

Introducing Resilience & Wellness (RAW) Plans for Young People

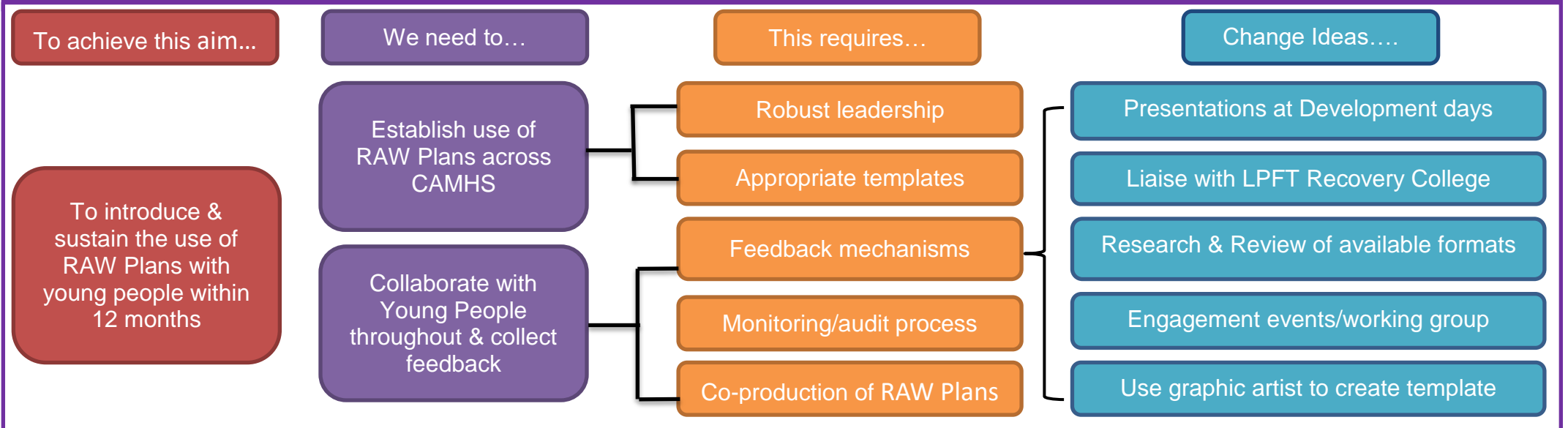
Aim

- To support young people to plan how to look after themselves during difficult times.
- To identify their 'triggers' and alternative ways of coping
- To focus on their wellness, hopes & dreams

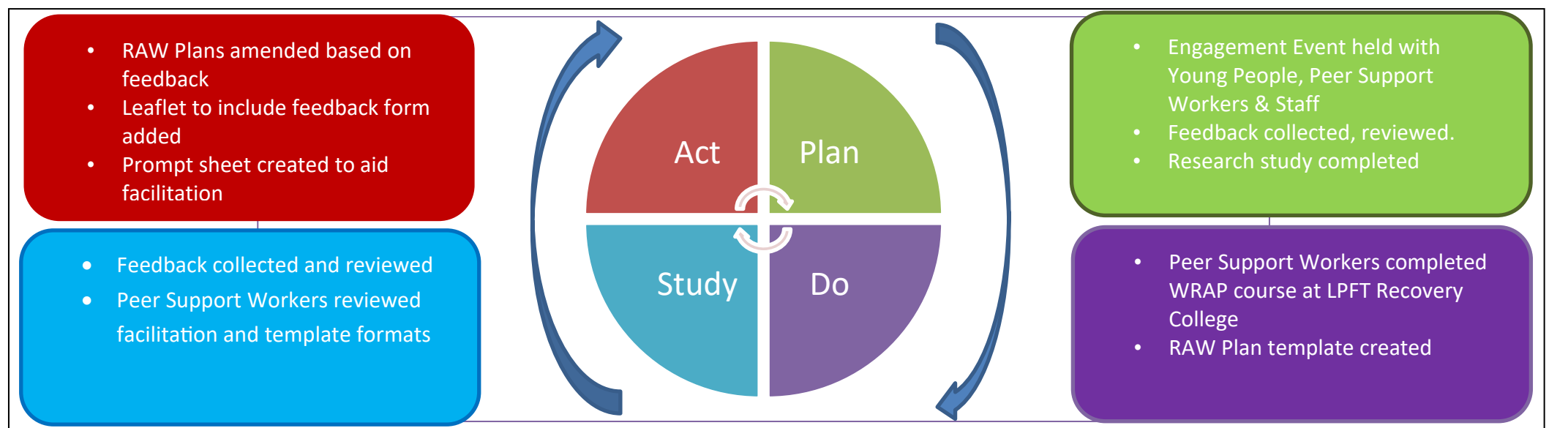
Why is this Important?

- Moves away from focusing on symptoms & problems to creative, positive approaches to sustaining good mental health & quality of life
- Supports reflection on triggers, what young people can do to help themselves, and who can support them in their network.
- Focus on mutual sharing and recovery through being completed with a peer support worker

Driver Diagram



The Project was implemented in CAMHS in January 2020 after a series of PDSA Cycles to co-produce & test the RAW Plans, review and act on feedback from Young People, Peer Support Workers and Staff and measure outcomes:



Feedback from young people:

- "The RAW plan makes you think of things in a way you would not normally think."
- "That it can help me realise my struggles and help me through them."
- "I loved doing it because it's creative."
- "When I'm struggling I look back at it and it reassures me."
- "It helped me with realising how I get when I'm down and how to realise in the early stages."
- "It reminds me of all the good things about me"

Recent Developments.....

- 16 RAW Plans in progress/completed by Sept 2020
- Young People are taking time to personalise their plans with drawings & pictures
- Changes in practice due to Covid – RAW Plans facilitated online and over telephone

Future Plans....

- Could be used when transferring to adult services, taking RAW Plan to the first appointment and sharing with new clinician.
- Possibility of group facilitation