

your resilience for parents and carers

report by change mental health

introduction

Your Resilience for Parents & Carers was developed in partnership with CAMHS Tayside. It aims to support parents and carers of young people aged 13-18, giving them a greater understanding of resilience and how they can build it in themselves and in their children.

In a recent survey by **Planet Youth Highland** of over 500 parents and carers, mental health, stress and anxiety were the topics parents and carers are the most concerned about regarding the health and wellbeing of their children, showing a real need for programmes that provide parents and carers with tools to support their children with these subjects.



Figure 1: What topics as a parent or carer are you most concerned about regarding the health and wellbeing of your child? Source: Planet Youth Highland Newsletter, December 2024.

We know there is a significant gap in support for parents and carers looking to help young people with their mental health, with parents in Scotland calling out for education and support on the topic¹. The impact of parental engagement in education has been proven to boost outcomes for young people, and as the Scottish curriculum increasingly includes mindfulness and mental health awareness, we must involve and educate parents and carers in these areas as well.

¹ Children in Scotland: Suffering in silence, Children in Scotland. Available at: <https://childreninscotland.org.uk/suffering-in-silence/> (Accessed: 23 January 2025).

Academic research supports the need for resilience education programmes for parents and carers. Teaching parents how to support and promote resilience, while improving their own resilience, has numerous positive outcomes, including enhanced parenting skills, reduced stress in children, and a positive effect on the whole family.²

This has led us to develop a comprehensive resilience building, mental health education programme, tailored to parents and carers needs, so they feel confident in supporting their children with their mental health.

programme overview

Your Resilience for Parents complements Change Mental Health's **Your Resilience Programme**, an 8-week programme that uses a unique co-delivery model to provide comprehensive training for youth workers and facilitators working with young people to support them with their mental health and resilience.

We adapted this programme for parents and carers, delivered over 4 sessions, the programme offers a range of tools parents and carers can implement to support their children's mental health:

Workshop 1: What is resilience?

Workshop 2: Coping with stress & distress

Workshop 3: Managing friendships & social pressures

Workshop 4: Having conversations about resilience and managing your own mental health

content development

To ensure the content successfully meets the needs of parents and carers, we ran an initial focus group with parents from Tayside. In this consultation, when asked about their existing understanding of resilience, it was clear there were generational and cultural differences in how mental health and resilience is perceived.

Following this consultation we developed the four workshops, responding to requests to cover having conversations about mental health, how to manage stress, how parents can develop their own ways of coping and how they can support their children with friendships and social pressures. The sessions include concepts, activities and relatable scenarios used as a basis for discussion.

² Mariani Wigley, I.L. et al. (2021) 'COPEWithME: The role of parental ability to support and promote child resilient behaviours during the COVID-19 emergency', *Frontiers in Psychology*, 12. doi:10.3389/fpsyg.2021.732745.

objectives & outcomes

Objective	Outcome
Increased understanding of resilience.	Outcome 1: Parents and carers gain a deeper understanding of resilience and the necessary steps to foster resilience in young people.
Equip Parents & Carers with knowledge of mental health and resilience skills and tools.	Outcome 2: Parents and carers enhance their own resilience and ability to model and teach resilient behaviours. Outcome 3: Parents and carers are better prepared to support their children's wellbeing.
Foster confidence in discussing mental health, resilience and wellbeing.	Outcome 4: Parents and carers feel confident in discussing mental health, resilience and wellbeing with their children, facilitating open and supportive conversations.

pilot delivery

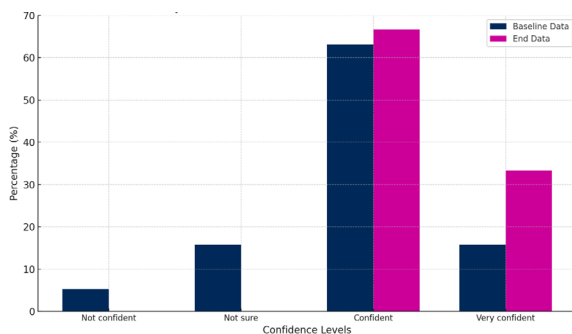
From October to December 2024 the CAMHS Tayside team delivered a pilot version of the programme online to 2 cohorts of 45 parents and carers.

All participants had at least one 13-18 year old, with some having other older and younger children. All participants were female, and there was a wide range of baseline confidence levels in understanding resilience and ability to support their children's wellbeing.

