PROMISE works

Delivering inspirational mentoring for Somerset's most vulnerable, disaffected and disadvantaged young people.

LONG TERM COMMITMENT – LONG TERM CHANGE

TURNING LIVES AROUND FOR YOUNG PEOPLE

Who we are and what we do

- Recruit, train and support volunteers to form long-term 1-2-1 mentoring relationship with vulnerable Children and Young People (CYP)

- **2024**
  - 153 CYP received mentoring
  - 39 new mentors trained
  - 77 new mentoring matches
  - 43 successful graduations
  - 22,000 volunteering hours
  - 344 new referrals

- **2022** Queen's Award for Voluntary Service

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Who we are and what we do

- Currently supporting 160 CYP across Somerset

- Referrals from CSC, FIS, schools, CAMHS and other charities

- Referral criteria – ACEs
  - Physical, emotional or sexual abuse
  - Parental problems – poor mental health, alcohol orsubstance abuse
  - Domestic abuse
  - Poverty
  - Neglect
  - Self harm
  - Bereavement
  - Young carer responsibilities

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WHY A MINIMUM 2 YEAR RELATIONSHIP?

Attachment Theory

Attachment Theory

John Bowlby

- Attachment can be defined as a deep and enduring emotional bond between two people in which each seeks closeness and feels more secure when in the presence of the attachment figure.

- Attachment is characterized by specific behaviours in children, such as seeking proximity to the attachment figure when upset or threatened.

- The quality or otherwise of our key attachments informs how we feel about ourselves
  - Worthy/unworthy of attention
  - Lovable/unlovable
  - Capable of success/ a failure
- We develop an internal model of the world and our place in it

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Attachment Theory

- The meaning of attachment and need for relationship cannot be considered a secondary drive because the strongest emotions, joy or pain, emerge in the course of attachment-related events

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Attachment Theory

The Brain Science

Research by Levine and Kline (2006)

Growth of the emotional bond between mother and newborn 'turns on' the brain through release of chemicals, proteins & enzymes, shaping brain structure and capacity

Stress surrounding the birth can result in the release of cortisol and harm the baby's brain

Positive attachment experiences in the face of early threat help a child to learn that he is emotionally safe and are the key to later emotional self-regulation

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Attachment Theory
Forming Attachments

Attunement

The process by which attachment figures tune in to the expressed emotion of the infant and reflect the same or a very similar emotion back to the infant…through tone of voice, facial expression and gesture

Pearce (2009) A short Introduction to Attachment and Attachment Disorder

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Attunement
at
its
best!

