

# Mellow Caring for Young People Parenting Programme Logic Model

**Purpose/Goal:** To strengthen relationships between parents/caregivers and young people (aged 11+), reduce isolation, and improve family wellbeing and resilience.

## INPUTS:

MCFYP practitioners' manuals/ resources

Theoretical framework grounded in attachment and social learning theory

Trauma sensitive & responsive based group model

Structured parent/caregiver 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:

Recruitment of practitioners

2-day training of practitioners

Training evaluation

Reflective Consultation & Accreditation

Certificates

## PRACTITIONER ACTIVITIES:

Recruitment of parents/caregivers

Preprogramme family strengths are identified

Pre-Evaluation

Post-evaluation

Reflective Consultation & Accreditation

Mellow Parenting ongoing learning is accessed.

## STRATEGIES:

Strength-based support

Emotional containment

Facilitated peer support

Reflective Practice

Facilitated peer support & empowerment

Strategies to reduce anxiety and depression

Strength-based video feedback

Barrier reduction

## 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

1 to 1 parent-child video feedback

## OUTPUTS:

Increased capacity for practitioners to deliver Mellow

Parents/caregivers attend at least 75% of sessions

Have a Go Activities completed by parent/caregivers

Video feedback sessions conducted (where possible)

increased opportunities for the young person to engage positively with caregivers

Parents/caregivers practicing new communication strategies with young people

Improved parent/caregiver young person relationship (Tunnel) & (PARS)

Improved mental wellbeing (WEMWBS)

Increased pro social behaviour (SDQ)

## OUTCOMES:

### Short- Medium term:

Improved mental health and wellbeing of the parent/carer

Increased parent/caregiver confidence and self-belief.

Improved understanding of adolescent phase of development.

Reduced feelings of isolation among parents/caregivers.

Strengthened parent/caregiver communication skills with their young person.

Greater awareness of personal hotspots and reflective capacity.

### Long term:

Improves parental wellbeing, reflective capacity, and attuned interaction.

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 children and families.