

MINDOUT

Promoting Positive Mental Health: A Programme for young people 14 -18

SYNOPSIS:

MINDOUT takes a positive approach to the promotion of emotional and social health amongst all young people, viewing mental health as a resource for everyday living and without necessarily referring to mental illness.

The emphasis is on the wide and varied range of strategies available to young people to cope with stressful or challenging situations from personal coping skills to informal networks of support to professional or voluntary support services.



**This internationally acknowledged programme is aimed at
reducing and diverting young people away from anti social
behaviour**

COURSE CONTENT:

- How young people cope
- Is it the same for boys and girls?
- Group support
- Managing Emotions – Dealing with anger and conflict
- Positive self-talk
- Dealing with rejection and depression
- Getting help
- Stress spotting
- Mope, Hope or Cope

CONDITIONS FOR SUCCESS:

- **Facilitator training** – MINDOUT can only be delivered by those having attended a preparatory training session
- **Designed for 14-18 year olds** with three booster sessions carried out later in the year
- **Content** – not a stand alone module, should be integrated into wider social programmes
- **Session time** – recommended that each session be carried out over at least a 90 minute duration, to try and avoid valuable discussion being disrupted
- **Parental involvement** – parents could be invited to attend an evening event looking at different ways to which they can contribute to the promotion of positive mental health in their young people
- **Guidelines** for dealing with difficult situations
- **Ensure resources available** for follow-up, eg, contacts and helplines etc

MINDOUT [One Day] TRAINING PROGRAMME

9.30 – 9.40	Introductions and Aims for the Day
9.40 – 10.00	Origins and rationale of MINDOUT
10.00 – 10.30	Step by Step through the MINDOUT resource*
10.30 – 10.45	BREAK
10.45 – 12.30	Step by Step through the MINDOUT resource*
12.30 – 1.30	LUNCH
1.30 – 2.15	Step by Step through the MINDOUT resource*
2.15 – 3.20	Stress Awareness and Management #
3.30	EVALUATION & CLOSE

Authors Note:

* *During this period, candidates will experience the activities they will be facilitating to their groups and voice any queries they may have.*

The Trainer (Beth Gibb) - feels that participating individuals should be given something for themselves during the course of the day and which also enhances the participants' delivery of the MINDOUT resource.



Beth Gibb, Principal Trainer is the sole independent provider of this programme, having been trained by Galway University, whom created the resource. The programme has been presented to over 120 Teachers in various parts of Northern Ireland with excellent feedback, both of the training and the resource provided.

This internationally acknowledged programme is designed to be *facilitated* by Teachers and Youth Workers who already have a rapport with groups of young people

For further information and access to the MINDOUT resource, contact

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