

ReMiT: Resilient Minds Toolkit – A resilience and mental health guide for young people

 boingboing.org.uk/remit-young-peoples-toolkit

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ReMiT by young people, for young people

The Resilient Minds Toolkit for young people is a co-produced guide written by young people for young people to support their resilience and mental health. The guide shows how to use the Resilience Framework, provides frequently asked questions to give young people the confidence to support their friends and offers our top ten recommended apps, websites and books. This guide is designed for a national context – you can find a guide to local mental health support in Blackpool, Fylde and Wyre [here](#).

[Download ReMiT for Young People](#)

ReMiT by parents and carers, for parents and carers

The Resilient Minds Toolkit for parents and carers is a co-produced guide written by parents and carers for parents and carers to support their childrens resilience and mental health. The guide shows how to use the Resilience Framework, provides frequently asked questions to help parents and carers support their children as well as our top ten recommended apps, websites and books. This guide is designed for a national context – you can find a guide to local mental health support in Blackpool, Fylde and Wyre [here](#).

[Download ReMiT for Parents and Carers](#)

REMIT: RESILIENT MINDS TOOLKIT

A resilience and mental health guide for young people



This guide has been co-produced by young co-leaders of the Resilience Revolution, alongside adult supporters from the Resilience Revolution.

Written and designed by Claire, Danielle A, Danielle C, Emily, Grace, Henry, Jordan, Kie, Lindsay, Louise, Vicki and Vicky.

With contributions from Professor Angie Hart, YPEG, Seren and Victoria's Voice.





A resilience and mental health guide for parents and carers



This guide has been co-produced by parents and carers of the Resilience Revolution, alongside other supporters from the Resilience Revolution.

Co-produced by Charleen, Emily, Henry, Lindsay, Lisa, Louise and Vicki.

With contributions from Professor Angie Hart, Lisa D and Parents of the Revolution.



Feedback survey

Here is a short questionnaire we would love you to fill in to tell us what you thought about the guide.

[Take part in our feedback survey.](#)

REMIT: RESILIENT MINDS TOOLKIT

A RESILIENCE AND MENTAL HEALTH GUIDE FOR YOUNG PEOPLE

How it started

We are co-leaders of the Resilience Revolution. Blackpool is leading this pilot of the world's first whole town approach to resilience. As part of the Resilience Revolution, we understand mental health in the context of the environment in which we live, and social inequalities we might face. We want to improve young people's mental health by supporting young people to be resilient despite adversity, whilst also campaigning for social change to reduce that adversity. We set up a co-production group to look at how young people, and their parents/carers, on the Blackpool Child and Adolescent Mental Health service (CAMHS) waiting list could be better supported; consisting of young people and parents/carers with lived experience of mental health challenges, and representatives from CAMHS, Boingboing and Blackpool HeadStart. We called ourselves the 'Empowering Young People and Families' co-production group, and we agreed a 'Big Plan'.



Co-production is a fundamental principle of the Resilience Revolution and we strongly believe that it has to be central to any project or service development. Here are the basic principles of co-production we worked with:

- We are equal partners.
- We establish good peer support networks.
- We get something out of being involved – reciprocity.
- We all work together without the distinction between professionals and people with lived experience (nef, 2013).
- In relation specifically to services, we are seen as having something to offer to them, rather than services just having something to offer to us.

A group of us have previously written some [top tips](#) if you are interested in developing co-production.

By Danielle Aoslin, Danielle Cromer, Vicki Dunham, Emily Gagnon, Kie Foster, Lindsay Jones and Grace Robson



HOW DID WE GET ON WITH THE BIG PLAN?

Young people said they would like to know what they can do to support themselves and develop their resilience. So, we co-wrote and co-designed 'ReMIT: Resilient Mind Toolbox' - a resilience and mental health guide written by young people for young people. The guide is based on the following:

Resilience framework

In the guide we show you how to use the Resilience Framework (Hart, Blincow and Thomas, 2007). We find it empowering to know that everyday resilience-building actions, or 'ordinary magic' (Masten, 2014) can bring about big changes and we don't always have to rely on specialist services for change to happen.



Peer Support

We believe peer support is invaluable for young people's resilience and we often turn to our peers for advice before anyone else. We put together some frequently asked questions to give you the confidence to support your friends.

Be Informed

We believe having accurate information enables us to be experts in our mental health. We compiled our Top 10 recommended websites, apps and books.

Community Support

Community support is a valuable resource, which can often be overlooked in favour of traditional mental health services. We detail all the local support available for young people in Blackpool, Fylde and Wyre.

What now?

ReMIT will be distributed to young people across Blackpool, via schools, CAMHS, youth centres, GP surgeries etc. It will also be available to download (for free) from www.boingboing.org.uk/remit, including a universal version where you can fill in the blank 'who can help me' section yourself, with services in your local area. The parents and carers in our co-production group have also been busy – they have written ReMIT; a resilience and mental health guide for parents and carers which you can also download from the link above.

WHAT DID BEING INVOLVED IN CO-PRODUCTION MEAN FOR US?



- "I now have a focus and it has built my confidence"
- "It has given me a purpose and makes me feel valued"
- "It has given me opportunities that I didn't previously have"
- "I have made new friends and acquaintances from different organisations"
- "Keeping busy is a good distraction technique. It's good for my mental health"
- "Doing this work has made me realise I am good enough, I didn't believe in myself before"
- "I have really enjoyed being part of the group, I feel more confident in myself and in what I can achieve"

Want to know more?

Do you want to know more about Boingboing's approach to resilience? See www.boingboing.org.uk, or follow us on twitter: @bb_resilience
Do you want to know more about Blackpool's pilot of the Resilience Revolution? See www.rmbblackpool.org.uk or follow us on twitter @PHSBlackpool

References

- Hart, A.; Blincow, D.; and Thomas, H. 2007. *Resilient Therapy*. Routledge
- Masten, A. 2014. *Ordinary Magic – resilience in development*. Guildford Publications.
- Mind. 2021. *Co-production: deciding together*
- New Economics Foundation. 2013. *Co-production in Mental Health: a literature review*

