



# Guardianship Scotland

## Wellbeing Project

**Guardianship Scotland Wellbeing Project provides therapeutic and psycho educational groups, activities and workshops for unaccompanied asylum-seeking young people and victims of trafficking in Scotland.**

- To access the wellbeing project young people must have already been referred to Guardianship Scotland
- For details on how to make a referral to Guardianship Scotland please see Aberlour Trust webpage

### **WHAT WE OFFER**

We offer a range of culturally appropriate, early intervention groups, activities, and support for young people. We have shaped and developed our wellbeing project interventions based on both our experience as service providers and practitioners working at Guardianship Scotland and through consultations with young people and ongoing feedback from young people who are accessing our project.

## WELLBEING PROJECT INTERVENTIONS

	Intervention	Format	Description	Referral by
T H E R A P E U T I C	<b>ALLIES</b> - BOYS - GIRLS	10 face to face  or  6 online	The Allies group programme teaches young people coping strategies to help them manage symptoms of trauma, anxiety, stress and tension. We also help them understand how their experience as a UASC and trafficked child impacts their feelings of safety, relationships, identity and access to justice. We help them reflect on their past, identify their strengths and aspirations for the future.	Guardian  Social Worker  Anchor/Meadows  Camhs
	<b>RELATIONSHIPS</b> - BOYS - GIRLS	6 face to face	A group to unpick various different aspects relating to gender, sex and consent, and support young people to build healthy and nurturing relationships with themselves and those around them.	Guardian Social Worker Anchor/Meadows Camhs
		<b>SLEEP WORKSHOPS</b>	3 face to face or 3 online	A set of workshops to help promote sleep hygiene, learn coping strategies and reduce trauma symptoms.
P S Y C H O  E D	<b>ART CLUB</b>	6 face to face Or 6 online	A creative group to be with others, be creative, find relief from worries and an opportunity to have fun	Guardian Social Worker Anchor/Meadows Camhs

## **REFERRAL CRITERIA**

- We can accept referrals from a young person's Guardian, their Social Worker and also from The Anchor and Camhs.
- Social Workers should be made aware of any referral being made.
- You can refer a young person to us at any time and we will keep you informed when the next group or workshop will begin.

## **PSYCHO EDUCATIONAL GROUPS: RELATIONSHIPS, SLEEP, ART CLUB**

- Young people can attend any of these groups alongside any mental health support they are already receiving.

## **THERAPEUTIC GROUPS: ALLIES**


- Young people should NOT be referred to these groups if they are receiving any other counselling or mental health input as it can be confusing for them to be working with other professionals who may be working from a different therapeutic approach. They can be referred to us after they have finished attending therapeutic sessions.
- Young people can attend our therapeutic groups if they are on a waiting list for mental health support.

**Example 1:** Young person is already attending counselling elsewhere; they attend our sleep workshops or join art club and then participate in Allies once they have finished their counselling sessions.

**Example 2:** Young person is on waiting list for Camhs / The Anchor, they participate in Allies while waiting to help them with coping strategies.

We work in partnership with NHS Glasgow Psychological Trauma Service (The Anchor) in the delivery and development of our Allies Project. The table below illustrates where our wellbeing project interventions sit within an NHS pathway;

NHS PATHWAY		GUARDIANSHIP PATHWAY	
<b>4</b>	Highly specialised inpatient CAMHS units and intensive community treatment services	<b>HIGHLY SPECIALIST INTERVENTION</b>	Inpatient
<b>3</b>	Specialist multidisciplinary outpatients Including: The Anchor CAMHS Teams	<b>SPECIALIST INTERVENTION</b>	The Anchor / The Meadows CAMHS / CMHT Freedom from Torture
<b>2</b>	A combination of some specialist CAMH services and some community based services including primary care mental health workers	<b>THERAPEUTIC INTERVENTION</b>	Tier 2 CAMHS and PCMHT External counselling agencies Allies – Boys and Girls
<b>1</b>	Universal services consisting of all primary care agencies including general practise, school nursing, health visitors and schools	<b>EARLY INTERVENTION</b> <b>MENTAL HEALTH PROMOTION</b>	Relationships – boys and girls Sleep workshops Art Club Girls' Group



