

## **Supporting You:**

YC Hertfordshire is delighted to announce the launch of Supporting You, a 7 week referral programme, aimed at young people aged 11-18 who are;

1. Beginning to show very early signs of distress due to anxiety or low mood
2. Who are not receiving support elsewhere as they would not meet the criteria for a referral.

Supporting You Groups provide 2 hour sessions in a friendly atmosphere, once a week for seven weeks. Up to 12 Attendees per group will learn 12 CBT skills plus a method for planning how to achieve goals. Sessions are run by Youth workers trained to deliver CBT and supported by young volunteers.

Supporting You is based on the Decider Programme, a CBT programme developed by experienced Cognitive Behavioural Psychotherapists in co-production with service users. The Decider Programme is;

- Evidence-based (CBT & DBT) and effective.
- Memorable and easy to use.
- Creative, fun and interactive.

### What is CBT?

CBT stands for Cognitive Behavioural Therapy. CBT looks at the links between the way we THINK, what we FEEL, and what we DO (Thoughts, Feelings and Behaviours).

It considers how we think about ourselves, the world and other people, taking into account our early experiences. CBT skills can help us override any unhelpful automated responses that may be contributing to stress and anxiety.

### Who is this programme for?

This is a prevention and intervention programme aimed at young people aged 11-18 who live work or receive education in Hertfordshire and who can be described as;

1. A young person who is just beginning to express concerns relating to stress, anxiety or low mood but typically functions well, are not adversely effected on a regular basis by these concerns and would not meet the criteria for another intervention.

Or,

2. A young person who has completed a successful engagement with a counsellor but would benefit from a group programme to reinforce the support received as part of a successful exit strategy.

### Who can refer into this Programme?

- Professionals working in Herts can refer into this programme.

- Please note, this programme is not to replace or bypass another intervention or treatment option.
- If a young person meets the criteria for another service then they are not suitable for this early intervention programme.

#### How do I refer into this programme?

To make a referral please go to [www.http://ychdpref.appspot.com](http://ychdpref.appspot.com) This system will allow you to;

- View where and when groups are running across the County.
- See where spaces are available.
- Book a place then and there!

The system will ask you a series of short questions but will redirect you if your responses suggest the young person is not suitable for this programme. If they are, Staff from YC Herts will respond to the referral and contact the young person within 3 days to go through the details of the course and invite them to a 1-2-1- pre group meeting.

#### What can I tell Young People about the Supporting You Programme?

- This programme lasts for 7 weeks and they must be able to attend all sessions.
- It is run by Youth Workers from Hertfordshire County Councils youth service, YC Hertfordshire, who are trained and qualified to deliver this CBT programme.
- CBT stands for Cognitive Behavioural Therapy. CBT looks at the links between the way we THINK, what we FEEL, and what we DO (Thoughts, Feelings and Behaviours).
- It's suitable for young people as a very early intervention.
- Each course will run with up to 12 young people.
- You will be put in groups with young people of similar age, 11-13 years, 13-16 years and 16+
- You will learn strategies in a fun, workshop type environment that can support you reduce, stress, anxiety and or low mood.
- Its free
- After being booked on, a Youth Worker will contact you and arrange a 1-2-1 interview to explain the programme in more detail and complete some pre course paper work
- The programme is being evaluated and so you will be asked to complete pre and post evaluations and feedback

#### Young people who have attended this course said;

'Thank you so much for allowing me on to this course. These methods will be really useful and will help me handle any stresses or concerns I have in the future'

'I like how it is very practical and straightforward, the skills are really simple and easy to remember'

'Rather than just say "reduce negative thinking" the skills I have learnt have given me practical techniques to use'

'This course showed me how my goals can be achievable.'