

INNOVATIVE INTERVENTIONS IN CHILD AND YOUTH WORK :

HOW ORGANISATIONS CAN DELIVER BETTER SERVICES BY 'BUYING TOGETHER'



MACS
SUPPORTING CHILDREN & YOUNG PEOPLE



You are all very welcome to MACS Supporting Children and Young People's Inaugural Conference.

We hope you enjoy learning about some innovative and exciting interventions that can be used to enrich your work with children and young people. We encourage you to meet and mingle at this multi-disciplinary event where all workshop speakers and exhibitors have agreed in principal to deliver their services to mixed groups of delegates who 'buy together'.

MACS will ask all willing delegates to fill in an expression of interest form on 'buying together'. The form will ask you to agree to your contact details being shared with like-minded organisations and individuals. Post-conference each of you will receive a resource kit from MACS which will include a compiled list of prospective co-buyers; helping you move on in your journey towards co-purchasing interventions, training and services.

This way of working could make some previously inaccessible facilities a possibility for your organisation and the young people you serve. It should also provide cost efficiencies as you only pay for your share of the service received. We call it 'Co-operating rather than Collaborating' and we hope you can use it to access some of the wonderful interventions showcased here today.

SCHEDULE

09:00 to 09:30	Registration
09:30 to 11:00	Introductions from MACS, workshop facilitators and Richard O’Rawe compered by Nuala McKeever in the Ballygowan Suite
11:00 to 11:15	Tea and coffee break
11:15 to 12:45	Break-out session A. Delegates attend chosen workshop
12:45 to 13:30	Lunch and exhibits in the Ballygowan Foyer
13:30 to 15:00	Break-out session B. Delegates attend chosen workshop
15:00 to 15:30	Refreshments, networking and exhibits in the Ballygowan Foyer
15:30	Close

BREAK-OUT SESSION LOCATIONS

Each workshop will be in the following rooms for both the morning and afternoon sessions :

River View Suite	Somatic Experiencing
Glens Rooms 1 &2	EAGALA
Glens Rooms 3&4	Motivational Interviewing
Glens Rooms 5 &6	Social Pedagogy
Glen Suite	Grit Breakthrough Programmes (formerly Youth at Risk)

OUR SPEAKERS AND WORKSHOP FACILITATORS

'Hello and welcome' - from MACS Supporting Children and Young People

Mary Ryan



Mary Ryan is CEO of MACS Supporting children and young people. She is a qualified social worker and social work practice teacher. She has worked for MACS for 27yrs and was instrumental in setting up MACS' first shared Supported Housing for care leavers 16+ in Belfast in 1990. Ever since, she has worked alongside the Board to establish the organisation's strong ethos, practice and value base which is centred on young people self-determining, taking risks, making mistakes and being wholly involved in shaping their own lives and contributing to society. She is passionate about young people shaping the future of the organisation and continually champions the work of Led by You, MACS' young people's participation group.

Over the years MACS has grown from a one house supporting 5 care leavers to an organisation that supports over 1000 children and young people a year and offers three services; Supported Housing to care leavers; Floating Support to young people at risk of; or homeless, as well as the Wellbeing Service using volunteer mentors. Mary has been a member of a number of voluntary Boards, namely VOYPIC of which she chaired, First Key, Belfast Film Festival and helped found the Leaving and Aftercare Practitioner's forum, now the Regional Youth Forum.

'Buying Together' - Reaping the benefits of co-operation

Richard O'Rawe



Richard O'Rawe is an experienced facilitator and leadership specialist. He is the Managing Director of Stellar Leadership, deliverers of leadership training on behalf of the former CollaborationNI. Richard will explore with attendees how their organisations can co-operate rather than collaborate, by simply pooling their resources to secure interventions and services by 'buying together'

Somatic Experiencing - 'Somatic Experiencing for Resilient Connection to ourselves and others'

Dr Rosie Burrows



Rosie Burrows, Ph.D, BACP, SEP is a Resilience/Trauma Specialist, Psychotherapist, Supervisor and Researcher based in Belfast. She has 27 years experience, and has worked in South Africa, Sri Lanka and Europe. Her commitment is to supporting people of all ages to reconnect to who we really are, rather than who we think we are, in order to discover our own unique passion, presence and purpose. Rosie has a background in Gestalt and Integrative psychotherapy, Research, Community Development, Adult Education, Somatic Experiencing, Neuro Affective Relational practice and has authored and co-authored publications including BACP award winning research on supporting individuals, families, and communities through complex trauma. She discovered Somatic Experiencing at a conference in Wurzburg, Germany, 2001 when she saw Peter Levine working with a man, 'The Flying Dutchman', who had been traumatised by conflict in Indonesia. This one session turned this man's life around as he began to awaken from a deep frozen and disconnected state.