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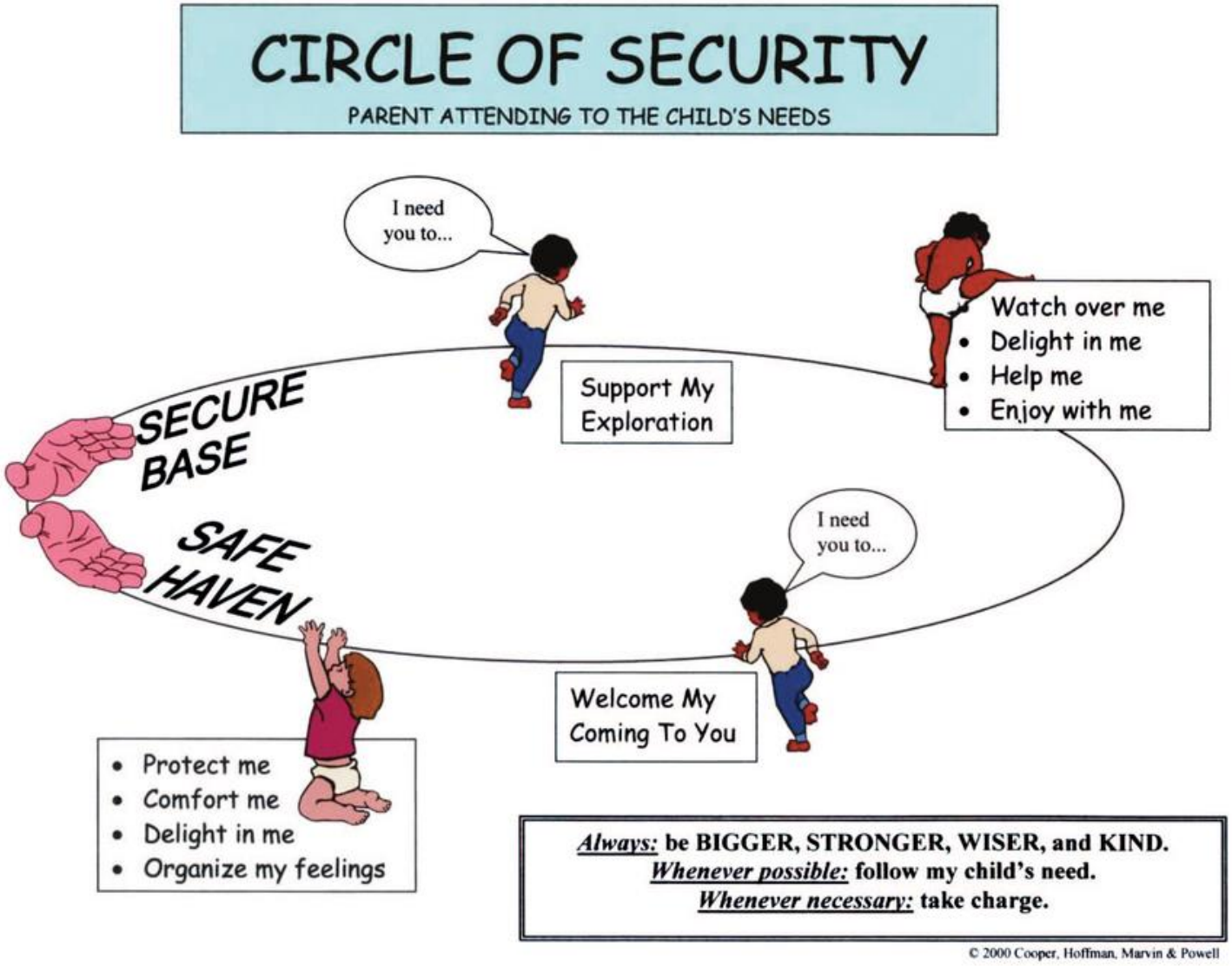
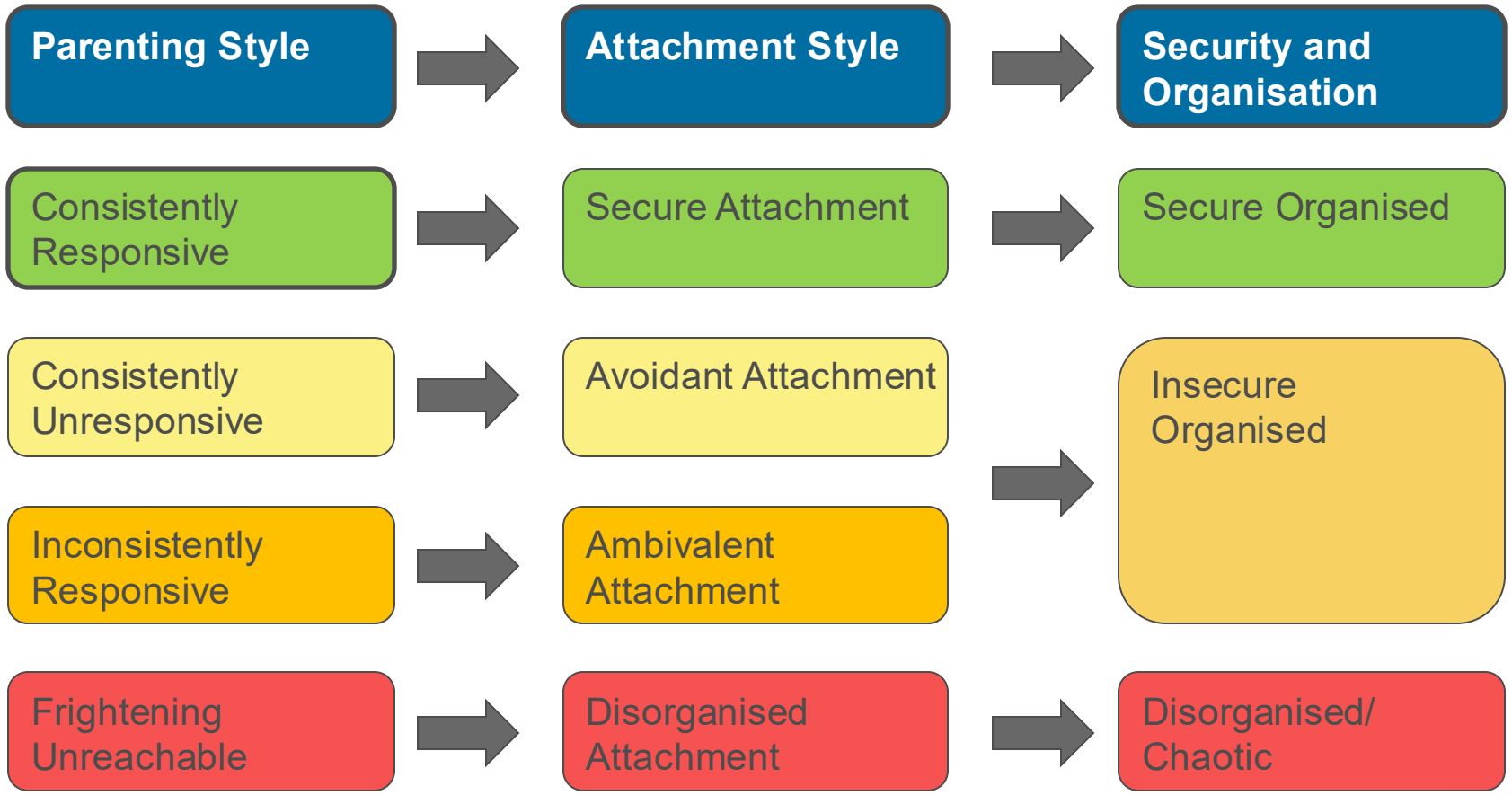
Forming Attachments



