

Section Three



teen FLASH Pre Group Check List

Name of Lead Facilitator

Name of Co-Lead Facilitator

Date of workshop

	Yes	No
Group Facilitators met and agreed roles & responsibilities		
Venue booked for all five workshops		
Referrals recorded.		
Attendees agreed & contacted		
Contact list of attendees & adult guardians		
Letter/email confirmation to young person & adult guardian		
Dates list		
Handouts copied		
Resources bought/sourced		
Refreshments		
Flip chart (sticky if possible)		
Pens		
Trolleys packed		
Smile on		

Sample Information letter to adult for FLASH & teen FLASH

Dear insert adult's name

It was good to speak with you earlier today, as discussed, here is the information about **FLASH** & **teen FLASH**.



FLASH (parents' group):

We have a new **FLASH** (Families learning about Self-Harm) programme starting insert date

Please confirm whether you would like a place on FLASH & teen FLASH as soon as you can as we have a long waiting list.

We do ask that you attend all four of the workshops as they build upon each other.

Insert date & time:

Exploring What is Self-harm, Reasons, Risks @ 11.00 – 16.00

Insert date & time:

Understanding How to Listen and Raise Self-Esteem @ 11.00 – 16.00

Insert date & time:

Managing the Behaviour within the Family Environment @ 11.00 – 16.00

Insert date & time:

Coping Strategies for Parents @ 11.00 – 16.00

There can be up to 15 adult carers/parents on a group.

The **FLASH** venue is at insert venue directions to the venue are attached.

This is about insert how long minutes' drive/walk away from where the **teen FLASH** young people's group runs.



teen FLASH (young people's group)

The young people have an additional session, to see whether they like what we offer. This is called the Introduction workshop. **This workshop is an hour shorter than the remaining four workshops.**

It will be held on insert date and time

The introduction workshop gives young people the opportunity to 'try before they buy'... they can attend the introduction workshop with no expectation placed upon them to continue with the remaining 4 workshops. We have found this really takes the pressure off them. **teen FLASH** follows similar themes to the **FLASH** programme.

Remaining workshops are the same dates as the FLASH programme.

Insert date & time:

Brain development & risk and reward

Insert date & time:

Communication. Talking & Listening

Insert date & time:

Raising self esteem

Insert date & time:

How well do I know me?

The TEEN FLASH venue is at insert venue

Please ensure you drop off and pick up your young person, unless otherwise agreed. We cannot accept responsibility for young people who 'don't arrive'.

The **teen FLASH** group is kept small, only 6 to 10 young people maximum and we aim to have only one young person from each school, so respecting their privacy.

We aim to have only one young person from each school, or hobby group if possible to ensure confidentiality.



teen FLASH is NOT group counselling, and we **DON'T** talk about the young people's self-harm. That's private to the individual. If they want to talk and share that's ok but generally it's kept personal. We do not allow the sharing of 'ideas' on how to self-harm. This has never been an issue in previous groups.

NEITHER do we press the young people to give up their self-harm - whilst that sounds hard to hear as a parent, it's a strategy that is currently working for them. However, what we do aim to do is give them other strategies that may replace self-harm. It's the equivalent of making yourself a strong coffee (or glass of wine) after a long day. You would need an alternative to replace this, before considering giving it up.

The group has lots of gentle activities - Jenga, dice, art and craft, moving about the room (walking), so that the day is kept interesting - it's not school!

The aim is to better communication, increase self esteem, improve relations, reduce anxiety and better understand both themselves and the act of self-harm.

Another common worry for young people is that **teen FLASH** staff will share what they have said with parents or the school. We don't - unless a young person asks us to. The only other time that we may share information heard at **teen FLASH** is if we have a real concern about the welfare of the young person. As you are already aware of your young person's self-harm, we would not usually need to pass any concerns about this on.

I hope this is reassuring for insert young persons name and for you too.

Insert young persons name is welcome to text me, directly if they want to, with any questions. My number is Insert your mobile number

You may like to look at our website together, www.teenflash.co.uk. This will give you both an idea of who we are and what the group is like. I look forward to hearing from you.

Kindest regards

Signature & contact details

Sample letter/email to young person



Dear young person

We thought it would be useful for you to have some information on the introduction **teen FLASH** workshop which you are invited to.

It is on insert date

at insert time and venue

This workshop gives you the opportunity to come along with no expectation placed upon you to continue with the remaining 4 workshops. We hope this takes any pressure off you.

teen FLASH is **NOT** group counselling, and we **DON'T** talk about your self-harm. That's private to you. If you want to talk and share that's ok but generally people prefer not to say anything about it. We don't press you to give up your self-harm – and whilst that sounds hard to hear for the adults around you, we understand that it's a strategy that is currently working for you. However, what we do aim to do is give you other strategies that may replace self-harm.

It's similar to your folks making themselves a strong coffee (or pouring a glass of wine) after a long day. Why would they want to give that up? First, they would have to find something to replace it.

We try really hard to only have one person from a school or hobby group to keep things as confidential as we can.

teen FLASH is a programme of four workshops (five including the introduction one) that focuses on better communication, finding things you are good at, hopefully improving how you feel about yourself, maybe reducing some of your anxieties and helping you find some alternative ideas to manage how you feel. Ideas that YOU decide.

A common worry for young people is that staff at **teen FLASH** will share what is said at the workshops with other people. We don't - unless you ask us to. The only other time we may share information heard at **teen FLASH** is if we have a real concern about your welfare. As your parent/carer is already aware of your self-harm, we would not usually need to tell anyone about this.

Please let us know by text/phone or email whether you will be coming; we look forward to meeting you. If you have any questions about the workshops do get in touch.

Smiles

Signature

Contact number

Section Three



teen FLASH dates and contacts



Group Facilitators contact names & numbers.

Name

Contact Number

Workshop

Date & Time

Topic

Introduction

What is teen FLASH?

One

Brain development

Two

Communication

Three

Raising self esteem

Four

How well do I know me?

Moving forward

teen FLASH certificate



CERTIFICATE OF ACHIEVEMENT

This proudly acknowledges that

Has successfully completed the **teen FLASH** Programme

Based On The **Flash** Programme Work By Jeannie Gordon and Sarah Brazier
Teen Flash Content By Debbi Barnes and Shelly Steel.



Group Facilitator

THE MINISTRY OF PARENTING
PROMOTING CREATIVITY IN PARENTING
A COMMUNITY INTEREST COMPANY

Group Facilitator