SE is a body-based approach that helps clients to safely release the bodily energies activated in trauma Developed by Dr Peter Levine who observed that wild animals, though routinely threatened, rarely are traumatised. Due to the way the human brain and nervous system has evolved over time, we don't always discharge traumatic energy. SE offers a framework to assess where a person is 'stuck' in the flight, fight, or freeze responses and provides clinical tools to release these energies which when left trapped often manifests as symptoms of depression, anxiety disorders, PTSD, neurological disorders, with both physical and mental symptoms. Releasing traumatic shock can be key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

EAGALA - (Equine assisted growth and learning Association)



Caitriona O'Meara and Lilwen Selina Joynson

The EAGALA Model, also known as Equine assisted learning and psychotherapy, is a team approach to personal development and counselling that includes a registered mental health professional, a qualified equine specialist, and horses working together with the client, or client group. Caitriona O'Meara (Equine Training Solutions) and Lilwen Selina Joynson from Horse Sense for Life will showcase the techniques used in their EAGALA practices during their experiential workshop 'Horseplay' - horses not included!

The EAGALA Model, also known as Equine assisted learning and psychotherapy, is a team approach to personal development and counselling that includes a registered mental health professional, a qualified equine specialist, and horses working together with the client, or client group. Horses are emotionally intelligent non-verbal communicators who mirror human emotions/attitudes and moods. During tailored activities participants learn about themselves and others through observing how the horses react to them, aided by the psychotherapist. The underlying philosophy being that learnings through felt experience will be more profound and long lasting. It is particularly useful as an alternative to traditional talking therapies because the direct focus is on the horses, allowing children and young people to participate freely.

Motivational Interviewing



Glenn Hinds

Glenn Hinds is an independent social worker, coach, counsellor and principal trainer with Glenn Hinds Motivation & Coaching Consultants. He is trained in emotional intelligence (eq) person centred and psychodynamic counselling. Glenn has been training multidisciplinary and multi-sector staff in Motivational Interviewing, Drug and Alcohol Awareness and Interventions and Understanding and Responding to Stress and Anxiety since 1997 and in recent years Mindfulness in Practice & Emotional Intelligence in Leadership.

Glenn will explore the psychology and 'mechanics of successful partnership working in therapeutic and organisational settings. Using the 'Opening Strategies' of Motivational Interviewing delegates will have the opportunity to enhance and develop their skills in engaging and maintaining others in exploring and achieving meaningful changes in their thinking and behaviours, and be better equipped to understand and respond effectively to 'resistance'.

Motivational Interviewing is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is intended to strengthen personal motivation for and commitment to a change goal by eliciting and exploring an individual's own arguments for change.



Social Pedagogy - What can aesthetical, and practical teaching methods do together with social pedagogy theory?



Professor Jan Storo, Svein Fuglestad and Elisabeth Gronning

Professor Jan Storo from Oslo and Akershus University College of Applied Sciences in Norway is a leading academic and author on Social Pedagogy. His colleagues, Assistant Professors Elisabeth Gronning and Svein Fuglestad are practitioners in creative methods in social work and social pedagogy



Jan Storo : Social Pedagogy: 'Theory, values and tools' and

Svein Fuglestad and Elisabeth Gronning : 'Dare to come forth. Encountering children and young people using creative methods.'



In Continental Europe, where young people across welfare settings 'do better', the principals of social pedagogy are deep-rooted. In the UK, we are waking up to the need to improve communication and relationships between children, young people and the professionals they encounter; for professionals to integrate and overcome the 'silo effect'; to widen our focus from child protection to a way of democratically facilitating children's personal development and improving outcomes throughout their lifetimes. Lessons from our Nordic counterparts on how they use social pedagogy in practice will advise professional development and practice nearer to home. Expect theory peppered with music and puppetry.

'Grit' Breakthrough Programmes (formerly Youth at Risk) : A tough love programme that works



Amira Asantewa and Cara Rule

Grit Breakthrough Programmes' Amira Asantewa and hyper-inspirational coach Cara Rule will introduce delegates to the principals behind their coaching programmes. They will offer a taster of their workshop on coaching for professionals.



Grit work with young people and the adults that support them, delivering high-intensity personal development and coaching initiatives to some of society's most disruptive and excluded young people. Grit's tough love approach is about the long haul, demanding an enormous amount of the young people in an emotionally demanding set of psychological and physical challenges, followed by months of support and supervision by local volunteers, taking the belief that 'it takes a whole community to raise a child'.

Grit's results and testimonials speak for themselves. As well as their Community Transformation Programme across England and highly acclaimed work in juvenile justice, the England based trainers have been involved in conflict work in Northern Ireland and Kosovo, as well as recent coaching workshops at Hydebank Wood College and Women's Prison.