Forming Attachments



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Attachment Styles

SECURE

- Self-confident
- Ability to ask for help
- Trusting
- Shares feelings
- Comfortable with intimacy
- Open to commitment
- Communicates needs effectively

AVOIDANT

- Self-sufficiency
- Need to achieve
- Difficulty trusting others
- Suppresses emotional needs
- Uncomfortable with intimacy

AMBIVALENT

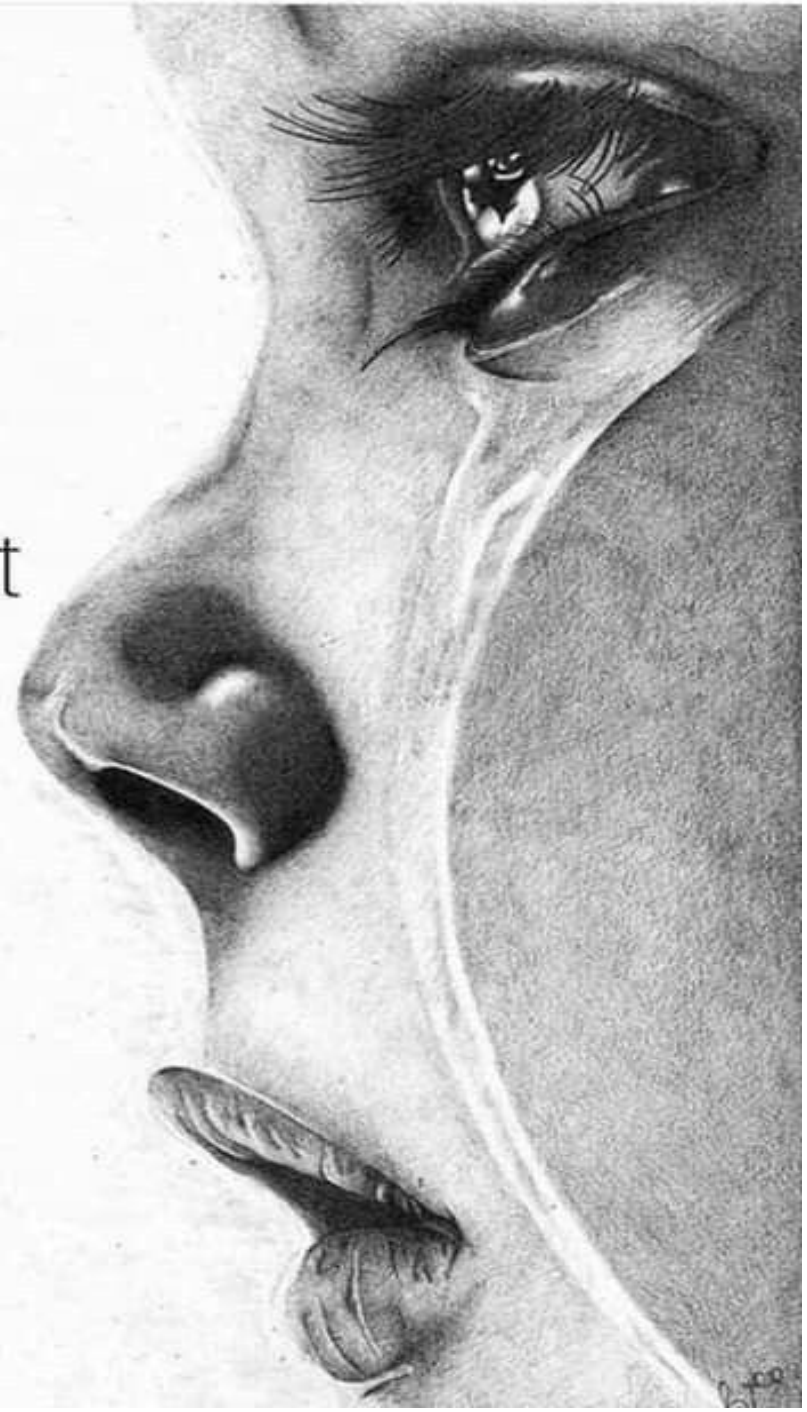
- Fears abandonment
- Clingy or demanding
- Emotionally dependent
- Needing reassurance
- Puts partner's needs first

DISORGANISED

- Conflicting approaches
- Fears and craves intimacy
- Unpredictable or volatile
- Difficulty regulating emotion
- Drawn to emotionally tempestuous relationships

"A child that's being abused by its parents doesn't stop loving its parents, it stops loving itself."

