

## Site

Gwynedd YJS

## Name of project / initiative

Resilience Intervention Programme

## Overview

A child-centred, programme to help build young people's resilience, aimed at reducing their risk of reoffending, by developing their skills and confidence to resist pressure from others; teaching them to better handle interpersonal issues more generally, and improve their emotional management; and giving them a clearer sense of their own strengths and abilities. The programme was developed by Bangor University, based on a review of the resilience literature, and interviews with youth justice staff on the needs and learning styles of the young people. The programme comprises 21 sessions. Phase 1 focuses on participants identifying their own strengths, building their self-confidence, and improving their emotional recognition and understanding. Phase 2 focuses primarily on them developing their own resilience strategies, based on their particular strengths, and drawing on techniques such as self talk and visualisation. Phase 3 focuses on drawing together and reflecting on what they have learnt, and introduces elements of cognitive behavioural therapy. While participants are expected to complete all of Phase 1, additional sessions from Phases 2 and 3 can be selected according, and tailored, to individual need.

## Longevity

The programme has been running since 2021.

## Benefits

The programme has been well received by participants. And while not conclusive, research by the University suggests it has improved self confidence and resilience among participants, increased time to re-offending, and possibly led to an absolute reduction in re-offending too. Further research is planned as the number of participants increases over time.

## Uniqueness

This programme is currently unique to Gwynedd YJS but Bangor University are training other youth services in Wales, and the YJB have shown an interest in widening roll out further.

## Applicability

It could be used in any youth justice setting.

## Requirements

Other than a requirement for staff training, there are no barriers to wider roll out.

## For more information:

Contact: [stephenwood@gwynedd.llyw.cymru](mailto:stephenwood@gwynedd.llyw.cymru), Service Manager  
See also: [KnowX.uk/Gwynedd-KBT22.pdf](https://www.knowx.uk/Gwynedd-KBT22.pdf) [Research report]

## Submitted by:

Contact: [stephenwood@gwynedd.llyw.cymru](mailto:stephenwood@gwynedd.llyw.cymru), Service Manager