

# NORTH LANARKSHIRE PEF PURCHASE OPTIONS

**Family Wellbeing Support, The Blues Programme,  
Bouncing Back and Roots of Empathy**



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## FAMILY WELLBEING SUPPORT SERVICE

### Who It Is For

Suitable for primary and secondary pupils. Pupils are identified by schools. Indicators of Need include behavioural issues, disengagement from learning, family adversity.

### Interventions

Flexible, needs led provision to address barriers to attainment at family and pupil levels. Individual support packages for pupils, parents/carers and whole family:

- ❖ Assertive outreach, engaging 'difficult to reach' families
- ❖ Whole-family approach to address attainment barriers
- ❖ Direct work 1:1 with pupils – in school, at home, in community
- ❖ Group work with pupils – themed, small groups e.g. emotions, loss, bullying
- ❖ Improving parental skills, confidence and capacity
- ❖ Practical and emotional support in the family home
- ❖ Evidence-based Parenting Programmes
- ❖ Establishing routines, boundaries and structure
- ❖ Behaviour management
- ❖ Emotional wellbeing
- ❖ Attachment and resilience
- ❖ Supporting family learning and parent-school engagement
- ❖ Brokering access to additional services and community supports e.g. benefits advice, leisure activities

### Duration

Flexible, meeting the needs of each school e.g.

- ❖ Delivery 52 weeks per year includes school holidays when families often enter crisis
- ❖ Term-time only (if preferred)

Each family receives needs-led support. Schools agree intensity/frequency and duration e.g.

- ❖ Time-limited, focused support package
- ❖ Longer-term, intensive support for the most vulnerable

### Resourcing

The service will be delivered by dedicated Family Support Workers

### Location

Inside and outside school – in school, family homes and local communities.

Staff are available when families need them e.g. mornings, evenings, weekends, school holidays.

### Monitoring

We use outcomes-based methods/tools, reflecting SHANARRI Wellbeing Indicators:

- ❖ E-Aspire Case Management System/Outcomes Framework, providing baseline and improvement data
- ❖ Outcomes Stars used at regular intervals, measuring 'distance travelled'
- ❖ Progress reviews covering attainment, attendance/exclusion and engagement/participation

We produce termly reports for schools, contribute to educational reviews and share outcomes data.

### Outcomes

- ❖ Improved wellbeing
  - ❖ Improved social and emotional competency
  - ❖ Better behaviour (in class, at home)
  - ❖ More confident, positive pupils.
  - ❖ Increased pupil/family resilience.
- Improved attendance

- ❖ Better engagement with learning and education
- ❖ Improved achievement and attainment

### Why

Family engagement has more influence on pupil attainment than other background factors  
The family/home has a 60-80% influence on pupil attainment, compared to 20-40% for school

### Costs

Full-time Family Wellbeing Practitioner:

- **April 2023 to March 2027:**  
£44,119 + VAT per annum

**\*\*NOTE:** Fees noted above are based on a 1 year block purchase (inclusive of staff annual leave, training and average sickness absence). Schools purchasing less than 1 year should refer to day rates (subject to availability) \*\*

### Evidence

Of the **1158 pupils and their families** supported in 2021-2022:

- 87% improved community engagement
- 87% improved achieving their potential
- 85% improved social skills/competency
- 82% improved mental health

*"attendance has increased which will lead to more positive educational outcomes"* (**Headteacher, North Lan**)

**Education Scotland** cites family engagement and support 'beyond the school gate' as an **Intervention for Equity** proven to support the **Scottish Attainment Challenge**.



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## THE BLUES PROGRAMME

### What It Is

An evidence-based group intervention and depression prevention programme.

Blues provides 'early help' to reduce development of adolescent low mood and negative thoughts.

Blues was Pioneered in the United States by Professor Paul Rohde at the Oregon Research Institute.

Action for Children is the first and only qualified provider in the UK

### Who It Is For

Young people aged 13-19 (S2 to S6).

A questionnaire is used to determine the emotional wellbeing of pupils based on positive and negative responses. We target those who will benefit most who are at-risk of developing depressive symptoms.

### Methodology

Trained Blues Instructors deliver the six week programme, consisting of:

- ❖ Group sessions –for pupils to engage, build rapport, share experiences, gain learning, learn techniques and practice skills
- ❖ Homework tasks – for personal reflection and application of new skills to young people's daily life.

