



Summerhouse Services

'Supporting Brighter Futures'



Developing Resilience In Free Thinking Spaces

Programme Evaluation and Testimonies

Original Outcomes

- 1 Understand and have a positive awareness of general mental health and its relationship to resilience levels, from a holistic perspective.
- 2 Have a safe space in which to explore mental health issues e.g. Self Harm, Eating Difficulties, Anxiety and Low Mood and Low Self Esteem.
- 3 Identify the possible causes and effects of stress and its impact on health.
- 4 Practice a range of coping techniques to deal with potentially stressful situations.
- 5 Know how to maintain and support personal mental health and resilience in creative and fun ways.
- 6 Make new friends and develop effective social and communication skills.
- 7 Know where to find appropriate sources of help and how to self refer.
- 8 Understand how to be a supportive friend and how to practice self care within that.

The young people that engaged in the programme were invited to offer constructive feedback throughout the weeks to help shape and modify DRIFTS to offer a best fit for their needs. Anecdotal feedback was sought at the half way stage and at the end of the programme an informal evaluation process took place.

Half Way Anecdotal Evidence

'It is helping me to learn different things that can help me but it is really fun too!' (16 years)

'It is really really supportive and I like the activities.' (13 Years)

'It is great and I feel more confident to join in and I have learnt to work in groups.' (14 years)

'I am really enjoying DRIFTS, I look forward to it every week' (13 years)

'It is very supportive and I have learnt things that I can use in school to help me and when I am older' (15 Years)

'I don't find people so scary any more' and I really liked the activities about stress' (14 Years)

'I really like all the different things we do in DRIFTS, it is funny and I want to do it next term too' (13 Years)

'I understand a lot more about what resilience is and I enjoyed having a go at different things that can help it.' (15Years)

'I think DRIFTS should be all over the world !' (12 Years)

'I feel more comfortable talking to people I don't know and I have made new friends.' (16Years)

Evaluation Results From End Of Programme Reflection

The group were asked to state whether they agreed , disagreed or were not sure about whether they had achieved the above outcomes. Results are as follows:-

Outcome Number	Agree	Disagree	Not Sure
1	79%	4%	7%
2	100%		
3	98%		2%
4	100%		
5	73%	6%	27%
6	85%		15%
7	79%		21%
8	82%		18%

Company Number
13427929

Feedback Was Also Sought From Parents and Carers.

'I would like to express a huge gratitude to you for creating this beautiful training programme. As a counsellor of young people I find this absolutely necessary and amazing.'

'Thank you for all you do for my daughter. It is a fantastic programme'

"Thank you for this fantastic programme. It has really helped (Young Person's name) confidence."

'My Son struggles with anger issues and since doing DRIFTS has less angry outbursts and is calmer and happier in himself.'

Formative Feedback

The only suggestions that were offered from the young people for changing or modifying the programme are that 'a few of the activities were a bit young' (15 years) and from one of the younger ones, 'I didn't like it when you mentioned self harm' (11 Years). In light of this and after consulting with the group, the age ranges for DRIFTS will now be modified to Year 8 - 11, as the potential youngest cohort. A separate, shorter programme is currently being written for Year 6 & 7 to address this feedback and also enhance the support these young people receive in transition to secondary school.

General Observations From The DRIFTS Team

Over the course of the programme, it was noticed that the young people became increasingly confident and happy to talk and participate in the activities on offer, as well as to share that they had tried practicing some of the strategies outside the sessions. A number of the young people actively took on board the ideas and concepts within the sessions and on a number of occasions, approached various members of the team for one to one brief listening support, or to ask for help in how to express themselves appropriately to their peers, teachers and parents about various issues.

While some of the group did not necessarily have the self awareness to put words to what benefits they had received from the programme, e.g. 'I really enjoyed DRIFTS and found it helpful but I'm not sure why', it was apparent to the team that those young people were also markedly more confident and assured in their behaviour, were able to work in groups and manage their own behaviour more appropriately and were generally happier and calmer in themselves.

This was clearly evidenced by one young person who has severe Dyslexia and at the beginning of DRIFTS flatly refused to attempt anything that may have involved even a small degree of simple reading. By the last session of DRIFTS however, they had progressed to a place where they felt happy to volunteer to stand up in front the group and read out several cracker jokes without filters, coloured paper and with minimal help.

There is also reason to believe, from third party feedback, that for some young people in the group who were struggling with issues such as self harm, anxiety and panic attacks, they have in some instances either deescalated or ceased to experience these difficulties after finishing DRIFTS and have also shown marked improvements in general behaviour. While there may not be a correlation between having participated in the programme and improvement in these struggles, the therapeutic, positive and accepting environment that the programme creates may have had some bearing on this.

Footnote

As the creator of the DRIFTS programme, that I originally thought of 6 years ago, I would like to share my happiness that the evidence now shows that what we offer through DRIFTS provides those that access it with real, practical and relevant help, in a safe, supported and enjoyable environment, to build resilience and thereby develop and sustain positive mental health. A senior manager for the South West Regional Branch of a National Children & Young Person's Support Charity summed it up in December 2022' *This is a brilliant programme and has never been so needed. Thank you.'*

Penny Logsdail
Director