

## Outcomes

Refocus aims to work with students to increase their positive mental health and well-being.

Outcomes include:

- ◆ Increased confidence and self esteem - Students more able to talk about their fears, worries and concerns
- ◆ Increase in interest in school, home and community aspects
- ◆ Improved adult and/or child to child relationships and growth of resilience and confidence.
- ◆ Reduction of harmful/risk taking behaviours and students have a greater understanding the impact that their negative behaviours have on them and others

## ReFocus Mentoring Programme



Bespoke mentoring programme to suit your school or agencies needs. For children identified emotional concerns and need a platform to talk through their worries and find solutions.

## Costs for ReFocus Programme

The cost for providing ReFocus Mentoring Programme is discussed and agreed between Invisible Lives and the school or agency. Cost will vary depending on requirements, reports, number of students and length of sessions. Invisible Lives is happy to discuss how the Programme can be tailored to your students' and school requirements and fit into your budget.

## Contact Details

For more information please contact the Invisible Lives on team on: 01268 5584488  
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## ReFocus Mentoring

The ReFocus Mentoring Programme works across Southend, Essex and Thurrock to provide early intervention. The programme is suitable for children, 5-19 years, identified by their school or other agencies as demonstrating poor mental health and well-being as a result of their personal circumstances and challenges.

Invisible Lives Practitioners support children with a range of issues including: parental or sibling offending and/or imprisonment, personal low self-esteem and confidence, peer pressure, body images, risk of harmful behaviours, low identity issues, behaviour and anger management and peer/adult relationships etc.

The ReFocus Mentoring Programme is also intended to support those at risk of isolation, exclusion, long-term mental health problems and negative behaviours as well as empowering students to seek out resolutions to challenges they face.

The programme endeavours to address the daily pressures that students face with key areas focusing on outcomes such as:

- Positive attitude towards school/learning
- Emotional Resilience
- Able to develop trusting relationships
- Positive/improved family relationships
- Social skills gained/improved
- Body image and how they see themselves
- Positive relationships with peers and teachers
- Increase in confidence and self-esteem

One in eight (12.8%) 5 to 19 year olds had at least one mental disorder when assessed in 2017 (NHS)

## What we ask of you...

- ◆ A minimum of 6 students to attend the mentoring programme session (Number of sessions dependent on school)
- ◆ Complete pre-questionnaires and share any concerns to support the mentoring sessions
- ◆ To provide a quiet and private space for the sessions

## What to expect from Invisible Lives

- ◆ Qualified and experienced practitioners.
- ◆ Pre and post evaluation reports and reviews.
- ◆ Individual student summary report
- ◆ Recommendations and referrals to other services as required.
- ◆ On-going advice and support if required.
- ◆ Meetings between, school, parent/carer and student to provide a holistic support

## Why have ReFocus Mentoring Sessions?

Research highlights that 1 in 10 children have a diagnosable mental health condition - that's roughly three children in every classroom.

Emotional disorders have become more common in five to 15 year-olds – going from 4.3% in 1999 and 3.9% in 2004 to 5.8% in 2017 (NHS).

Children who have experienced trauma and challenging family circumstances may struggle forming positive relationships, have low self-esteem and fail to achieve their full potential at school.