Instructors use proven, validated delivery methods based on Cognitive Behavioural Therapy. The methods, tools/techniques help pupils to explore links between thoughts, feelings and actions. Each session is accompanied by relevant guidance materials, tools, strategies, and 'take-aways'.

### Duration

Blues is delivered over six consecutive weeks (one term), with weekly sessions lasting one double period

### Interventions

Evidence based group intervention proven to reduce signs of depression and anxiety indicators amongst 13-19 year olds:

- ❖ Delivered by 'Blues' trained Action for Children Instructors
- ❖ Six-week programme formed of weekly one-hour group sessions.
- ❖ Uses Cognitive Behavioural Therapy methods, coping skills and techniques
- ❖ Helps young people to make the connections between thoughts, feelings and actions
- ❖ Interactive group sessions for young people to learn skills and practice methods
- ❖ Homework tasks to help apply skills to daily life.
- ❖ Pupils are invited to participate based on scoring from self-report questionnaires.

### Impact

The Blues Programme is rated as a Model Blueprint Intervention. As such, it is independently reviewed and evaluated as highly effective at changing behaviour and achieving outcomes. Research demonstrates the following proven outcomes:

- ❖ Reduced depression and depressive symptoms
- ❖ Reduction on illicit drug use and self-reported substance use
- ❖ Lower rates of major depression onset at six month follow-up
- ❖ Effects on risk and protective factors (including social functioning in school)

### Resourcing & Location

Blues is delivered by two trained Blues Instructors – either in school within school hours or after school.

### Outcomes

- ❖ Pupils more engaged in learning, with improved focus, social functioning and peer relationships
- ❖ Pupils able to implement coping strategies and identify when they need to put them into practice
- ❖ Pupils more confident and have greater self-esteem
- ❖ Pupils able to self-identify depression/depressive symptoms
- ❖ Equipped with a 'Toolkit for Life', promoting resilience, good mental health and emotional wellbeing

### Costs:

**April 2023 to March 2027:** £3663.94 + VAT per group of 10-12 pupils

\*\*Note: As an evidenced-based programme it must be purchased in its entirety (all 6 weeks). It is not possible to purchase individual days/weeks

In Scotland we have delivered the Blues Programme to over **2800 pupils since October 2017**. We now deliver across seven Local Authorities. Evaluation shows:

- 97% would recommend Blues to a friend
- 85% rated Blues 4+ out of 5 stars
- 81% reduced signs of depressive/anxiety symptoms (2020)
- 78% reported being more able to talk about their mental health/wellbeing
- 73% improved their confidence

*"Thank you for this amazing opportunity! I have felt so much relief since taking part and now have tools that I will use for life to help me deal with difficult and emotional situations"* (Pupil)



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## Bouncing Back

### What It Is

An evidence-based group intervention designed to build resilience through group discussion, practical tools and coping skills in managing daily wellbeing issues. Bouncing Back provides **high volume, high impact** sessions delivered at scale with a whole classroom.

### Who It Is For

Suitable for all children and young people from Primary onwards

### Methodology

Bouncing Back is based on 'bite-sized' learning chunks derived from our Early Help Evidence Based Programmes.

Sessions are delivered digitally or face to face by trained instructors to large groups of up to **30 children and young people** at a time. We can offer sessions to whole classrooms or whole year groups. For example, delivering sessions to P7s to facilitate **transitions to secondary school**.

The programme has been rolled out in response to the pandemic to equip as many children and young people as possible with the skills, knowledge and confidence to support their own and others' mental health and emotional wellbeing

### Delivery

Bouncing Back consists of two 1-hour sessions delivered a week apart.

### Session 1 focuses on:

- Resilience and building confidence
- Identifying triggers
- How to deal with negative thoughts
- Planning fun activities

### Session 2 focuses on:

- Building Resilience
- Practical Techniques
- Recognising when we need help
- Knowing where or who to go to for help
- Planning ahead

### Bouncing Back can be delivered:

- Face to face for a classroom of up to 30 pupils per group
- Digitally via Microsoft Teams Classroom for up to 10 pupils per group
- Digitally to a class of young people via video link with support from teaching staff in the room.

### Interventions

Bouncing Back was developed to provide a more holistic package of support for children and young people. It offers young people scoring below the threshold for the Blues practical tools and understanding of good mental health resilience by:

- ❖ Teaching the connection between thoughts, feelings & actions
- ❖ Sharing practical skills to support and build emotional resilience
- ❖ Increasing confidence to self-manage negative thoughts and feelings
- ❖ Reducing isolation through shared experiences
- ❖ Increasing awareness of where and how to ask for help if needed

### Location

Bouncing Back sessions are delivered in schools **during school hours or out with school hours**.