~Shahida Arabi
PsychAlive.org



How does mentoring help?

Repairing Attachments

- Consistency and reliability – routines, limits and boundaries
- Authenticity – own up to mistakes and say sorry - reconnect
- Coregulation – attunement, quality time, listening
- Foster a sense of humour and fun – playfulness and creativity

Being able to feel safe with other people is probably the single most important aspect of mental health. Safe connections are fundamental to meaningful and satisfying lives.

Bessel van der Kolk

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IT'S A SLOW BURN

"I love mentoring, it's like herding cats!

Impact in 2024

Reported percentage improvements by CYP after at least **one year of mentoring:**

- 40% reduction in problems in place of education
- 34% reduction in problems in home environments
- 49% reduction in MH problems
- 44% reduction in feelings of isolation
- 43% improvement in ability to manage emotions
- 33% improvement in ability to manage relationships

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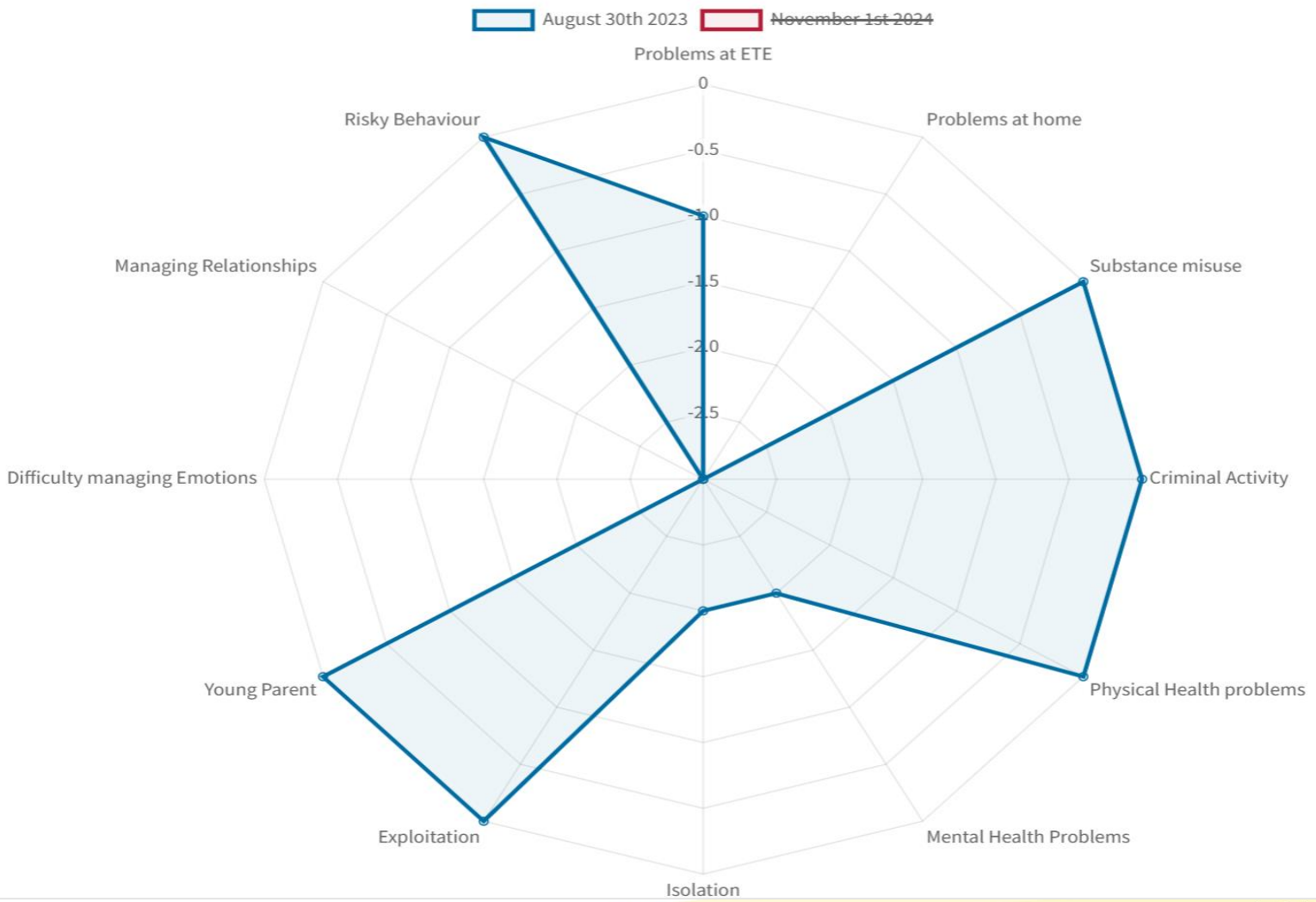
CTDO02 – Initial Presenting Needs



