



BELIEVING IN YOUNG PEOPLE









A social enterprise that is passionate about providing accessible support for young people in education, training  $\delta$  employment to foster emotional wellbeing  $\delta$  resiliency.

We work systemically,  $\Sigma$  with an early intervention ethos by creating 'Mind Space' so young people are supported  $\Sigma$  believed in to achieve their aspirations.



#### **OUR MISSION**

- ★ To enhance emotional wellbeing of young people.
- \* To promote education, training & employment opportunities for young people experiencing mental health & emotional wellbeing difficulties.
- \* To recognise, positively support & influence the systems orbiting young people with emotional & mental health needs.

#### OUR VALUES

- \* Empowering: We encourage autonomy & we will promote the development of 'Innovating Minds' by listening to the voices of our community members.
- \* Inclusive: We will work with the people & systems influencing young people's lives.
- \* **Dynamic:** We are flexible, responsive & creative.
- **Excellence:** We will provide a first class, transparent &parpial innovative service, deliver evidence-based interventions &parpial continue to evaluate our programmes.

## OUR VISION

A world where young people with emotional & mental health needs are supported to achieve their aspirations.

WHAT MAKES US UNIQUE?

- We use an early intervention model, using specialist support (psychologists, counsellors & creative therapists) to provide bespoke services in education.
- \* Our 'Mind Space', where we create & nurture a safe space to work collaboratively towards emotional wellbeing.



## OUR SERVICES











## THE GALAXY

#### ENHANCING EMOTIONAL WELLBEING

A healthy school approach to promoting the health and wellbeing of all pupils in the school, with priorities identified and a clear process of 'planning, doing and At Innovating Minds we share this view, our passion is to enhance mental health  $\delta$  emotional wellbeing for young people in education. We provide a bespoke support package so we can work collaboratively with an early intervention ethos.

#### SERVICES FOR:

A dedicated & experienced Mind Space facilitator will work within the education facility.



There are things that schools can do...to intervene early and strengthen resilience, before serious mental health problems occur.

Dept. of Education



#### STUDENTS

- \* One to one sessions: Short term δ long term therapy.
- ★ Lunch time drop in sessions.
- \* Working within the classroom:

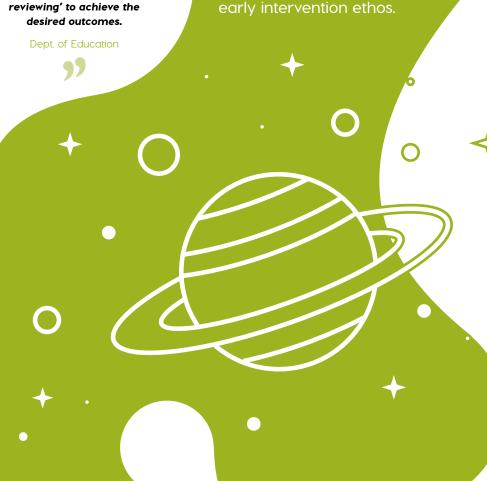
  To provide the student & teacher support (effective for students experiencing social anxiety, attendance difficulties).
- \* Facilitate group programmes: e.g. enhancing self-esteem, stress & anxiety management.
- \* Student peer support groups: Led by the students & assisted by the facilitator.
- Brief information sessions: Promoting emotional wellbeing.

#### CAREGIVERS

- \* One to one family support: Short term & long term support.
- \* Peer support sessions: Led by the caregivers & assisted by the facilitator.
- ★ Information Sessions: e.g. How to support young people with stress, recognising signs of emotional distress.

#### TEACHERS

- \* A Mind Space: To support their emotional wellbeing & provide a space for reflection.
- \* Consultation support: Supporting teachers within the classroom by providing recommendations & techniques.
- ★ Continued Professional Development Training.
- ★ Support with SEAL & PSHE lessons.
- ★ Supporting safeguarding procedures & Common Assessment Frameworks.
- ★ Liaison with external agencies (CAMHS, GPs).
- \* Working systemically: Working with the senior leadership team to promote a culture that develops emotional wellbeing δ resiliency.
- Support on special occasions: Parents evening & exam results day.



#### DESIRED OUTCOMES

- ★ Improvement in engagement with learning.
- \* Academic achievement.
- \* Improving wellbeing & resilience.
- ★ Raising awareness of mental health difficulties.
- \* Reducing stigma.
- Reduction in behaviour that challenges.
- ★ Increase in school attendance.
- ★ Parents feel supported.
- ★ Promoting staff support & emotional wellbeing.