Delivery requires access to appropriate space in the school environment and for pupils to be released from class to attend.

### Outcomes

As a result of Bouncing Back, young people will have:

- ❖ A shared understanding of emotional wellbeing among a whole year group (including teachers)
- ❖ Increased confidence and self-esteem
- ❖ More information about how to manage their emotional wellbeing with tools to support them to become more resilient
- ❖ Greater awareness of how and when to seek further support for their mental health and emotional wellbeing

### Costs:

**April 2023 to March 2027:** £239.91 + VAT for 2 week block (2 x 1-hour sessions).

\*\*Note: Must be purchased in its entirety. It is not possible to purchase one individual session

AfC has delivered Bouncing Back in Scotland since September 2020 to **over 1150 pupils**. Evaluation and feedback shows:

- 90% knowing where to seek more help
- 87% knowing when to seek more help
- 80% giving a 4 or 5 star rating
- 67% improving confidence
- 67% pupils improving ability to cope with stress

*"Bouncing Back helped me cope with things I didn't know how to before"* (Pupil)



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## Roots of Empathy

### What Is It

International evidence-based classroom programme to promote social, emotional and behavioural wellbeing. Key features include:

- Involving a volunteer parent and baby in classroom visits
- Engaging pupils through interaction with baby as 'tiny teacher'
- Including the whole classroom to support inclusion
- Operating over a full school year (27 sessions) to make a positive, lasting impact
- Laying the foundations for pupil success in school and their future lives

### Who It Is For

The programme is suitable for primary and secondary pupils (S1, S2) aged 5 to 13 years, including those with Protected Characteristics, through universal whole classroom engagement and school-based delivery.

### Methodology

RoE engages pupils in **activity-based learning around RoE learning themes**. A trained Instructor coaches pupils to observe baby's development and label baby's feelings. The baby becomes a '**tiny teacher**' for children and young people to identify and reflect on their own feelings, and those of others. This supports:

- Emotional regulation
- Social and emotional competency
- Confidence and relationships
- Ability to cope and learn

### Interventions

As an evidence-based programme, RoE is provided according to

stipulated criteria and quality standards through **manualised delivery of nine learning themes** promoting social, emotional and behavioural understanding and competency. Themes explicitly link with **GIRFEC/SHANARRI** and **Curriculum for Excellence**

### Impact

Independent evaluation (2021) found the programme supports pupil learning by:

- Creating a calm classroom environment, more conducive to learning
- Promoting emotional literacy, wellbeing, and health through the RoE learning themes
- Promoting academic attainment and contributing directly to the Curriculum of Excellence
- Including all pupils in a classroom and engaging them in learning opportunities.

Delivery over the past 12 years has revealed benefits including:

- 88% increases in empathy
- 86% increases in prosocial behaviour
- 76% reductions in aggression

### Resourcing

Each session is delivered by a trained **RoE Instructor**. Every Instructor has a **RoE Mentor** who provides training, support, classroom observation and ongoing guidance/mentoring.

Two resourcing models:

- Authority builds capacity for self-delivery through their own RoE Instructors
- AfC staff fulfil the role of Instructor.

### Location

Classroom programme with scheduled visits within the school timetable

### Duration

Delivered from October to June. Each programme consists of 27 classroom sessions (1 hour each) covering nine RoE learning themes, following a three week cycle:

- Week 1: Pre-Family Visit
- Week 2: Family Visit
- Week 3: Post Family Visit

### Outcomes

- ❖ Increased social/emotional competency
- ❖ Decreased aggression
- ❖ Increased prosocial behaviour
- ❖ Increased perceptions of the classroom as a caring environment.

### Costs:

#### April 2023 to March 2027:

- **AfC Instructor** = £6235 + VAT (Based on average class of 28 pupils = 222.68 per pupil)
- **Local authority Instructor** = £1772 + VAT ((Based on average class of 28 pupils = £63.29 per pupil)

\*\*Note: As an evidenced-based programme it must be purchased in its entirety (all 27 sessions). It is not possible to purchase individual sessions/themes.

- 96% of teachers said pupils talked more about feelings
- 86% of teachers said pupils were more pro-social
- 82% of teachers said pupils were more inclusive
- 80% of pupils reported better understanding how others feel

RoE is cited by **NHS Education for Scotland's Early Intervention Framework** as best practice for CYP's mental health/wellbeing in Scotland.