



Young People Group or one-to-one

12 Weekly Sessions

Mellow for Young People aims to improve young people's mental health, well-being and confidence by supporting them to explore and build healthy relationships within a safe, supportive and nurturing setting. Flexible delivery model: group and one-to-one intervention.

The materials include topics specific to YP some of these are: YP's brain development. The importance of feelings and emotions. YP's world and their relationships. Using videos, quizzes, crafts and discussions as a way of engaging and facilitating change. The YP are encourage to reflect on themselves and their relationships, share experiences, and create bonds with other participants.

The sessions are designed to help YP feel safe, comfortable, and contained. Each participant receives a logbook detailing their learning, enabling their key supporters to develop a clear understanding of the content and learning experience.



Young People Voices, 2024

The Training

1-Day in person training on a group of up to 10.

1-Day online training on a group of up to 6.

Facilitator's manual, YP's logbook to follow the programme and for participants to record their journey.

Learning Outcomes

- Coaching in Mellow's approach to group work, relationship-focused approach, guidance on how to provide a whole-family support using Mellow's Practitioners Resource Bag.
- Opportunities to practice session delivering. Gaining confidence about the structure, aims, and delivery methods used in the programme.
- Learn how to help young people to better understand themselves, their health and wellbeing, emotions, relationships and behaviours, while addressing broader challenges such as returning to school or other education settings, reducing conflict, managing peer or family issues, and diverting from prosecution.
- Explore how the programme can be delivered to address inequalities and help narrow the attainment gap for young people. Understand how to adapt your delivery style to support young people with a variety of support needs to successfully participate in the programme.

Research and Evidence

100% of the participants agreed or strongly agreed with the statement "I enjoyed taking part in the mellow group"

84.6% of the participants agreed or strongly agreed with the statement "I found the activities relating to how my mind and brain work helpful"

64.3% of the participants agreed or strongly agreed with the statement "I have made friends through this group" and **85.7%** of the participants agreed or strongly agreed with the statement "I would like to keep in touch with the other group members".

83.3% of the participants agreed or strongly agreed with the statement "Mellow For Young People has helped me identify what is important to me"

91.67% of the participants agreed or strongly agreed with the statement "This group has helped me to identify my personal strengths"