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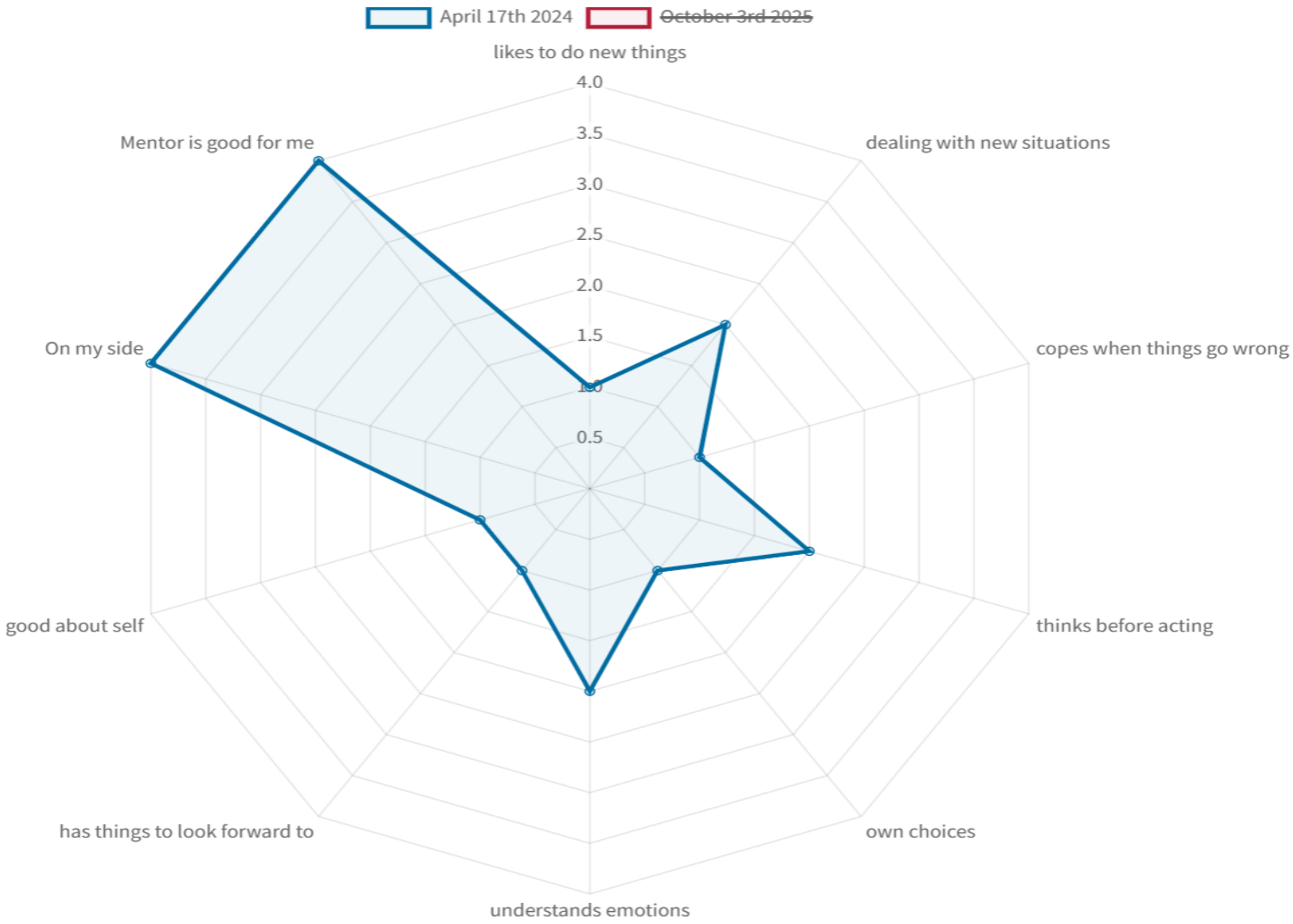
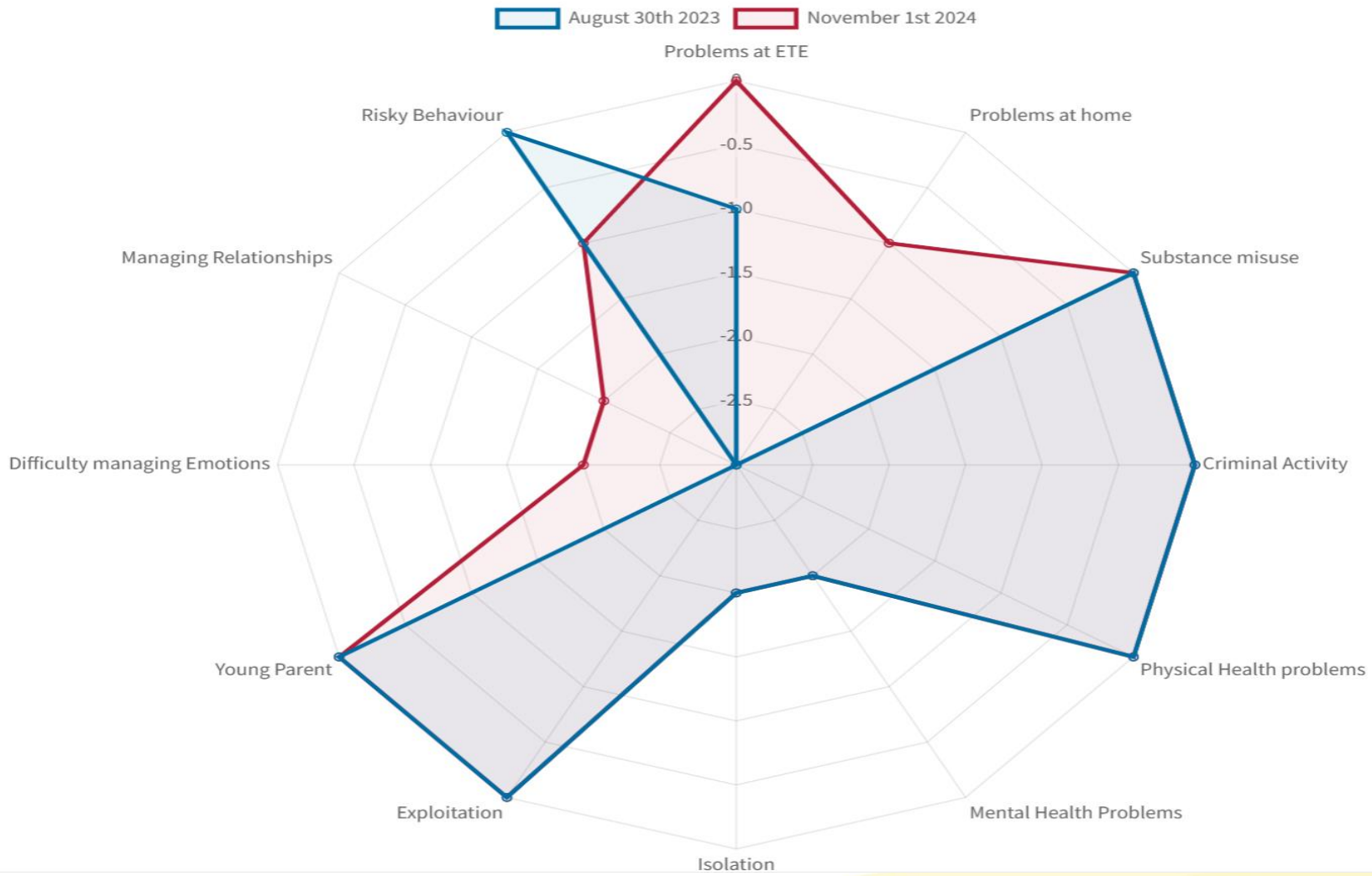
Case Study CTDO02 – Initial Impact



