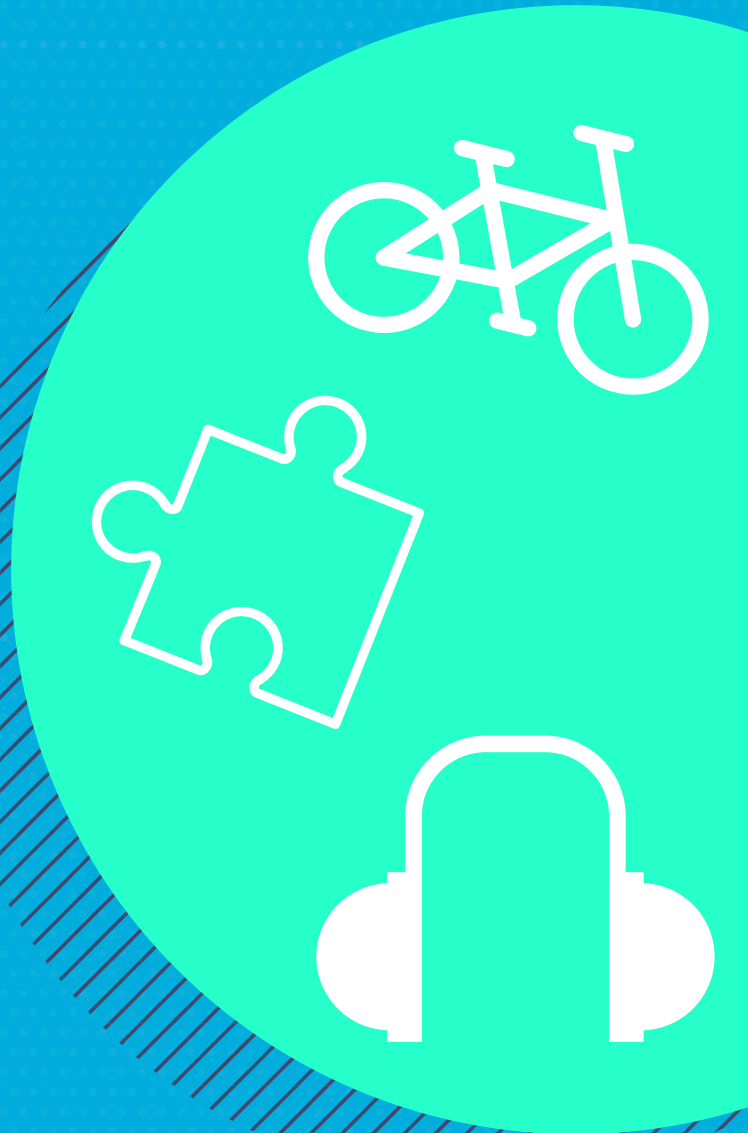


The WHAM Plan

Delivery Information



What is the WHAM Plan?

The Wellbeing and Health Action Map (WHAM) Plan is a series of sessions designed to help young people reflect and learn about their own emotional health and wellbeing. The aim of the WHAM Plan is to create a personalised plan to celebrate the positive times in life and help find overcome difficulties and problems if and when they arise.

WHAM is based on WRAP© which was developed by Mary Ellen Copeland (USA) and a group of mental health service users who wanted to work on their own recovery. The WHAM Plan was launched by Rachel Rayner from Children and Adolescent's Mental Health Services (CAMHS) and development began with the local CAMHS participation group. The development of the WHAM Plan continued with support from Staffordshire Youth Union to create the first selection of sessions. Staffordshire Council of Voluntary Youth Services (SCVYS) were successful in receiving funding to support the delivery of the WHAM Plan through the #iWill campaign's Youth Social Action fund, managed locally by the Community Foundation for Staffordshire. This was rolled out in 2021, during the Covid-19 pandemic to give young people some support in times of difficulty.

The WHAM Plan is made up of different sessions (approximately 1 hour long). The long term aim is that there will be a package of different sessions; all designed by young people that can be used as your cohort of participants feel necessary. We recognise that the needs of young people differ and certain issues are more relevant at different times depending on the external circumstances in the young people's lives.

Principles of the WHAM Plan

The WHAM Plan is based on several principles to ensure that it remains relevant to young people and stays youth led. We expect that anyone who delivers the WHAM Plan follows these principles.

Peer Led

The WHAM plan is designed and delivered by young people. Adults are able to support the logistical delivery of the plan (e.g. on-site support, safeguarding etc.) but the content should be delivered by young people. Young people delivering the course are welcomed and encouraged to share examples where they feel comfortable to do as their needs and experiences are likely more relevant to the cohort participating in the course.

Youth Led

The WHAM Plan has been designed by young people and reflects what issues they feel are important. The structure of your delivery should be led by young people (e.g. a short course, the order of the sessions or the sessions that are delivered). Suggestions to change the content, or to develop new sessions, should be made to the central steering group who will design and produce new sessions to be delivered locally.

Preventative

The WHAM plan is preventative rather than responsive and curative. It does not diagnose or offer techniques or treatments for specific, named mental health conditions. The sessions will provide techniques and activities to reflect on the young person's own mental wellbeing to recognise when they are feeling positive, when they feel they are struggling and how to manage and cope with these emotions.

Accessible and Equal

The WHAM Plan is open to all young people, whether they have experienced mental health issues or not. The sessions will teach positive techniques to maintain good mental wellbeing and so will benefit all young people. Those who have diagnosed or suspected mental health conditions should not be treated more preferably. Having a cohort with a variety of lived experience will provide a diverse range of examples and techniques that the whole group can learn from.

