentre.com.au/the-tree-of-life/>

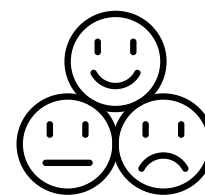


• FEELINGS ARE FUNNY THINGS

A 6 week group based interactive intervention which uses **storytelling** and a PACE (Playfulness, Acceptance, Curiosity, Empathy) approach to deliver a variety of exercises to develop children and young people's emotional literacy and wellbeing. It can be an opportunity to build learners' skills in identifying, managing and communicating their emotions, build confidence and skills in relationships.

Appropriate for all, but particularly Year 5, 6, 7 and 8.

For more information on Funny are Funny Things visit:
<https://stevenkillick.co.uk/feelings-are-funny-things/>



For more information, please contact schoolinreach.cav@wales.nhs.uk