CTDO02 15 month Presenting Needs



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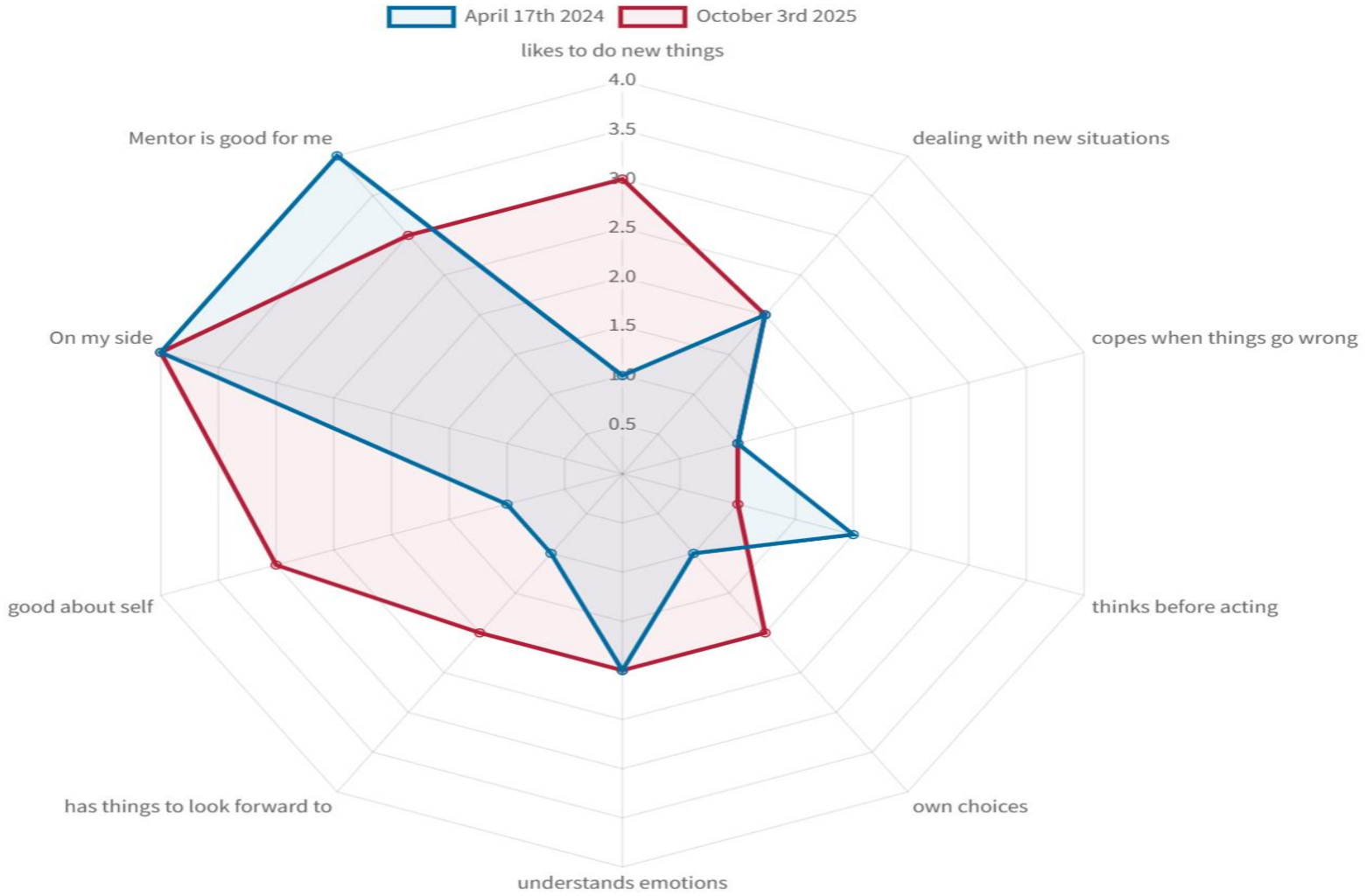
CTDO02 – 14 month Impact



