

Leeds Resilience Programme



Increasing resilience, reducing risk

The Health & Wellbeing Service, Support and Prevention team, provide an evidence-based programme to promote emotional resilience reduce anxiety in young people and prevent risk taking behaviours. The secondary/ college based programme applies a cognitive behavioural therapy approach, as endorsed by the World Health Organisation, uses developmentally appropriate activities and u physiological and cognitive strategies to teach young people practical skills to identify and overcome problems and challenges. The programme is based on the Young Minds Academic Resilience model, focusing on key areas of resilience. The sessions also incorporate a number of issue based topics such as alcohol, peer pressure, social media, body image and abusive relationships.



...improving the difference between stress and anxiety which really helped them to understand how the brain worked'
(Teaching staff)

What we are doing

The programme is aimed at young people who are:

- Demonstrating any risky health behaviours including, but not restricted to, self-harm; drug and alcohol misuse; child sexual exploitation; harmful sexual behaviour
- Suffering from anxiety and depression
- Need support with increasing resilience and social skills
- Suffer from poor emotional health and wellbeing
- Are demonstrating either a history of low attendance and attainment or risk at risk of low attendance and attainment
- Demonstrating difficulties in identifying and establishing healthy relationships



The programme is delivered across 10 sessions, and includes one-one support combined with an 8 session group work programme. Each session is delivered for 1 hour each week and covers key aspects of the young minds academic model focusing on 5 key areas: Basic, Belonging, Coping, Core Self and Learning.

The key objectives of the programme are:

- To promote resilience and assist young people in the development of life-skills, to cope effectively with difficult situations and challenging problems
- Ensure young people who are at increased risk are directly supported by the service to have their needs met
- Develop young people's capacity, skills and confidence to improve their own health and wellbeing.
- To improve self-confidence and self-esteem, help develop positive relationships.
- To support the development of social skills, promote positive behavior for learning and improve attendance and attainment.

'I have learnt more about how other people feel and other people cope, this has helped me acknowledge things in myself'
(Young person)