

Session	One Good Adult
Background Information	<p>The concept of 'One Good Adult' is to emphasise the importance of a dependable adult who can support and protect the mental wellbeing of a child and/or a young person (CYP).</p> <p>One of the most interesting pieces of Irish research was the 'My World Survey' a national study of youth mental health in Ireland. Launched in May 2012 by Headstrong, in collaboration with the University College Dublin (UCD) School of Psychology, it revealed a number of findings about the real mental health needs of our young people. The data was taken from over 14,000 people aged between 12 and 25 and it is the first survey of this scale in Ireland, designed as a structured tool to listen to young people and what they had to say about their mental health.</p> <p>The report promotes the concept of the 'One Good Adult'; this is seen as important to the mental wellbeing of young people. Over 70% of young people reported that they received very high or high support from a special adult. The study strongly confirms that the presence of 'One Good Adult' is important to the mental health of young people. It has a positive impact on their self-belief, confidence, coping skills and optimism about the future. This 'One Good Adult' can be a parent, grandparent, teacher, sports coach or someone who is available to them in times of need.</p> <p>The presence of One Good Adult is a key indicator of how well a young person is connected; self-confident, future looking and can cope with problems. The absence of One Good Adult is linked to higher levels of distress, anti-social behaviour and an increased risk for suicidal behaviour. Young people who perceived very low support from a special adult when in need had significantly higher levels of depression and anxiety.</p>
Aim	To raise awareness of the One Good Adult concept
Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the characteristics of the NHS Greater Glasgow and Clyde children and young peoples' mental health improvement and early intervention framework 2. Discuss the One Good Adult concept and its impact on mental health 3. Describe the qualities and skills of a one good adult 4. List a range of resources, including digital resources that can help support young peoples' mental health
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Flipchart/pens • OGA clip (internet access) • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Describe the characteristics of the NHSGG&C children and young peoples' mental health improvement and early intervention framework	• None	Slide	15 min
2. Discuss the One Good Adult concept and its impact on mental health	• None	Slide	15 min
3. Describe the qualities and skills of a one good adult	• None	Flipchart/ Pens Slide	30 min
4. List a range of resources, including digital resources that can help support young peoples' mental health	• Skills and qualities	Internet access/OGA clip Child and youth mental health resources handout	15 min
5. Looking after our own mental health	• None	Slide	5 min
6. Reflection and session close	• Reflection	Reflective practice handout	5 min

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Facilitator notes

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today. Inform participants the session today is an introduction to the one good adult concept and why it is so important and significant in supporting, protecting and promoting children and young peoples mental health.		
Slide 3	NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework This slide is to set the context of where the one good adult concept sits in relation to the NHSGG&C child and youth mental health agenda. Show the CYP mental health framework slide and highlight this is the NHSGG&C framework for mental health improvement and early intervention for CYP. The framework was developed in response to a review that was undertaken across CYP mental improvement services and programmes. Highlight the framework can be used as a planning tool for CYP mental health improvement work. Inform participants the framework consists of 6 key elements which should not sit in isolation but be interconnected. Briefly highlight each element, using the information in the boxes to explain each of them. Highlight this session will go onto explore the one good adult concept in more detail. Anyone wanting more information on the framework can contact michelle.guthrie@ggc.scot.nhs.uk	10 min	Slide

Slide	Notes	Time	Resources
Slide 4	<p>Do not put the slide up just yet.</p> <p>Discussion point: Ask the participants if anyone has heard of the one good adult concept? The named person from Getting it Right for Every Child may be highlighted at this point, stress that the OGA is very different from the named person and this should become clear as we progress through the session. Anyone wanting to find out more about the named person should visit the Scottish Government website.</p> <p>Background information: Provide some background as to why the one good adult was included within the child and youth framework. One of the largest youth mental health studies undertaken in Ireland involving over 14,000 young people found that young people who reported better mental health identified a one good adult in their life.</p> <p>Don't go into the research in any detail, this is merely to give some context.</p> <p>Now put up the one good adult slide and read out the information.</p>	10 min	Slide
Activity & Slide 5	<p>One Good Adult Activity</p> <p>Divide the participants into groups, provide flipchart and pens.</p> <p>Now we are going to explore the one good adult concept, who can be a one good adult, what skills and qualities should a one good adult possess and explore challenges and barriers that a one good adult may feel there could be.</p> <p>Put up the slide with the three questions, provide flipchart and pens and invite the groups to discuss and answer the questions highlighted.</p> <p>Once completed, go through each question and take feedback from each of the groups, only one/two examples from each.</p> <p>Highlight that anyone can be a good adult, teacher, youth worker, janitor, sports coach, parent/carer, siblings etc.</p>	30mins (20 min activity 10 min feedback)	Flipchart/ Pens Slide

Slide	Notes	Time	Resources
Slide 6	<p>Help Wanted: Job Advert</p> <p>Read out some of the skills required and the main tasks to reaffirm some of the feedback from the activity that identified skills and qualities.</p> <p>Discussion point: some challenges and barriers to be a one good adult identified might include time, lack of knowledge around specific topics, boundaries and child protection issues.</p> <ul style="list-style-type: none"> • Reiterate that being a one good adult doesn't have to be time consuming, it is not about being available 24/7, this is not possible, it is ok to say that you can't be available at this moment but can arrange another time to chat. • Setting boundaries is important and never make promises. You must inform the young person that if you think they or someone else is at risk of harm then you need to follow the required child protection protocols. • You can't know everything and that is ok to share with the young person, but what you can do is help them to access supports, it is not about the fixing the young person's problems it is about being a trusted support and providing a listening ear. 	5 min	Slide
Slide 7	<p>Do's and Don'ts.</p> <p>Read out the information on the slide.</p> <p>Discussion point: ask the participants to think about the last time they spoke to someone about a situation that had bothered them (annoyed, upset them, made them worried etc) and encourage them to think about whether or not it was helpful to speak to someone. What makes conversations helpful/unhelpful for them. Give a prompt, has someone ever jumped in quickly and told you what you should do or what you should have done differently, minimised your worries etc, what did that feel like? A one good adult has good listening skills and empathy and it is not about fixing things or telling the young person what to do.</p>	5 min	Slide
One good adult Clip	<p>One Good Adult</p> <p>Download from:</p> <p>https://www.youtube.com/watch?v=nuEHXTQNE-k</p> <p>Inform participants we are going to watch a short clip about the one good adult concept.</p> <p>Discussion point: ask the participants for their views and thoughts on the clip. Take some general feedback. Stress that a one good adult is about having the trusted supportive adult that children and young people can talk to and the focus isn't on fixing problems.</p>	5 min	OGA clip Internet access

Slide	Notes	Time	Resources
Slides 8 & 9	<p>Highlight that there are various resources to help protect, promote and support CYP mental health and wellbeing. You can also use this section to highlight local resources you may be familiar with.</p> <p>Distribute the CYP mental health supporting resources handout which gives more detail on resources available. Inform participants this list isn't exhaustive and they may know of other resources.</p> <p>Discussion point: are there any local resources that participants would like share information on?</p> <p>Bring up the slides relating to the Aye Mind resource. Encourage participants to visit the website. It has been referred to as a Trip Advisor for the mind, targeting 13-21 year olds. It provides information on a range of mental health topics, recommended websites and apps. It also has a professional section with a downloadable worker toolkit to support staff using digital technology to support youth mental health.</p>	10 min	CYP mental health supporting resources handout Slides
Activity & Slide 10	Remind participants of the importance of looking after their own mental health and provide a self care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice tool