



Summerhouse Services

'Supporting Brighter Futures'



Developing Resilience In Free Thinking Spaces

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Programme Evaluation and Testimonies - 2021 - 2022

Original Outcomes

- 1 Understand and have a positive awareness of general mental health and its relationship to resilience levels, from a holistic perspective.
- 2 Have a safe space in which to orbitally explore mental health issues e.g. Self Harm, Eating Difficulties, Anxiety and Low Mood and Low Self Esteem.
- 3 Identify the possible causes and effects of stress and its impact on health.
- 4 Practice a range of coping techniques to deal with potentially stressful situations.
- 5 Know how to maintain and support personal mental health and resilience in creative and fun ways.
- 6 Make new friends and develop effective social and communication skills.
- 7 Know where to find appropriate sources of help and how to self refer.
- 8 Understand how to be a supportive friend and how to practice self care within that.

Some Of The Things Young People Have Told Us About Doing DRIFTS

'Thank you for providing food every week with absolutely no pressure to eat it. For those of us that don't eat enough and find it scary, it has given us the chance to practice eating something in a non pressured, relaxed environment.' (Week 8. This young person had in the past been hospitalised for Anorexia.)

'It is really, really supportive and I like the activities...I can concentrate for the whole session !' (15 Years)

'I never eat lunch at school as I am too self conscious, so I like having free food in DRIFTS every week in a space' where I feel comfortable' (16 Years. Experienced de-escalation in social anxiety)

'I really enjoy DRIFTS and look forward to it every week. It really helps me; I don't know why but it does. I just come along and listen and sometimes I join in and sometimes it seems like nothing much happens but it really helps me...It is really fun too' (13 Years. 2 of the young person's family have shared that since doing DRIFTS, they have stopped self harming and are markedly more confident)

'It is very supportive and I have learnt things that I can use in school to help me and when I am older' (15- Quiet & withdrawn at start of DRIFTS and has now signed up to be a young DRIFTS volunteer and Summerhouse Young Ambassador)

'It is like magic; since doing DRIFTS I have started putting my hand up a lot more in class and joining in.' (12 Years. 3 weeks into DRIFTS)

'I think DRIFTS should be all over the world and I want to do it forever!' (12 Years !)

'I feel more comfortable talking to people I don't know and I have made new friends.' (14 Years)

Evaluation Results From End Of Programme Reflection

The groups were asked to give feedback in response to the above outcomes. Results are as follows:-

Outcome Number	Agree	Disagree	Not Sure
1	70%	5%	25%
2	100%		
3	98%		2%
4	100%		
5	73%	6%	27%
6	85%		15%
7	85%	5%	10%
8	82%		18%

Company Number
13427929

Feedback Was Also Sought From Parents and Carers.

'I would like to express a huge gratitude to you for creating this beautiful training programme. As a counsellor of young people I find this absolutely necessary and amazing.'

'Thank you for all you do for my daughter. It is a fantastic programme'

"Thank you for this brilliant programme. It has really helped (Young Person's name) confidence."

'My Son struggles with anger issues and since doing DRIFTS has less angry outbursts and is calmer and happier in himself.'

Formative Feedback

The only suggestions that were offered from the young people for changing or modifying the programme are that 'a few of the activities were a bit young' (15 years) and from one of the younger ones, 'I didn't like it when you mentioned self harm' (11 Years). In light of this and after consulting with the groups, and families, the minimum age group age to access DRIFTS will now be modified to Year 9, with a separate, shorter programme now being written (SURFS) for Years 6 - 8 to address this feedback and also enhance the support these young people receive in transition to secondary school.

General Observations From The DRIFTS Team

Over the course of the programme, it was noticed that the young people became increasingly more confident and happy to talk and participate in the activities on offer, as well as to share that they had tried practicing some of the strategies outside the sessions. A number of the young people actively took on board the ideas and concepts within the sessions and on a number of occasions, approached various members of the team for one to one brief listening support, or to ask for help in how to express themselves appropriately to their peers, teachers and parents about various issues.

While some of the group did not necessarily have the self awareness to put words to what benefits they had received from the programme, e.g. 'I really enjoyed DRIFTS and found it helpful but I'm not sure why', it was apparent to myself, the team and parents and carers, that those young people were also markedly more confident and assured in themselves, were able to work in groups and manage their own behaviour more appropriately and were generally happier and calmer in demeanour.

This was clearly evidenced by one young person who has severe Dyslexia and at the beginning of DRIFTS, flatly refused to attempt anything that may have involved even a small degree of simple reading. By the last session of DRIFTS however, they had progressed to a place where they felt happy to volunteer to stand up in front the group and read out several cracker jokes without filters, coloured paper and with minimal help and recently read the lyrics from a whole song in French in front of the whole group at the end of programme party and talent show.

There is now also both direct and third party evidence illustrating, that for some young people in the groups who were struggling with issues such as self harm, eating distress, low mood, social anxiety and panic attacks, they have in some instances either deescalated, or ceased to experience these difficulties and have also shown marked improvements in general behaviour and relationships with peers and adults. Young people, parents and carers have linked these benefits directly to coming to DRIFTS and other short workshops from Summerhouse Services. (See quotes on first page) As a clinician from CAMHS fed back this year DRIFTS is ' Providing a skilfully written, generic, safe and fun space, where young people can take the risk to facilitate change for themselves without the need to pathologise them.'

Footnote

As the creator of the DRIFTS programme, (6 years in the making) I would like to share my happiness that the evidence now shows that what is offered through DRIFTS and Summerhouse Services truly provides those that access services practical, relevant help and the potential to heal and build resilience in a safe, supported, autonomous and enjoyable environment and all **UNDER THE PROTECTION OF A GENERIC GROUP OFFER that IS NOT therapy (Please note we never target audiences with specific issues for any of our services).**

Penny Logsdail - Director and DRIFTS Lead Facilitator