We conducted baseline and end surveys to evaluate the impact the programme had on parents and carers against the outcomes.

pilot results

Outcome 1: Parents and carers gain a deeper understanding of resilience and the necessary steps to foster resilience in young people



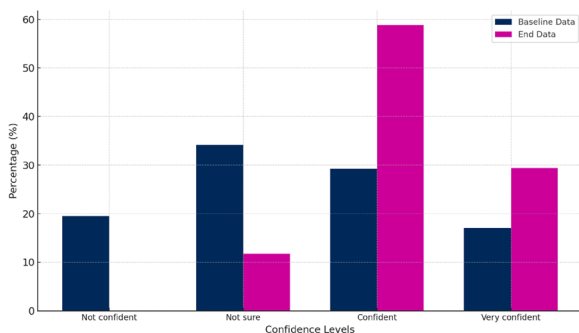
The overall impact of the programme was extremely positive, with **100% of participants feeling somewhat or very confident in their understanding of the concept of resilience** after completing the 4 sessions.

Figure 2 Q7: How confident do you feel in your understanding of the concept of 'resilience'?

“Not just bouncing back quickly as I originally believed. More just going through difficult, tough situations (life) and being able to adapt and grow and get through situations, knowing or feeling comfortable that these tricky times will pass.”

Parent of a 17 year old

Outcome 2: Parents and carers enhance their own resilience and ability to model and teach resilient behaviours



When asked about confidence in their own resilience and coping skills, **89% of respondents felt 'confident' or 'very confident' after completing the programme**. The percentage of respondents who were 'not sure' or 'not confident' decreased significantly, showing the programme has effectively provided knowledge, skills and tools to enhance parents and carers personal resilience and ability to model and teach resilient behaviours.

Figure 3 Q9: How confident are you in your own resilience and coping skills?

Outcome 3: Parents and carers enhance their own resilience and ability to model and teach resilient behaviours

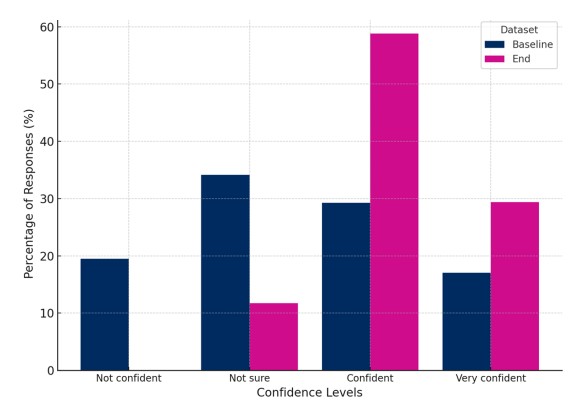


Figure 4 Q10: How confident are you in your ability to support your child or children's mental wellbeing?

After completing the programme **88% felt confident or very confident in supporting their child's wellbeing**, compared to only 46% in the baseline.

“I feel well informed about the meaning of resilience and the various tools to support my teens in developing resilience. Having done this course and with the knowledge gained I feel much more confident and more equipped to support my teenage daughter.”

Parent of a 14 year old

Outcome 4: Parents and carers feel confident in discussing mental health, resilience and wellbeing with their children, facilitating open and supportive conversations

