



**A Preventative, Supportive, Student-Centred and Fun Resilience Rollercoaster Ride and Social Space For ANY Young Person In Years 9 – 13 Inclusive (A 20 Hour Weekly Programme)**

**Standard Fee To Schools - £900 for up to 16 Students All Inclusive**

Apply for up to £4000 funding for any of our services for your school through Now and Beyond

**Now and Beyond**  <https://nowandbeyond.org.uk/apply>

**Aim** - Have a safe, generic, supported and social space in which to have fun and make friends, explore personal understanding of resilience and mental health and acquire a toolkit of techniques with which to promote and sustain resilience and mental health. **(Offering a therapeutic space that IS NOT counselling!)**

**Outcomes**

- Understand and have an awareness of general mental health and its relationship to resilience levels, from a holistic perspective.
- Have a safe space in which to explore mental health issues in an orbital, student-centred manner.
- Identify the possible causes and effects of stress and anxiety and its impact on health.
- Practice a range of coping techniques to deal with potentially stressful situations.
- Know how to maintain and support personal mental health and resilience in creative and fun ways.
- Make new friends and develop effective social and communication skills.
- Know where to find appropriate sources of help and how to ask for help safely.
- Understand how to be a supportive friend and how to practice self care within that.

**Context**

Resilience levels are a key factor in the maintenance of general mental wellbeing and the ability to cope with the ups and downs of life. Research from National Mental Health Organisations e.g. MIND, Young Minds, Samaritans, together with formal and informal consultation with individuals and groups, reveal that low resilience levels contribute significantly to the development of a range of mental health difficulties e.g. self-harming behaviour, eating difficulties, anxiety, low mood etc.

**DRIFTS has been created as a GENERIC programme (we do not target audiences)** that can be accessed easily, to address the underlying causes of mental health difficulties in a safe, supported, enjoyable and 'protected' way. The approach is a creative blend of the base principles of person-centred counselling and outcome-led facilitative training practice, with the emphasis on supported participation, small and large group work, creative and fun-based activities and positive social interaction. Worker to group member ratio = 1 worker to every 4 participants.

**DRIFTS is not therapy, counselling, a parenting programme, or youth group**, but a supported personal resilience, mental health promotion and social skills development programme. All workers are comprehensively trained in the DRIFTS orbital supportive approach and safe working procedures. The nature of the content and the neutral, empathic, fun, free and supportive environment offered by the DRIFTS Team naturally promotes change and healing in different degrees. After 12 months of delivery, direct and third party evidence now shows this may avert the need for some to engage with clinical mental health services, provide a complimentary, supportive interim space for a person that may be on a waiting list for other services, or simply provide a fun, confidence building, motivational and social space for others.

DRIFTS is brought to you by Summerhouse Services; a Plymouth based not-for-profit organisation dedicated to the holistic promotion of mental health for children, young people and those that inhabit their world, through a range of person-centred, orbital, creative and unique training and support services. We offer face-to-face and virtual options for all services and work locally and nationally in response to need.



[www.summer-house.org](http://www.summer-house.org)  
Company Number 13427929

