



Rossie

Group Work Packages Additional Information

Life Skills

This eight session group programme includes session materials designed to develop these life skill areas. Coping with emotions and stress is recognised as a very broad area (particularly with young people at Rossie whose development in this area can be limited) and it is therefore recommended that this area is more comprehensively addressed by specific group programmes in emotion recognition and regulation.

Substance Misuse

This programme applies the transtheoretical model of behaviour change, which provides a framework for understanding, measuring, and intervening in behaviour change. Young people will be encouraged to consider and assess their own motivations and readiness for change within this framework. The group processes allow young people to hear and learn from the experiences of others and provide opportunities to support each other in making positive changes to their substance misuse patterns. The programme supports both those who are seeking abstinence as a goal and those who are seeking to reduce their use of substances as well as educating young people about the potential harm substance misuse can cause.

We are also trained to deliver the Substance Abuse is not the only Choice programme which is a cognitive behavioural group delivered over 21 sessions for young people with substance misuse difficulties.

Planning for Choices and Change

The aims are to facilitate the development of psychosocial skills for young people reducing risk factors and promoting protective factors and resilience for young people. It includes decision-making and problem-solving, creative thinking and critical thinking, communication and interpersonal skills, self-awareness and empathy, coping with emotions and coping with stress.

Relationships

A fundamental part of the care at Rossie is forming positive relationships with the young people so that they can learn how to manage their thoughts, feelings and behaviours in order to build better and safer lives. The group supports young people to understand and use skills to form and maintain positive relationships. The group increases: young people's self-esteem and awareness of the influence self-esteem can have in relationships; understanding of what constitutes a positive relationship; knowledge and ability to identify and use skills to experience positive relationships; comprehension of the different types and contexts of relationships which influence positive and negative behaviours; recognition that change in relationships can be positive.

Relaxation

This group offers a number of different relaxation skills for all young people and they can use these at any time to feel good. The group includes cognitive skills, breathing skills, muscle relaxation and play.

Teaching Recovery Techniques (TRT)

Designed as a group-based trauma focused cognitive behavioural intervention, members of SIS were trained by Professor Emeritus William Yule, founding member of the 'Foundation for Children and War' in April 2012 to provide young people with skills to soothe traumatic memories and physiological reactions.

Emotional Recognition and mental health

This groups supports young people to understand mental health and well being by recognising a range of emotions and developing skills in identifying them. Young people are supported to manage arousal and develop confidence and resilience in the long term. This group also challenges the stigma associated with mental health to educate young people that taking care of their well being is a priority.

Dialectical Behavioural Therapy - group skills

This rolling group offers four modules; crisis survival, mindfulness, interpersonal relationships and emotion regulation. SIS workers were trained in DBT Essential Skills and these skills form the basis of this group.

Health & Psychology: Interventions Additional Information

Seasons For Growth

SIS workers also attended training in the Seasons for Growth programme which is a grief and loss education programme. It supports young people to develop resilience and coping in areas including; death, separation, divorce and other significant losses.

Supporting Parents and Carers

We are committed to supporting everyone who surrounds our young people as we believe this is important in the long term. Our intervention pathway includes three specific options:

The Seasons for Growth Parenting programmes are also available to parents and carers of our young people;

Supporting your child following the death of someone they love

Supporting your child following separation and divorce

The Safer Lives programme has a collaborative component with parents and carers being involved from the start of the group and throughout it.

We offer opportunities for parents to meet our SIS worker and manager to discuss, explore or get involved in the work we hope to achieve.