

MY LIFE YOUNG PEOPLE AND SELF CARE

Helen Marshall, Chief Executive
Helen Corteen, Head of Wellbeing



About Brook

Established in 1964, Brook is the UK's leading provider of sexual health services & advice for young people under 25

Brook provides free and confidential information, testing and treatment to young people through its core activities: clinical services, counselling, education and campaigning

Brook works with young people to promote their sexual health in the wider context of health and wellbeing



My Life

**Jointly with young people,
Brook has developed
the *My Life* approach
– to support young
people to improve
their own health
and wellbeing and
to create a life
worth living**



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Context

Ages 10 – 20 is a time of huge physical, emotional and social change

During this time the base for future physical, mental and emotional health and wellbeing is formed

Some physical and mental health problems develop and the brain is rewiring to better assess risk, learn from experience and develop moral and political thought

Evidence base and theories

Motivational Techniques

Bill Miller Stephen Rollnick

Goal Focussed Coaching

Coaching Academy, John Whitmore , Yossi Ives and Elaine Cox

Positive Psychology

Seligman & Csikszentmihalyi

Asset Based Approaches

Morgan & Ziglio, Foot & Hopkins, Harrison et al

Third Wave CBT

Marsha Linehan

Strategic and policy overview

Troubled Families

PHE Framework for Adolescent Health

Future in Mind

Life Chances Strategy



Challenges

- 
- Teaching skills
 - Protecting from danger

- Support while developing
- Trial and error learning

- Fatal consequences
- Individual needs

Purposes

AWAKEN and strengthen young people's interest in and ability to improve their own lives and their HWB

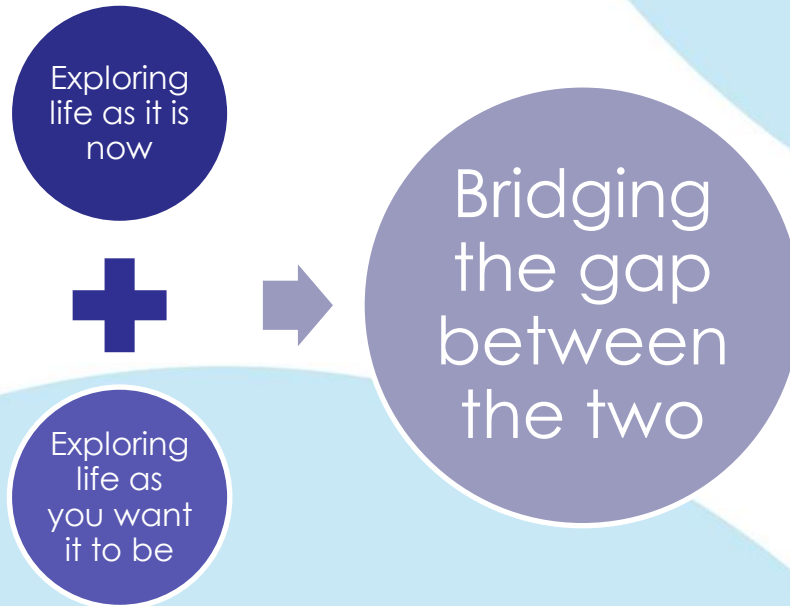
SUPPORT young people to explore and identify aspirations for their HWB and their life

DEVELOP resilience to enable them to better deal with adversity and life's challenges

ENABLE young people to develop lifelong skills and set achievable HWB goals that are important to them