Promoting good mental health is the responsibility of all members of school staff and community.

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#### EXAM STRESS MANAGEMENT

Schools can promote their pupils' mental health by an ethos of setting high expectations of attainment for all pupils with consistently

applied support.Dept. of Education

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Our experts can help students develop their awareness of stress, & equip them with skills to manage exam stress. We create 'Mind Space' to provide a platform for students, teachers & carers to gain individual & group support. This resource represents a valuable package to support students achieve their aspirations.

#### WHAT WE NEED FROM YOU

- **\* A Mind Space:** A dedicated room that is accessible.
- \* A champion.
- $\bigstar$  Access to school data: To aid the analysis of impact  $\Xi$  outcomes.
- \* Flexibility within the timetable: the school needs to provide students & teachers the opportunity to access the Mind Space.



- ★ Level 1: Orientation to exam stress.
- ★ Level 2: 'Awareness & Management of Exam Stress' (12 students per group max).
- ★ 1:1 Support: Students experiencing high levels of stress.
- ★ Peer support groups: Led by the students & assisted by the facilitator.



#### CAREGIVERS

- ★ Information sessions: e.g. Exam stress, effects it can have, how can we support our children.
- \* **Peer support sessions:** Led by the caregivers & assisted by the facilitator.

#### TEACHERS

- ★ Training Session on exam stress management.
- **★** Consultation support.

#### METHOD OF DELIVERY

- ★ We will use innovative resources that students can keep.
- We will be engaging, we will make an impact, & we will incorporate a range of learning styles.
- ★ We will be flexible & responsive to feedback.
- We will provide a safe & containing space to aid reflection, discussions & learning.





- ★ Quantitative Data: A variety of valid & reliable assessments.
- ★ Qualitative Information: Feedback from students, caregivers & teachers.
- School Data: e.g. predicted grades vs grades obtained, attendance to exams.

#### DESIRED OUTCOMES

- To develop an awareness & understanding of exam stress.
- ★ To help students achieve their predicted grades.
- \* To reduce the level of emotional distress experienced by students, carers & teachers.
- \* For carers to feel that they are supported & equipped to support their child with exam stress.





DO STUDENTS

I used my flash card before entering the exam, it helped me to relax.

Henley High School

The one-to-one session was really helpful.

The student enquired whether this support would be available again.

What did you

find most helpful

How to handle exams
in a relaxing way

99

What did you find most helpful

Suggestions for coping with stress

99

What did you find most helpful

Identifying stressful thoughts, talking

99

**66** uld you

Would you use any of the techniques?

Breathing techniques, create a timetable, use music When do you need this support to start?

66

ASAP, before and during my exams

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## SHOOTING STARS

ENHANCING EMPLOYABILITY SKILLS

OVERCOMING BARRIERS IN EDUCATION, EMPLOYMENT & TRAINING

For those in the 14-19 years age group, employers believe schools & colleges should be prioritising development of employability skills.

CBI, Education  $\boldsymbol{\delta}$  Skills Survey

We offer a range of workshops that develop self-awareness, problem solving skills, interpersonal interactions  $\Sigma$  emotional wellbeing. All of these are essential skills to help our shooting stars achieve their aspirations in the world of education, training  $\Sigma$  employment.





#### CYCLE OF CHANGE

- \* Setting & Achieving Goals.
- ★ Enhancing Motivation.

#### GETTING TO KNOW YOURSELF

- ★ Self Awareness Skills.
- ★ Self Esteem.
- ★ Self Confidence.

#### SKILLS DEVELOPMENT

- ★ Enhanced thinking skills (i.e. problem solving, perspective taking).
- ★ Social Skills: Growing your people skills.
- ★ Mindfulness.
- ★ Emotional Awareness.
- ★ Managing Intense Emotions.

#### FUTURE PLANNING

- Transition Support (i.e. managing demands δ expectations, managing social anxieties).
- \* Stress Management Support.
- \* Reviewing Goals & Planning Ahead.





## TRAINING STATION

Our experts share their knowledge to develop awareness of mental health  $\boldsymbol{\alpha}$  emotional wellbeing. We will also share our skills to equip delegates so they can intervene  $\boldsymbol{\alpha}$  support each other.

We create the 'Mind Space' where students, teachers & leaders can engage in active discussions & exercises to enhance their learning experience.

We don't just deliver the training; we will also **support you to apply** the knowledge  $\alpha$  skills.



