

The Aim:

The programme aims to assist the young person to design and live their lives within a multi-cultural society and have a sense of belonging; be part of the community and know that they are in control of their future. The sessions provide opportunities to explore the individual's challenges and obstacles faced in the transition into adulthood.

Young people often experience the impact and side effects from cross cultural issues, single parenting, exploring their identity, unemployment, seeking a sense of belonging, discrimination, being segregated by society and so forth. During this transition, Young People can and do experience/develop one or more of the challenges below that is to say:

- Being subjected to the pecking order
- Being bullied
- Substance Misuse
- Difficulties with cultural integration in a multi-cultural society
- Lack of a sense of belonging
- Social media
- Mental ill health
- Sexual exploitation
- Poor health
- Experience/A Victim of Domestic Abuse
- Depression
- Anxiety

This then contributes to a young person feeling limited and stunted in working towards their authentic self and their possibilities. The programme will offer one to one Coaching, Counselling or Mentoring as well as the structured programme to work towards diminishing the cycles of social barriers and promote healthy life cycles. Sessions will focus throughout on the art of communication, effective ways of being heard and making informed decisions.

There will be a number of issued based topics to address the needs of the Young people such as Mental Ill Health, Gang Violence, Sexual Health and the Compulsive use/Addiction to Technology. We will utilise Male/Female mentors, facilitators and motivational speakers to part take in designated session that can offer information, advice and guidance from their own experiences. The desired outcome and impact for the Young Persons attending the YPIc programme are as follows:

Desired outcome:

- Developed skills set on how to utilise their learning
- Have a better understanding of their self
- Being accountable
- Increased understanding of behaviour and self
- Improved relationships

Impact:

- Seek and sustain employment
- Access further education, training or placement
- Set SMART goals
- Improve psychological well-being (Evidenced and monitored utilising phq9, HAD, Life wheel and quality of life tools)

Participants will have designed their individual short and long-term Vision Board/Action plan.

YPiC Programme Layout

- 8 weeks' programme
- 2 days per week
- Evenings
- 4:30pm to 7:00pm
- Tuesdays and Thursday
- Assessment includes written consent from parents
- Home work will be given as a part of the psychoeducational group
- Opportunity to apply to Princes' Trust or other similar organisations, Apprenticeships and ETE
- 6 x 1:1 Counselling sessions
- 6 x 1:1 Coaching sessions
- 2 x 1:1 Mentoring sessions
- 7 x psychotherapeutic groups (including talking therapies and alternative therapies)
- 6 x psychoeducational groups (two divisions-health and well-being innovation)
- 1 x graduation ceremony
- 1 x day trip

The Programme will consist of group sessions covering:

- Exploration of Self (developing self-awareness and building self-confidence to enable participants to learn and grow towards and achieving a fulfilled life)
- Transition into Adulthood (to improve the potential for achievement by the participants in the move to post-school activities, or post-worklessness, including: living skills, further education, employment and participation in the community)
- Managing Emotions (learning that it matters it matters how and when the participants express their feelings and to develop the ability to react to stressful situations in productive and positive ways.)
- Owning Yourself (enabling participants to find acceptance and validation from themselves, as opposed to things and negative influences around them.)
- Future Work, Education and Prospects (developing participants to have educational and work related goals and ambitions to achieve, so they can develop and make a contribution to the community.)
- Managing Life in a Changing and Digital World (enabling participants to self-manage the very real impact and risks the digital world can have on young people's mental health and wellbeing.)

Prices start from £600

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