

## *Programme Modules:*

### I. Understanding Me

This component will help participants explore their identity, their lifestyle choices and the impact those choices may have on them.

#### *Topics include:*

- Identity
- Self esteem
- Values
- Coping strategies
- Understanding behaviour
- Responsibility and consequences

### II. Why School

This explores the value participants place on education along with the importance and benefits of learning.

#### *Topics include:*

- Why do we go to school?
- "What's crap, what's good?"
- Positive changes when returning to school
- Managing school techniques
- Specific educational needs

### III. Healthy body/ healthy mind

This component explores creatively how and why we should look after our body and mind. The connection between our lifestyles choices, how we feel and what we do are explored.

#### *Topics include:*

- Anger management
- Relaxation
- Diet & lifestyle
- Specific group related issues (e.g. Bereavement, drugs & alcohol)
- Coping strategies

### IV. Back on Track

The focus of this component is to support a positive and effective re-integration process back into school.

#### *Topics include:*

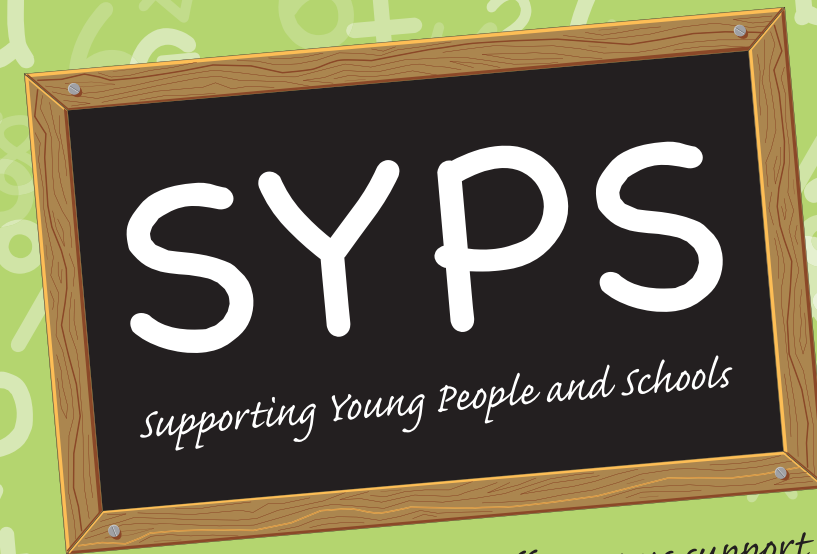
- Goal setting for school
- Teacher visits
- Return to school session
- Exit reports
- Coping strategies
- After care plan

SPHERE 17



*For more information or referral forms  
please contact the Sphere 17 Regional Youth Facility  
on 01 8674348, [generalmail@sphere17.eu](mailto:generalmail@sphere17.eu)  
or refer to [www.sphere17.ie/partnerprojects.php](http://www.sphere17.ie/partnerprojects.php)*

SYPS is an initiative supported by the City of Dublin VEC.



*An intensive three-week off-campus support  
service for young people who are experiencing  
difficulties in managing school.*



### *Project Description:*

SYPS is a high quality, intensive 3-week off-campus support service for young people who are experiencing severe difficulties in managing school.

The programme provides a safe and positive space for young people to explore components that target their personal and educational needs. With a clear programme focus on re-integration, an after care element is put in place to support young people returning to school.

The service is a multi-agency initiative that is run from the Sphere 17 Regional Youth Facility.

**This project is an education intervention not an education alternative.**

### *Programme Objectives:*

1. To explore with participants the value of education and the positive impact it can have on their lives in a welcoming and engaging youth dedicated space
2. To facilitate participants become more aware of the consequences that different behaviour has on their learning and on achieving their goals.
3. To support participants to understand that they are in control of their emotions and behaviours, and also enable participants to develop healthier attitudes about themselves and others.
4. To develop and maintain key links with other programme partners such as families, schools and relevant education service providers.
5. To facilitate a re-integration process that recognises collective responsibility and the important steps which lead to a successful re-integration into school e.g. Exit Reports and Goal Setting Plans.

### *Who is SYPS for?*

Up to 5 young people can be involved in the programme at any one time and young people are chosen through a referral process.

SYPS is targeted at young people from Dublin 17:

- a) *who are between 6<sup>th</sup> class - 2<sup>nd</sup> Year*
- b) *who are experiencing significant difficulties in managing school*
- c) *who would benefit from participation on the SYPS programme and*
- d) *who have attended primary school in the Dublin 17 area*

### *Project Management:*

Representatives from the following groups are currently participating on the SYPS Steering Committee:

Home School Community Liaisons  
Dublin 17 School Completion Programme  
Northside Partnership  
Coláiste Dhulaigh  
Visiting Teacher Service for Travellers  
Education Welfare Service  
Sphere 17 Regional Youth Service

### *Goal Setting and Exit Report*

**Goal setting** is a vital and consistent module of the programme which gives participants a space to reflect, plan and achieve realistic goals with one to one support from a member of the SYPS team. Throughout the 3 weeks both group and individual goals are identified and targeted.

**The Exit Report** is completed with the participants allowing them to reflect on their learning from the SYPS programme and identify what they want to achieve on returning to school.

*Both Exit Reports and Goal Setting Plans are provided to the school or appropriate teachers on completion of the programme.*

### *SYPS Approaches*

The programme uses a variety of approaches and methods to cover the content of the programme in a way that best suits the participants.

The following indicates the range of options that have been used to reflect individual/ group needs, interest and ability:

- ***One to one support (including goal setting).***
- ***REBE (rational, emotional and behavioural education)***
- ***Role playing***
- ***Structured group discussions and lessons***
- ***Team work exercises/ games /problem solving challenges.***
- ***Group art projects***
- ***Individual/team debates***
- ***Individual & collective responsibility (rewards and consequences activities)***
- ***Outings***
- ***SYPS Graduation***

### *Home involvement:*

The programme recognises the primary role of the parents/carers in the education of their children and as such they will be facilitated and encouraged to participate in the re-integration process.

Parents/carers will be informed of the SYPS programme purpose and content, and required to give their consent prior to their child's participation in the SYPS programme.

Reflecting its status as a school intervention and keeping re-integration as a focus for all, participants will also be required to wear their school uniform while on the programme.