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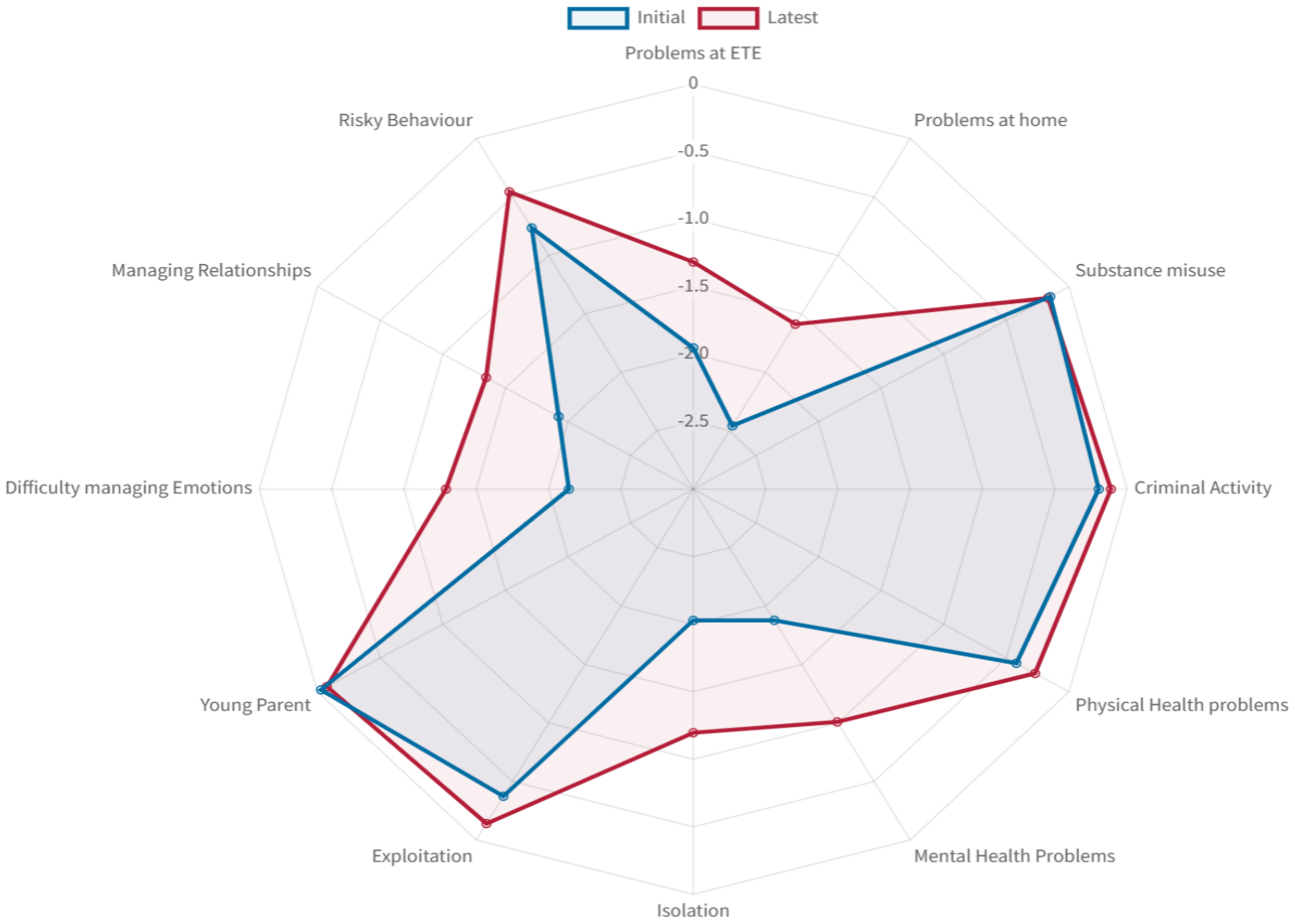
Overall Case Load – Average 12 month Presenting Needs