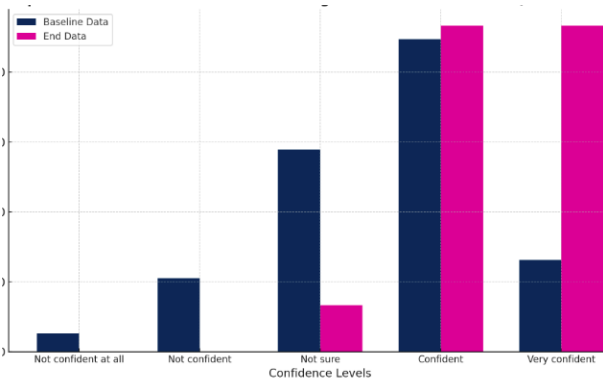


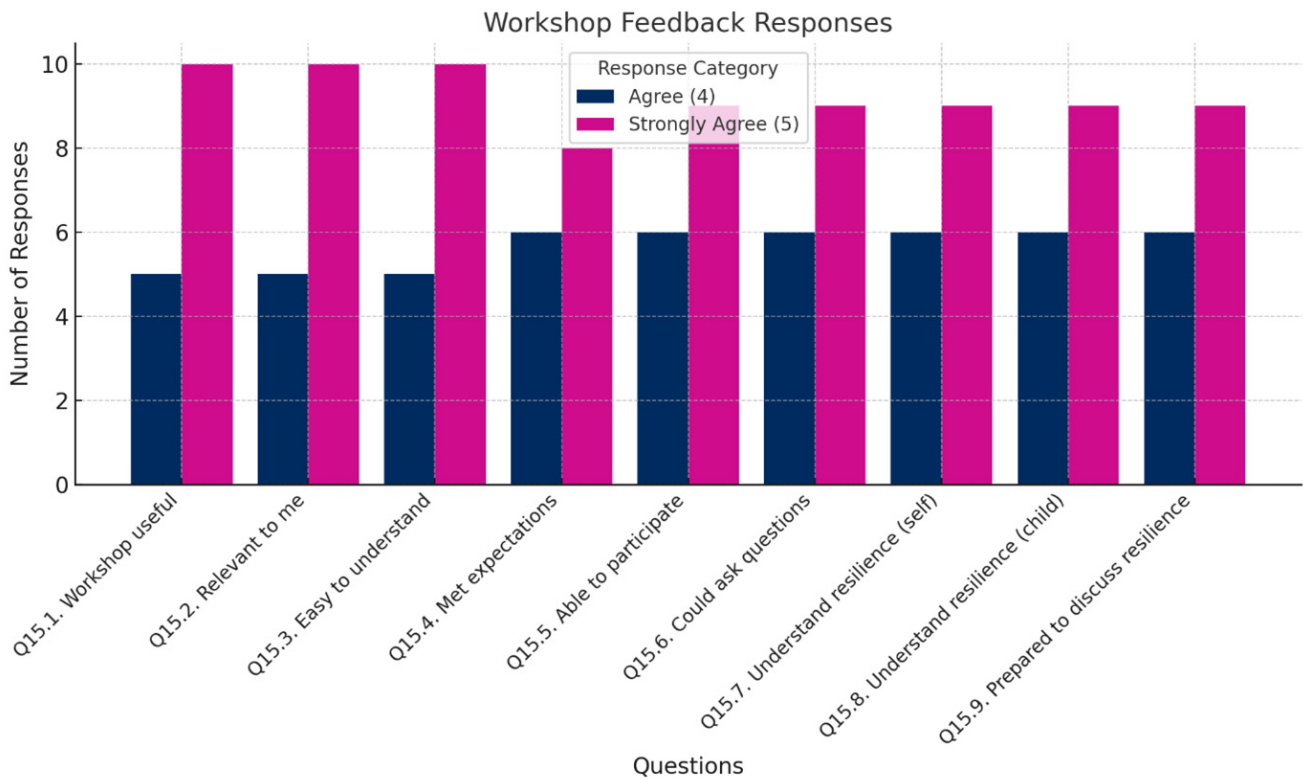
Figure 5 Q11: How confident do you feel discussing resilience and mental health with your child or children?

The final session gives parents practical tips for having supportive conversations, which had a positive impact on participants confidence in discussing mental health and resilience with their children, with **93% responding confident or very confident after completing the programme**, compared to 58% in the baseline data.

When asked what do you feel you have gained from the programme, a participant, who is the parent of 14 year old, said:

“Confidence in discussing things with my daughter, confidence in using some of the strategies.”

workshop content & delivery



Feedback on the workshop delivery and content was generally very positive, with participants finding the workshops useful, relevant and easy to understand, and a majority feeling positive about their ability to participate, ask questions, and discuss resilience.

‘This course has given me more confidence in my own ability. Having everything broken down into sections has made it clearer to me on how I can help my children to strengthen their resilience.’ - Parent of 13-year-old twins.

conclusion

Overall, Your Resilience for Parents and Carers has demonstrated a significant impact in equipping parents and carers with the understanding, skills and confidence to support their children's mental health.

The pilot results indicate meaningful improvements across all objectives, and underline the programme's ability to fill the gap in support for parents, addressing growing concerns surrounding young people's mental health and wellbeing.

“By focusing both on parents' own resilience and practical strategies for growing resilience in young people, the programme meets a critical need, enabling parents and carers to navigate the challenges of young people's mental health with confidence. The positive feedback from participants highlights the importance of programmes like these, and the impact they can have on the wellbeing of families as a whole.”

Hannah Dibnah
Service Manager for Young People's Programmes
Change Mental Health



next steps

Building on the success of the pilot, we will ensure continued impact and broader reach.

Wider rollout

We will expand programme reach, collaborating with partners across Scotland, including CAMHS teams, schools and community groups to promote and deliver the programme to parents within their communities.

Content refinement

We will continue to listen to participant feedback to enhance workshop content, delivery and accessibility.

We will involve parents and carers in the development of additional workshops, ensuring the content is still meeting their needs.

We will develop more content specifically around suicide awareness and prevention, in line with Outcome 3 of the 2022-2032 Scottish Suicide Prevention Strategy. Change Mental Health leads on this outcome in partnership with Penumbra Mental Health.

Diversity and Inclusion

We will actively recruit more diverse groups of participants for future cohorts, including developing ways to include more male parents.

We will create resources that address specific challenges faced by diverse and underserved communities.

We will develop resilience building resources and support for unpaid carers (who may not be parents).

Ongoing evaluation

We will continue to measure the programme's impact through surveys and qualitative feedback to ensure the objectives and outcomes remain effective and relevant.

By scaling up and refining the Your Resilience for Parents and Carers programme, we aim to empower more parents and carers with their resilience and improved mental health across families and communities in Scotland.

Thank you to CAMHS Tayside and the parents who were involved in the creation and development of our programme.

If you are interested in finding out more about the programme please contact our Young People's Programme team

e: youngpeople@changemh.org
w: www.changemh.org/young-people