

## **‘Bouncing Back’ goes national and international!**

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Additional funding for the successful Bouncing Back (BB) project has enabled us to translate the innovative work developed by students, academics, practitioners and parents, to national policy audiences and national bodies. The Coalition government has identified increased resilience as key to dealing with tougher economic times and to promoting wellbeing. Several national policies and strategies have emerged over the last year championing this approach, yet the formulation of ideas and the understanding of resilience in practice amongst policy makers can be limited.

Resources, learning and critique from the successful work of BB has been fed in to key national policy teams, internal briefings for senior civil servants and ministers, a leading national charity, academics, local authorities, and many front line staff, through presentations and meetings, dissemination of materials, workshops, and briefing papers. All have offered inspiration and insight into how policy could helpfully support effective, evidence based practice, building on the coherent framework offered by *Resilient Therapy* (RT). Future work will build on the links and activities established during this period of extended funding.

The following was achieved as a result of the extended work:

- Ms Lisa Williams and Professor Angie Hart held two meetings with Department of Health (DH) leads for children’s mental health, public health and for the new Health Visiting national implementation programme, and one meeting with the Department for Education (DfE) policy lead for Vulnerable Children and mental health, with the following outcomes:
  - Policy leads developed a deeper understanding of ‘resilience’ and practical approaches, which are valued by front line staff, through illustrating application to current national policy imaginatively.
  - Policy leads for public health working on gathering evidence around the links between self esteem and behaviour change in relation to the implementation of the Coalition Government’s white paper on public health ‘Healthy Lives, Healthy People’ DH 2010, cited Professor Angie Hart’s work on Resilience in an internal briefing paper for ministers. The work was one of only three examples of the practical application of the resilience base in the UK.
  - DfE policy leads on mental health included mention of the resilience evidence base in an internal briefing paper on children’s emotional wellbeing and mental health for the Secretary of State for Education as a direct result of information shared.
  - A briefing paper was produced by Lisa Williams and widely circulated amongst the Children, Families and Maternity division within DH, which is responsible for the development of the Health Visitor Implementation Plan 2011, and which

made a case for resilient practice amongst socially disadvantaged families, drawing on the BB project.

- RT resources were disseminated including the toolkit for parents, produced with young people and Experience in Mind, to the national charity Young Minds (YM) with follow up discussion about their development and potential use. Young Minds are writing an article on the RT Toolkit for their bi-monthly magazine for professionals, young people and parents, which will include interviews with the young people involved. All the RT resources will be included on the YM website.
- Following on from discussions with YM in relation to BB and RT, further meetings are scheduled with YM senior leads to discuss how the project learning and RT evidence base can be used to inform the development of a two year Resilience in Schools programme, for which YM have been funded by DfE to deliver, and which will pilot and develop whole school approaches to resilience.
- RT resources were also disseminated at two national conferences “*Transforming frontline mental health services for children and young people – a public policy exchange*”, London 12 April 2011, and “*Timescapes – Understanding and Supporting Families over Time*”, London, 14 June 2011. At the latter, the profile of the project was raised through distribution of resources directly to, and discussion with, the national Programme Director for Family Nurse Partnerships at the DH, and also the MP Graham Allen, who is the author of the influential report commissioned by government, ‘Early Intervention; the next Steps, 2011’.
- The resources developed through BB, including a co-produced RT toolkit developed with young people with a range of additional needs, are currently being reviewed by several national ebulletins which go out to service managers, commissioners and staff from health, education and social care services including: CHiMAT (Children and Maternity Matters) monthly Knowledge Update; Perinatal and Infant Mental Health eBulletin; Children’s Mental Health and Psychological Wellbeing eBulletin; and the Association of Child and Adolescent Psychiatrists.
- Meetings with academic curriculum developers at the University of Brighton (UoB; Higher Education for the helping professions) have ensured that the learning from BB is embedded in curriculum developments and established a virtuous circle between research, policy and curriculum development, with the inclusion of resilience based approaches across a broader range of courses within UoB.
- Experience in Mind and Kim Aumann delivered two key contributions and disseminated resources at the “*Reflecting on Resilience: Strengthening Families and Practitioners*” conference organised by the Swale Mediation Service and the

University of Kent in partnership with BB on 11 May 2011. Kim Aumann delivered a new Practitioner Resilience session to final year social workers.

- An academic article is being co-produced by Lisa Williams and Professor Angie Hart for publication in the international journal *Child Care in Practice*. The article explores current resilience based approaches embodied within children and family focused initiatives, and the potential for widening these approaches through workforce development in order to enhance the impact of generic services in relation to addressing health inequalities. The article's line of enquiry is directly informed by the BB project and will result in practical suggestions for workforce development in the future.
- Two workshops were carried out with front line staff and managers on evidence based Resilient Practice (South Tyneside and Barking & Dagenham). Kim Aumann disseminated resources and delivered a workshop to Swale Mediation Service staff team.
- Following a successful bid, East Sussex County Council has commissioned a further RT Community of Practice (CoP) to be run during 2011/12 for front line children's services' staff. An evidence based proposal was submitted which built on the learning from BB and also linked the CoP to current commissioning concerns and public mental health policy. Resilience resources have been fully integrated into the Insiders Guide Parent Support Course and rolled out by parent organisations in Brighton and Hove, East Sussex and Calderdale. Two funding bids have been submitted to continue this dissemination further.
- Professor Hart has delivered seminar and conference papers at Newcastle University, Inverness (community and university forum) and Manchester Metropolitan University informed by the policy appraisals undertaken in collaboration by Lisa Williams.
- Lisa Williams is now a formal Community Fellow at CUPP and will continue to engage in BB policy development initiatives over the coming months.
- Professor Angie Hart has been invited to present a paper on the outputs and outcomes of BB at the Conference of the German Society of Education in March 2012
- Professor Hart and her colleague Becky Heaver are preparing a realist synthesis of resilience-based interventions for teenagers, informed by the policy ground work undertaken by Lisa Williams.

- Practical working links with a large Australian charity (The Benevolent Society), applying resilience approaches across their entire organisational structure and service delivery programme, have been developed and resources shared.

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