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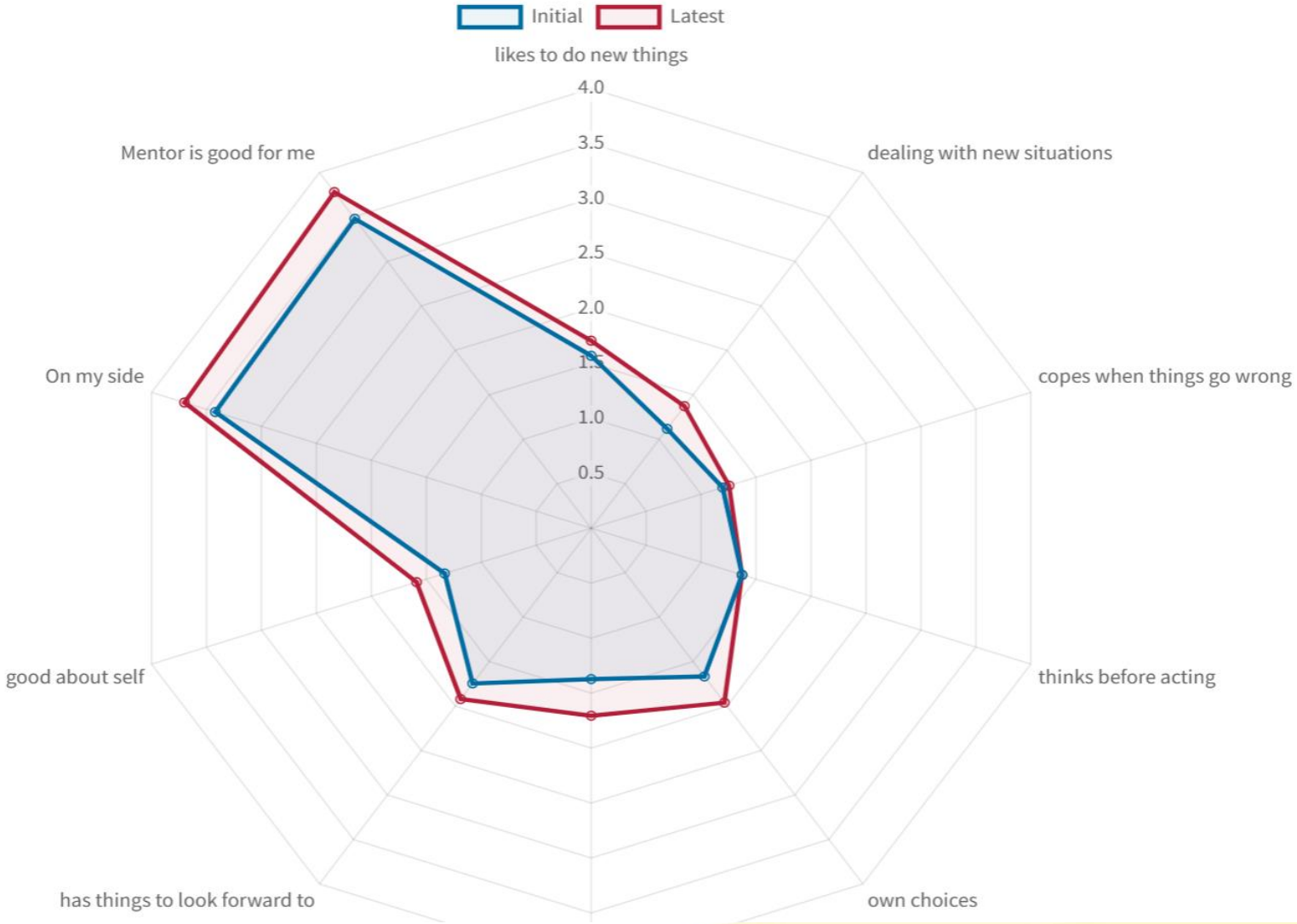
Overall Caseload – Average 12 month Impact



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