Supporting young people



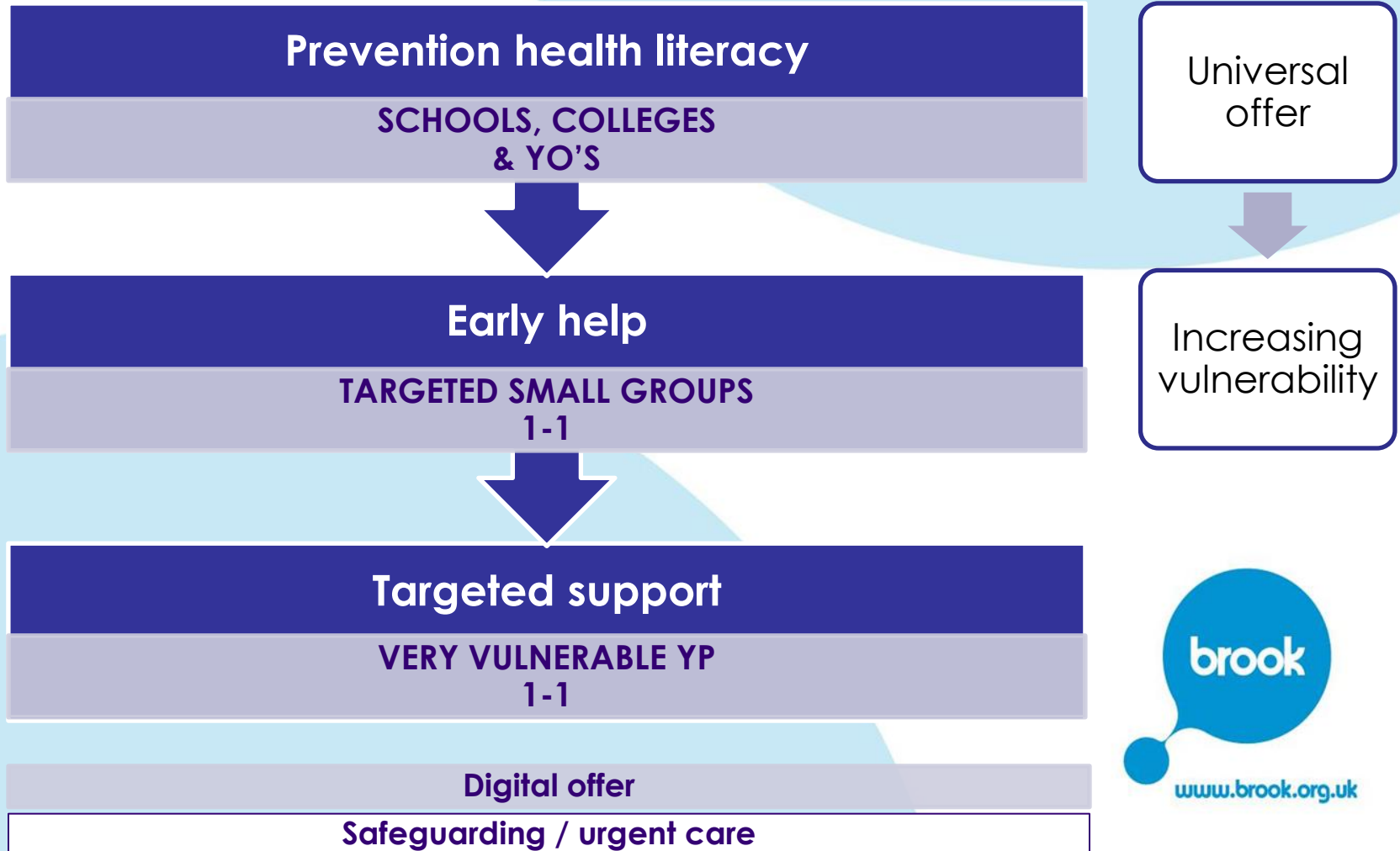
Young people's HWB is best improved when they are engaged, motivated and skilled with a strong sense of self-worth.



My Life is:

- **Young person centred**
- **Relationship based**
- **Holistic**
- **Integrated & supportive**
- **Structured & experiential**

My Life programmes



Outcomes

Young people will have:

- recognised their HWB areas for improvement
- identified strengths to build on
- increased their self worth
- improved their mental wellbeing
- developed life-long skills

96%

Enjoyed the sessions

92%

Said ML worked

92%

Would recommend ML

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“I had never thought about me being committed to doing something – I kind of thought things just happened. It made me think that I can do things differently”

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**“No one has ever
asked us about this –
what we want to do
with our lives”**



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What we can report

- Demographic information on attendees
- Attendance and DNA's
- WEMWBS scores plus narrative
- Pre and post scores from YP self reflections
- Goal based outcomes
- Summary of issues YP address & next steps
- Summary of referring & signposted organisations
- No of safeguarding concerns and actions
- Anonymised case studies
- Summary YP and worker reflection

