

Mellow for Young People Programme Logic Model

Purpose/Goal: To improve young people’s mental health, emotional wellbeing, and confidence by providing a safe, structured, and strengths-based programme that supports emotional awareness, healthy relationships, and positive identity development during adolescence.

INPUTS:

MYP practitioners’ manuals/ resources
 Evidence-based theoretical framework (attachment, adolescent development)
 Trauma sensitive & responsive based group model
 Structured young person sessions
 IT equipment i.e. laptop/tablet and monitor
 Safe, welcoming programme space
 Food, transport, and timing flexibility
 Evaluation tools aligned with the Mellow Parenting Framework
 Implementation policies, procedures and guidelines

MELLOW ACTIVITIES:

Training Coordination
 Deliver 1-day training to practitioners
 Training evaluation
 Certificates
 Reflective Consultation & Accreditation support

PRACTITIONER ACTIVITIES:

Recruitment of Young People
 Preprogramme strengths are identified
 Pre-Evaluation
 12-sessions, 2-hour group-based sessions or 12-sessions, 1-hour 1 to 1 sessions
 Post-evaluation
 Reflective Consultation & Accreditation
 Mellow Parenting ongoing learning is accessed.

STRATEGIES:

Strength-based support
 Emotional containment & regulation techniques
 Strategies to reduce anxiety & stress
 Facilitated peer support
 Reflective Practice
 Non-Didactic Approach
 YP Focused Self-care Activities

PROGRAMME STRUCTURE:

12-sessions, 2-hour group-based sessions or 12-sessions, 1-hour 1 to 1 sessions
 Therapeutic discussions on stress, relationships, confidence, and well-being
 Psychoeducation on young people’s physical, social and emotional development, routines, warm boundaries, and co-regulation
 Supported young person activities
 Individual young person journals
 Peer support and group bonding.

OUTPUTS:

Increased capacity for practitioners to deliver Mellow
 YP attend at least 75% of sessions
 Have a Go Activities completed by YP
 increased opportunities for the Young People to engage positively with schools, community and adults
 YP practicing new emotional regulation strategies
 Improved mental well-being (WEMWBS)
 Increased pro social behaviour (SDQ)
 Improved self-compassion (SCS-Y)
 Increased self-esteem (RSES)

OUTCOMES:

Short- Medium term:

Improved mental health of the YP
 Increased YP confidence and self-belief.
 Improved understanding of adolescent phase of development.
 Reduced feelings of isolation among YP
 Improved emotional regulation
 Greater awareness of personal hotspots and reflective capacity.

Long term:

Improves YP, reflective capacity.
 Stronger family relationships and increased resilience.
 Leads to healthier relationships, improved family resilience, and long-term positive outcomes.

Assumptions:

1. All resources for effective programme delivery are available (Funding, Human resources, Training and Supervision)
2. There are sufficient services with trained practitioners that provide support for meeting the complex needs of young people and families.