



# Journey of Hope

Journey of Hope is a child and youth-centred, strengths-based therapeutic approach to provide children and young people with positive resources to understand and cope positively with emotions caused by challenging life circumstances they may be concerned about or traumatic situations that they have experienced. It supports expressing what children and young people are dealing with and to identify positive coping mechanisms.

The Journey of Hope intervention model uses group work for 5-10 children per group. Sessions are run by a Facilitator supported by a Support Person. New Facilitators are reviewed by Quality Reviewers for quality assurance of delivering the programme. Rather than focusing on the trauma or the difficulties faced, the eight group sessions support the development of coping skills through discussion, interactive games, reflection and art-based activities.

This group work approach incorporates experiential and reflective learning and group problem solving to help children process, understand, and make sense of common emotions associated with traumatic events such as natural disasters and also general day to day challenges.

359 children took part in 44 groups in 30 Primary schools (between January 2017 to July 2019). Most children who took part in Journey of Hope, whose difficulties impacted on them in different ways, had improved so their difficulties impacted only a little or not at all after they took part.

Around half (47%) of the children who took part in the Journey of Hope groups had no difficulties according to the teacher-completed SDQ while 33% had severe difficulties and 20% had moderate difficulties.

The Journey of Hope programme has continued to lead to improvement in children's mental health and, although used by a slightly different cohort of children, is associated with similar outcomes to 1:1.

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Journey of Hope has made me think before I punch. Sometimes I don't punch anymore and that makes me feel good about myself.

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I have to go to a funeral today and I wasn't going to come to school, but then I thought if I come to Journey of Hope you will all help me to feel better and strong

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When I was upset last week I talked about it in the session and it really helped me to deal with the nasty things people were saying and to believe in myself.