Dynamic

The WHAM Plan is able to change to reflect the needs of young people. The central steering group will regularly evaluate the courses that have been delivered and will create or change content where necessary. We welcome suggestions from young people about what will help them deliver the course, or cover issues that they think are more relevant in their areas.

Principles of Youth Social Action

Youth social action refers to activities that young people do to make a positive difference to others or the environment.

When young people take part in high quality social action, everyone benefits:

- Organisations benefit from young people's energy, ideas and capacity to create positive change. They gain a different perspective that can shift their way of thinking and open up new ways of working.
- Communities benefit when young people feel valued, engaged and involved. It can create a greater sense of community and boost social cohesion and integration.
- Young people develop their character and confidence. They experience higher levels of wellbeing that can help improve their mental resilience. They also develop vital skills and networks that can support future employment.

Taken from #iWill Campaign: <https://www.iwill.org.uk/about-us/youth-social-action>

The WHAM Plan is a form of Youth Social Action for those who deliver the sessions. It has been funded in part by the #iWill campaign's Youth Social Action fund and so also follows these six principles:



Delivering the WHAM Plan

All the sessions for the WHAM Plan have been designed by young people and should be delivered by the young people you work with. Each session lasts about an hour, dependent on the additional contributions that the young people provide. Session plans and a resource pack are available for each session. Please use these as they have been written and designed by young people and content should not be changed by those delivering the course.

Any young person who has received the training is able to deliver this to others if they are willing and comfortable to do so. There is no specific training needed to deliver it, but we suggest that you ask a couple of young people to deliver together. They can either deliver the whole course, or specific sessions, whichever method suits your circumstances best.

Logistics around the delivery of sessions is much more flexible. We have designed a short course that can be delivered over a couple of hours, and an outline for a short and a full course. These can be used to suit your needs and what your young people want to deliver. We suggest a group of between 15-20 young people per cohort, but this is also flexible depending on your circumstances. Each participant should complete all of the sessions you are offering to make the most of the course.

Through the funding SCVYS received, we were able to provide a starter pack for participants to create a Bounce Back Pack. It is not mandatory to provide this, however the basis of the WHAM Plan is to create a Bounce Back Pack or mental health tool kit that the participants can turn to in times of need. This can be as simple as a shoe box or small bag and be personalised by the individual. Its sole purpose is to be easily accessible hold the items and resources to use to help them improve their emotional wellbeing. We are happy to provide suggested suppliers for some of the items included if you have funding available to provide these packs.

Full Course WHAM Plan

The suggested full course WHAM Plan lasts 6 weeks, or roughly a half term. It is also able to be delivered over one full day. The structure for the full course should be:

1. Session 1 – Introduction and What is emotional wellbeing?
2. 4 of the remaining sessions
3. Session 6 – The WHAM Plan

Short Course WHAM Plan

You can deliver the short course WHAM Plan and this is better to be delivered over half a day. The structure should be:

1. Session 1 – Introduction and What is emotional wellbeing?
2. 1 of the remaining sessions
3. Session 6 – The WHAM Plan

WHAM Plan Lite

The WHAM Plan Lite is a 2 hour session that covers all of the issues and techniques that the young people who have designed it feel are the most appropriate. Ideally this should be run as one session, lasting 2 hours. There is a separate session plan for this course.

Evaluations

The WHAM Plan is a dynamic course and we will be constantly evaluating the sessions that are delivered. There is an online form that each participant can complete, or alternatively a paper form if needed. Paper forms can either be submitted to the online form or emailed to:

wham@staffscvys.org.uk. We can share the online evaluations your cohort have completed if you require them.

SCVYS will host termly steering group meetings to go through evaluations from courses that have been delivered and amend or create any content that has been suggested from the participants.

If any of your participants have suggestions for new sessions or changes to content it should be highlighted in their evaluation, or you can send these suggestions to wham@staffscvys.org.uk and this will be considered by the steering group at their termly meetings.

Resources

All the resources you need including session plans and slide decks are available on our website. You will need a password to access the resources which SCVYS will provide to you. This is to ensure we know who is delivering the WHAM Plan and can offer support where needed and ensure we are meeting requirements for our funders.

Further Support

SCVYS will offer 'Train the Trainer' sessions to adults who wish to roll the WHAM Plan out in their organisations. These sessions will cover what the WHAM Plan is and the expectations for delivering the course in your organisations.

Once you have attended 'Train the Trainer' sessions, we will recommend you deliver a full course to train a cohort of young people who can then deliver to their peers. Ideally this will be done by young people who have already participated in the WHAM Plan; however we are aware that in the early stages this may not be possible.

SCVYS will also keep a record of the organisations who have attended the 'Train the Trainer' sessions as trusted organisations. This will be solely to ensure that the WHAM Plan remains youth led and to the standards that the young people who have designed it expect from the course. You will also receive updates on the WHAM Plan including any changes to content and new sessions.

We will also ask on the evaluation form for young people who would like to deliver the session themselves. This will create a register of young people who can deliver sessions to support us, and other organisations to ensure that the WHAM Plan remains youth led.

Finally, we will support a central steering group of young people who will evaluate the sessions that have been delivered and amend or create any content that has been flagged in the evaluation forms. We will approach trusted organisations to nominate someone to be part of the steering group to ensure there is representation from across the whole of the county.

We ask that you share any of your sessions with us on any of the below social media:



SCVYS

Youth Seen

Staffordshire Youth
Union



@staffscvys

@YouthSeen_

@StaffsYU



@teamscvys

@youthseen

@staffsyu