I am RESILIENT

The Resilience Programme from Prospects
What is Resilience?

- Adapting well when feeling stressed
- Bouncing back from difficult experiences
- Learning to cope with emotions
- Developing trusting relationships

Resilience can be learned.

It is not something young people either have or don’t have, resilience is an asset to be nurtured. Resilience can be developed through experience, by learning to adapt positively to adversity and challenges.

The Prospects I am Resilient Programme is designed to aid the development of resilience in young people from any starting point.

Why Resilience is Vital

Statistics show a rise in drug and alcohol use, unemployment, mental health, poverty, imprisonment and family breakdown. Tackling these issues head-on prevents future costs overwhelming communities and benefits young people, their families and wider society. The wellbeing of young people throughout the UK is now at the forefront of policy and bridging the resilience gap brings short term and long term benefits.

- 1.1 million young people aged 12 –17 are addicted to drugs of some kind
- 11.1% people aged 16 –24 are not in employment, education or training (NEET)
- 65% of young people do not seek help
- 1 in 10 young people aged 5 –16 have a mental illness*

*Statistics based on data from various sources.
Learning to be Resilient

Many factors contribute to building resilience including caring and supportive relationships.

The Prospects I am Resilient programme nurtures relationships. These relationships are at the heart of our practice and are between young people and trusted adults who have resilience methodology embedded into their practice. The adults I am Resilient works with are provided with training and the right tools to enable young people to cope better with and learn from tolerable adversity and challenge.

The I am Resilient programme is aimed at young people with low levels of resilience in one or more of the following areas:

- Lifestyle
- Self
- Future
- Relationships

Prospects I am Resilient achieves through engaging, mentoring-centred programmes working with and training young people, families and partners to develop resilience.

What Prospects offers

The Prospects I am Resilient programme is an individualised programme which can be adapted to the needs of individual families, schools and academies, multi academy trusts, local authorities, local enterprise partnerships (LEPs). The I am Resilient programme supports young people aged 6–24 years old.

I am Resilient programmes offer:

- Safe and secure environments for young people and families to learn and develop resilience to cope with adversity and challenge
- Comprehensive training for professionals and parents working with young people to help them build resilience
- Assistance to building resilient communities
- Clear and measurable results demonstrating resilience before, during and after the I am Resilient programme.

Programmes can be designed to meet your needs.

- The I am Resilient programme is flexible and offers the following elements: Professional training and resilience development for key staff within an organisation delivering the programme, covering resilience, the resilience compass assessment tool and resilience mentoring frameworks ensuring resilience can be embedded in future work
- Bespoke group mentoring session plans covering prevalent issues offering support at every stage
- Bespoke one-to-one mentoring programme for key staff providing ongoing assistance throughout the lifetime of the programme
- Access to I am Resilient app for key staff, mentors and young people
- I am Resilient young people and parent resilience mentoring programme looking at relationships, lifestyle, education and future to support individual families
- Professional development training for companies, schools and multi-academy trusts in resilience leadership/management
- Parent nights focused on teaching resilience at home for schools and local authorities to provide early intervention and prevent long term issues.
- Full programme evaluation giving you a clear return on investment.
What Prospects offers

Example:

- Professional training and resilience development for key staff within an organisation delivering the programme, covering resilience, the resilience compass assessment tool and resilience mentoring frameworks ensuring resilience can be embedded in future work.
- I am Resilient young people and parent resilience mentoring programme looking at relationships, lifestyle, education and future to support individual families.
- Parent nights focused on teaching resilience at home for schools and local authorities to provide early intervention and prevent long term issues.
- I am Resilient app for key staff, mentors and young people.
- Full Programme Evaluation.

About Prospects

The Prospects Group provides tailored education, employment, training and care products and services for people at all stages of life. Each year Prospects inspires more than 500,000 people to develop their potential and transform their lives. More than 1,400 professional and skilled colleagues provide practical support to the local communities they are based in across the UK and internationally. Prospects is one of the largest employee owned companies in the UK. It is also a Leader in Diversity and ranked in the top 100 index by the National Centre for Diversity. The social purpose of Prospects is to focus on the delivery of high quality services to the public and private sector for individuals at all stages of life. We have 20 years’ experience of successfully delivering public services across the UK.

Since it began more than 20 years ago, Prospects has provided services for young people. Today, Prospects works with more than 20 local authorities providing statutory services services for vulnerable young people, including Children in Care and Care Leavers and targeted youth support. Prospects manage all aspects of Children Services for Gloucestershire County Council including the Children in Care and Care Leaver Service in Gloucestershire working with over 500 young people.

Prospects develop strong partnerships with the local authorities and the unique partnership in Gloucestershire has resulted in Prospects and Gloucestershire Council working together as part of the Department for Education Innovation Fund to develop a new practice model to support adolescents across the social and the youth justice arena.

Prospects services have a strong focus on raising aspirations, developing resilience and managing risk.

At Prospects we are proud of the work we do and the difference we make to young people’s lives. We are successful because our work is informed and developed with young people, ensuring their needs and achievements are at the centre. We mentor, support, advise, challenge and enable each young person to develop their potential and move smoothly into adulthood.