



*Health & Wellbeing*

**rock trust**

ENDING YOUTH HOMELESSNESS



# THE TEAM

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EMMA WILKINSON

TEAM LEADER & ART THERAPIST



MAEVE RYAN

ART THERAPIST & H&WB WORKER



PETER WOODING

PEER MENTORING PROJECT WORKER



BEL BAXTER

ART THERAPIST & H&WB WORKER

STUDENT PLACEMENT

ART THERAPIST

PART TIME

ART THERAPIST & H&WB WORKER



*Transpersonal Psychologist and  
Art Therapist*

# Our Goals

- End youth homelessness, make it brief and none recurring.
- Make young people feel safe and secure
- Improve young people's mental health and resilience.
- Help young people manage their accommodations so they do not represent as homeless.



# WE PROVIDE

- PEER MENTORING
- ART THERAPY
- 1:1 SUPPORT
- WELLNESS GROUPS
- STAFF TRAINING
- ADVOCASEY

80 YP A Year  
50 Front Line Staff

# Health & Well-being





# PEER MENTORING PROJECT

An opportunity for mentors to:

- Receive training
- Develop employability skills
- Increase confidence and self esteem

An opportunity for mentees to:

- Increase social skills and confidence
- Develop coping skills and community connections
- Engage in well-being activities with peer support







"IT IS HOW I GOT THROUGH THE WEEK, TO KEEP ME FOCUSED. IF I HAD A BAD WEEKEND, I KNEW I WOULD HAVE SUPPORT DURING THE WEEK."

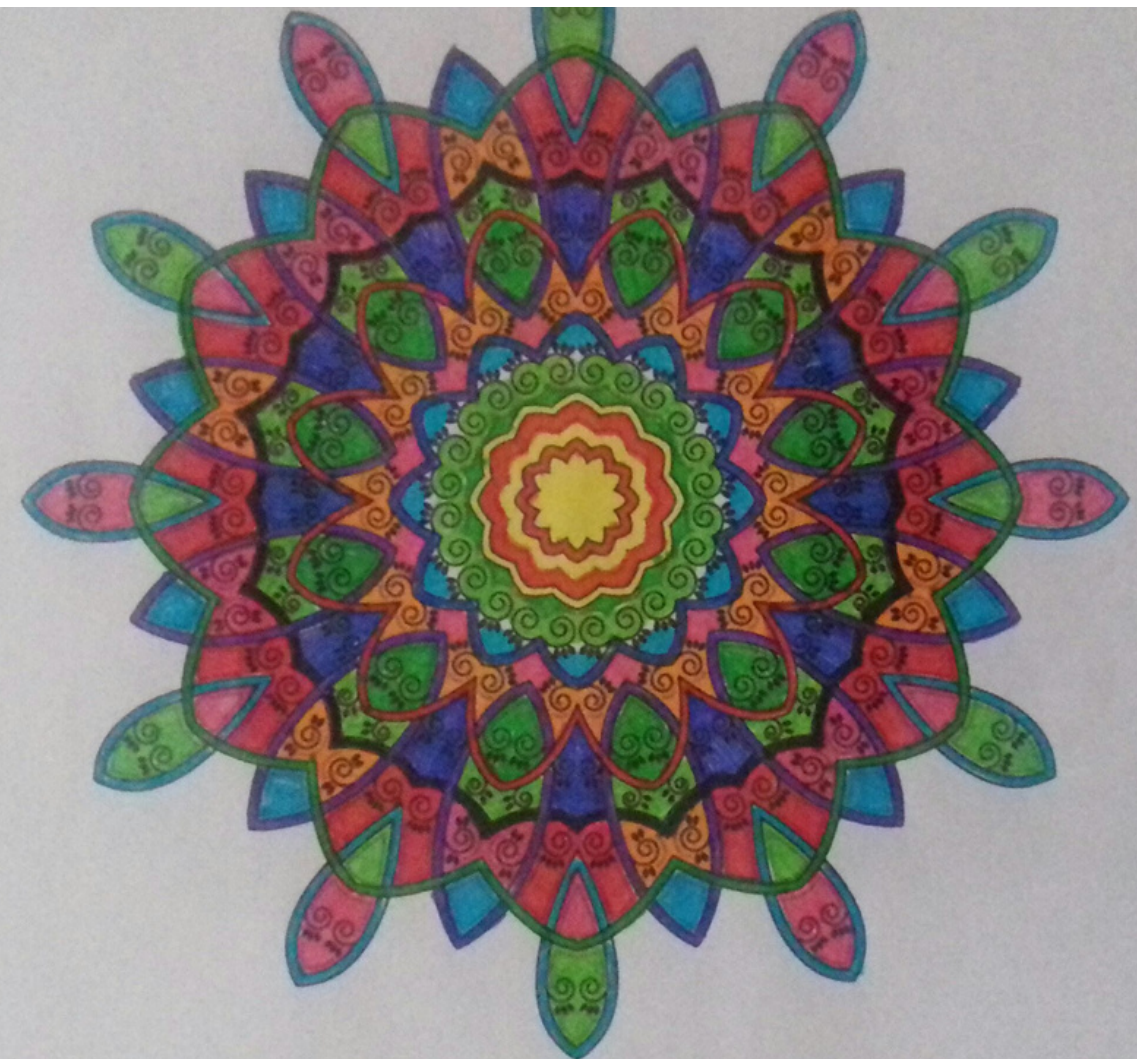


ART THERAPY



“I can now describe who I am (strengths and personality) and say that’s me without hesitation.”

1:1 TOPIC FOCUSED  
SUPPORT







## WELLNESS GROUPS

- Partnership with Edinburgh Sculpture Workshop
- increase peer support
- Decrease loneliness and isolation
- Increase confidence and relational skills
- Give space for creative outlets and to have fun



# STAFF TRAINING





IMPROVEMENTS IN MENTAL HEALTH FOR YOUNG PEOPLE

**ADVOCASEY**





*Case Study*





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