## **ALLIES**

Allies is a psychosocial group intervention for unaccompanied asylum-seeking children and victims of child trafficking to build individual and community resilience. The group programme shows young people coping strategies to help them manage symptoms of trauma, anxiety, stress and tension. Participating in the groups will help them understand how their experience as a UASC and trafficked child impacts their feelings of safety, relationships, identity and access to justice. Young people will have the opportunity to reflect on their past, identify their strengths and aspirations for the future. We run the Allies programme as a 10 week group in person and as a 6 week group online. Our 6 week online group excludes session 5, 8 and 9.

### **Sessions 1 and 2 - Safety**

These sessions seek to normalise trauma symptoms and teach coping strategies. These sessions will help young people reflect on how their experience of trauma can impact their well-being and sense of safety now and in the future. This session aims to help young people understand symptoms of trauma and learn grounding and relaxation exercises.

### **Sessions 3 - Relationships and Trust**

This session acknowledges that young people's ability to trust others may be influenced by their past relationships/experiences with others and the impact of their trauma. Young people will explore what building trust looks like for them in a relationship.

### **Session 4 - Relationships and Loss**

This session acknowledges young people's loss of culture and relationships through their experience as asylum seeking/ trafficked young people. We will name and acknowledge feelings associated with grief and we will introduce the idea of self-compassion when grieving and the meaning of self-compassion and kindness in different cultures. Young people will be invited to decorate a symbol of love to acknowledge the important people no longer in their life and will be invited to take a moment to honour their loss. The aim of this exercise is to help young people to begin to process loss in a safe environment.

### **Session 5 - Justice and Knowing Your Rights**

Young people will be introduced to their rights as young people under the UN Convention and the Rights of the Child. The session seeks to inform young people of their rights and encourage them to voice their opinion when they feel their rights are not being met.

### **Session 6 - Justice and Coping with Anger**

This session acknowledges the impact not being able to access justice or safety can have on young peoples perceptions of justice and fairness in the world. Young people will explore how feelings of injustice/anger can be held in their body and will discuss positive/negative ways that

anger can be communicated. Young people will learn PMR exercises to help release tension. The session seeks to validate young peoples' past experiences and difficulties where their human rights have not been met.

### **Session 7 - Identity**

This session will acknowledge young peoples' loss of roles and relationships within their country and communities and the impact this may have on their identity. We will discuss the impact low mood can have in forming new relationships with others and communities and we will explore what we gain from taking part in different activities.

### **Session 8 - Tree of Life Creation**

This session will involve young people creating their individual tree of life where young people will identify aspects of their cultural roots that are special /important to them, their skills / attributes and hopes and aspirations for the future.

### **Session 9 - Tree of Life: Forest/ Storm of Life**

This session will involve young people identifying their challenges as unaccompanied asylum seeking or trafficked young people and what they can do to overcome/survive these challenges. Young people will then consider what challenges they face in achieving or working towards their individual hopes and aspirations and they will consider what they can do to overcome/survive these challenges.

### **Session 10 - Celebration**

Young people will receive a certificate thanking them for sharing their thoughts and experiences with the group and we will mark the end of the group by sharing food and reflecting on our time together

## **SLEEP WORKSHOPS**

A set of three workshops to support young people to develop healthy bedtime routines and understand that might be preventing them from getting a good night's sleep.

### **Session 1 – Sleep Hygiene**

This session looks at the range of reasons a young person might struggle with sleep. The aim of this session is to increase young people's awareness of the behaviours and reasons that might be keeping them up at night and support them to develop a healthier bedtime routine.

### **Session 2 – Trauma and Sleep**

Using psychoeducation and practical techniques, the aim of the session is to support a young person to understand why they might be experiencing nightmares, and tips to manage these.

