



Structured Mentoring for Young People

Support for Young People's Mental Health, Attitude, and Behaviour

Young People who were at risk of disengaging from education are now further removed from mainstream education. Young People at risk of being drawn into crime, gangs, county lines or exploitation are more vulnerable. Even Young People who maybe weren't deemed to be in need of emotional support before the pandemic are now really struggling to adapt to all the unavoidable changes to their education, family life, and social life.

Mentoring Sessions can be underpinned by NOCN accredited learning:

- NOCN One Awards (under 14's)
- NOCN Level 1 Award in Developing Critical Thinking Skills to Enhance Decision Making
- NOCN Level 1 Award in Personal Resilience Building
- *minimum 7 sessions required to achieve accreditation

Our Services:

Examples of Structured Mentoring Services we currently deliver are:

- Trafford Alternative Education
- Flintshire Inclusion County Council
- TRAC (11-24) in Denbighshire, Gwynedd, Anglesey

Our specialist Mentors have lived experience and undertake a holistic approach when working with young people through informal conversation, sharing mutual interests, and strategically developing cognitive skills to increase resilience and improve behavioural outcomes.

Delivery Models:

Mentoring Sessions take place using Zoom and are on a 1:1 basis.

We are always keen to adopt a joined-up approach that includes working with significant others in our students learning. We have experience with participating in PEP meetings as well as involving parents, guardians, and carers in our delivery to ensure that the Young Person gets the best possible support from every significant person in their development.

Outcomes:

Mentoring sessions we currently deliver help Young People with (but not limited to):

Drugs, Alcohol, Tobacco & Vaping - Cannabis Awareness - Sexual Health & Promiscuity - Managing Mental Health - Gangs, County Lines, Knife Crime - Criminal & Sexual Exploitation - Anger Management - Healthy Relationships - Reasoning and Decision Making - Ambivalence / Procrastination / Transposing - Passive & Active Thinking - Changing Language and Mind-set - Respect and Tolerance - Situation vs Personality - Overcoming fears - Internet Safety - Effective Communication - Skills for behaviour change - Taking Responsibility - Critical Thinking Skills -

Evidence it Works:

Our Structured Mentoring Service has been utilised by Trafford Council Alternative Education and has produced some very promising outcomes for the young people we have been working with, showing reductions in SDQ scores, increased resilience, confidence and motivation, as well as increased uptake in digital remote distanced learning.