We provide a range of support services for children and young people aged 11-25 years who haven't had a fair deal.

They may be experiencing a range of issues including:

- homelessness or at risk of homelessness
- substance abuse
- mental health difficulties
- anti-social behaviour
- leaving care
- self-harm and/or suicidal thoughts
- marginalised and at risk

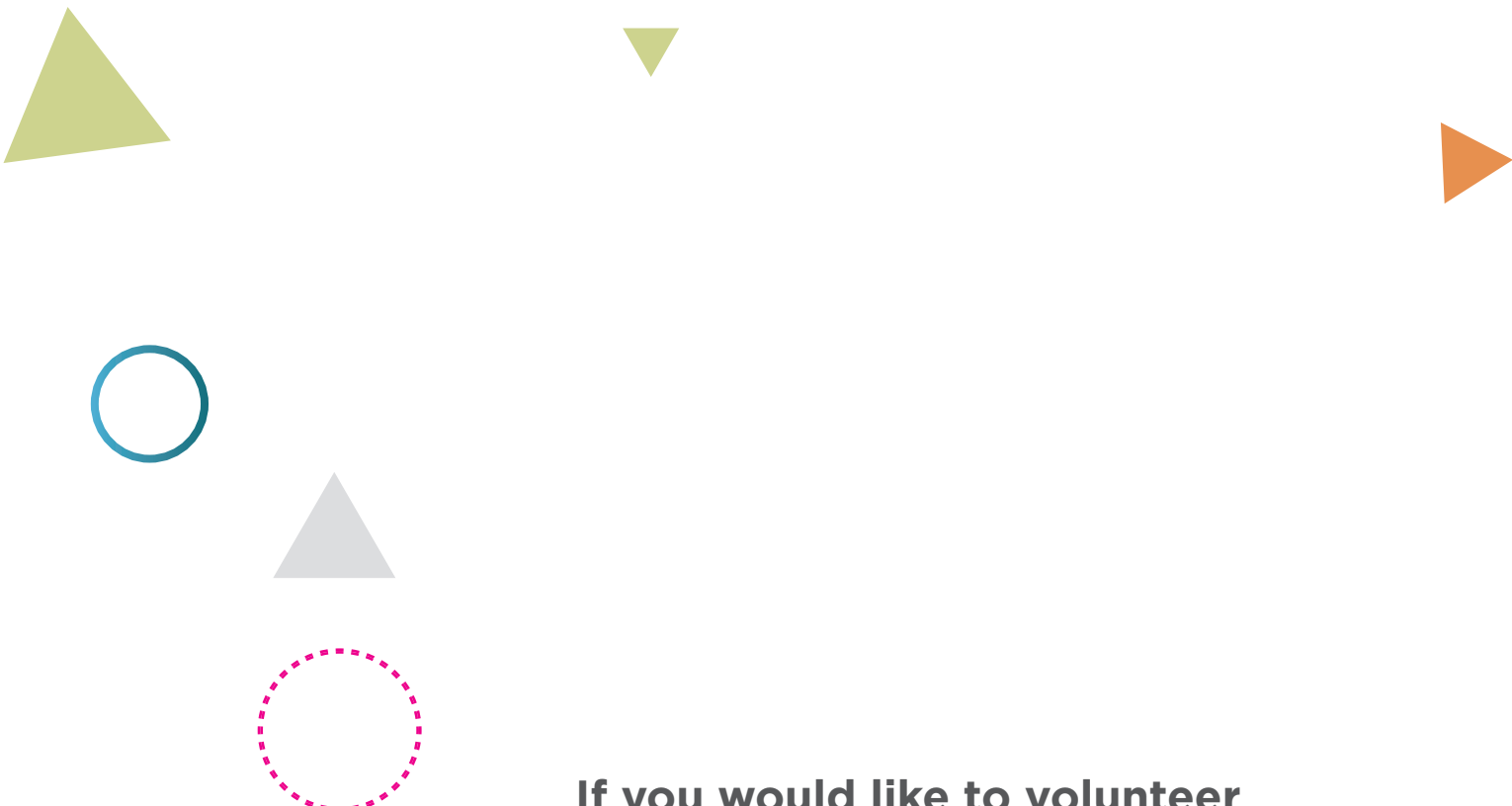
Our core services include:

- Supported Housing
- Floating Support
- Wellbeing Support
- Participation

We work in the areas of highest deprivation across Greater Belfast, Lisburn, Downpatrick, Newry and the County Down area.

Many of the young people we support have become stuck and are engaged in negative patterns of thinking and behaviour that prevent them from fulfilling their potential and leading the lives that they want to lead. Our main role is to help them through this period so that they can move on and achieve their goals.





**If you would like to volunteer
as a mentor, or fundraiser, or
have any further queries**

Get in touch



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