- ★ Building & Maintaining a Rapport with Students.
- ★ Argghh I'm Too Stressed, What Can I Do?
- \* Mindfulness Awareness & Practice.
- \* What is this Self-Awareness & Reflection All About?
- ★ Understanding Emotions.
- \* Understanding & Managing Behaviour that Challenges.
- ★ Exam Stress Awareness & Support.
- \* Understanding Emotional Wellbeing & Mental Health.
- ★ Supporting & Managing Emotional Wellbeing & Mental Health.
- ★ The Victims: The 'Bully' & 'Bullied'.
- $\star$  Abuse: Understanding & Dealing with the Effects.



Training is tailored to meet the needs for primary, secondary schools, colleges  $\boldsymbol{\epsilon}$  universities.

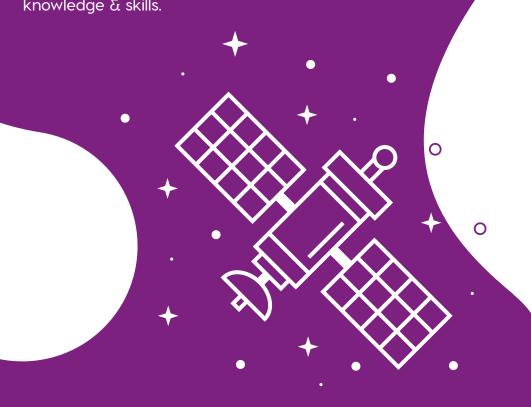
## SUPPORTING THE APPLICATION OF KNOWLEDGE & SKILLS

- ★ Consultation support.
- ★ Facilitate formulation sessions so as a team we can think widely about the difficulties to generate solutions.

- \* Understanding & Supporting Students with Self-Harm.
- ★ Awareness of Eating Disorders.
- ★ What is This Flight or Fight All About? Anxiety.
- ★ 'Too Young to Be Depressed': What's This All About?
- Legal Highs, Illicit Substances
   & Alcohol Use.
- \* Sexual Relationships & Risky Behaviour.
- Safeguarding from Radicalisation
   Extremism.
- ★ Sexual Exploitation Awareness.

\*This is not an exhaustive list.





# BUILDING YOUR MIND SPACE

We create bespoke services so you can incorporate the programmes to develop your Mind Space package.

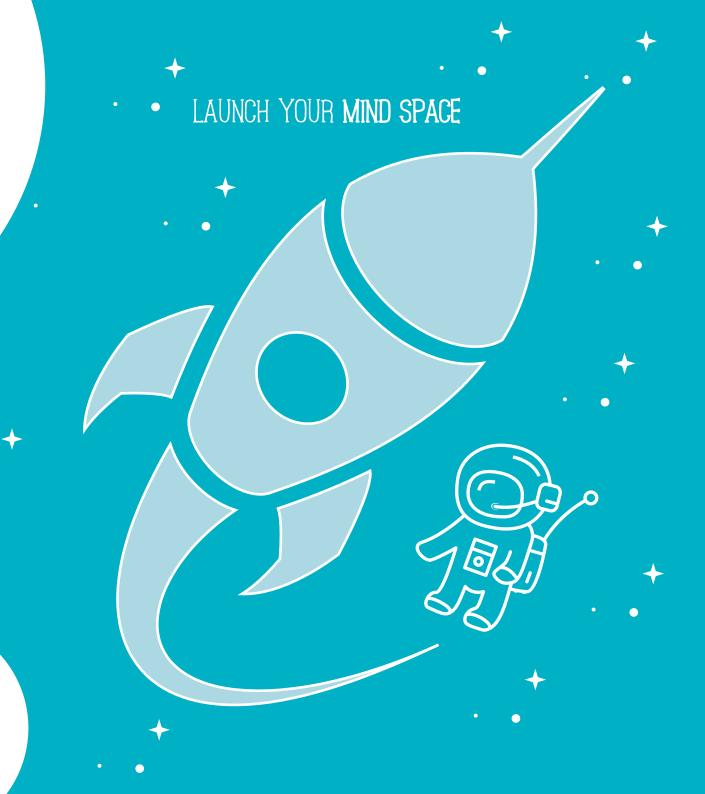
If you require additional services please contact us,  $\boldsymbol{\epsilon}$  we will do our best to accommodate your needs.



#### FIND OUT MORE

Contact our team to discuss your requirements.

- www.innovatingmindscic.com
- **≥** info@innovatingmindscic.com







#### **Innovating Minds CIC**