### **Session 3 – Reflection Session**

This session is developed to support the young person to reflect on the changes they have made to their sleep routine and receive further input if needed. The session also includes a creative art session, as well as a longer relaxation and yoga exercise.

## **ART CLUB**

A six-week creative group which offers young people a space for them to build feelings of safety and trust and to make art as a way to find relief from worries and stresses. The group also provides time to be with others and lessen feelings of isolation.

The group programme varies depending on depending on the interests of the young people attending but so far, we have done drawing, painting, making tote bags, making jewellery, creating clay pots and other arts and crafts activities. Young people receive their own art pack of oil crayons, chalk pastels, watercolours, coloured pencils, clay, paper and sketch book.

It is hoped young people will continue their own art practise after each 6-week group ends and we are currently looking at other ways young people could be supported with art making through the service

## **GENDER, CONSENT, SEX AND HEALTHY RELATIONSHIPS – BOYS GROUP**

A six-week programme unpicking various aspects relating to gender, sex and consent, supporting young people to build healthy and nourishing relationships with themselves and those around them.

**Session 1 and 2 - Expectations of men**

These sessions prompt young men to talk about what kind of man they want to be, and the impact of that a negative masculinity can have on their own health, and those around them. It then focuses on the young person's positive attributes and strengths to enable them to decide what type of man they want to be

**Session 3 - Relationships with others (friends and intimate) and boundaries**

Young people are prompted to look at what they want from their friendships and relationships, and how to enforce positive boundaries. The session also touches upon romantic relationship dynamics, unpicking healthy and unhealthy behaviours. The aim of this session is for young people to identify how they want to be treated within their friendships and relationships and have an awareness of healthy relationship dynamics.

**Session 4 – Consent**

The aim of the session is for young people to have a more nuanced understanding of consent, approaching the issue with compassion and understanding.

**Session 5 – Sex and contraception**

The aim of this session is to prompt young people to develop their understanding of what sex is, and the language they use to name body parts related to reproduction. The session explores the term safer sex, looking on STI's and contraception to develop young people's awareness.

**Session 6 – Trauma and shame**

The aim of this session is to support young people to understand what a trauma response is, the impact of trauma and some practical tips to support them to manage trauma symptoms.

**GENDER, CONSENT, SEX AND HEALTHY RELATIONSHIPS- GIRLS GROUP**

A six-week programme unpicking various aspects relating to gender, sex and consent, supporting them to build healthy and nourishing relationships with themselves and those around them.

**Session 1 - Gender and womanhood**



This session looks at what it means to be a woman, and how ideas of gender are created and informed by the culture we live in. It then focuses on the young person's positive attributes and strengths to encourage them to build their self-worth.

**Session 2- Relationships with others and boundaries**

Young people are prompted to look at what they want from their friendships and relationships, and how to enforce positive boundaries. The session also touches upon romantic relationship dynamics, unpicking healthy and unhealthy behaviours. The aim of this session is for young people to identify how they want to be treated within their friendships and relationships and have an awareness of healthy relationship dynamics.

**Session 3 - Body parts, periods and sex**

The aim of this session is to prompt young people to develop their understanding of what sex is, and the language they use to name body parts related to reproduction. It also encourages young women to learn about their bodies and destigmatise periods, providing information about the menstrual cycle, and about sanitary products.

**Session 4- Safer Sex**

The aim of this session is to provide young women with a clear understanding of what contraception is available, and a basic understanding of what STI's are.

**Session 5- Consent**

This session explores the nuances around consent, underlining their right to say no to something, without it negatively impacting them. The aim of the session is to provide an understanding of what non-consensual means, and to validate experiences of being unable to say no.

**Session 6 – Gender Based Violence and Self-Care**

Young people will be given the chance to discuss different types of GBV, and reasons why it might exist. It also provides an overview of the trauma response, and some support with grounding exercises and creating a grounding kit. The aim of this session is to support young people to develop an understanding of GBV, and understand what a fight or flight mechanism is and some practical tips to support them to manage trauma symptoms