



What is the RESTA programme?

The RESTA programme is a psychoeducation and therapeutic intervention designed to grow individuals resilience for education.

The programme is designed to build up factors of resilience in young people, to assist them in returning to education or form part of a programme of support for students at risk of EBSA (emotional based school avoidance).

The programme can be delivered 121 or in small groups over a period of 12 weeks covering key areas of need:

- ▶ Connection, affiliation and belonging
- ▶ Identity, sense of self and positive experiences
- ▶ Autonomy and adaptive coping skills
- ▶ Future planning





Aims and Outcomes of RESTA

RESTA is not a “behavioural fix” programme but aims to develop a young persons bank of resources to support resilience in and for education.

The young person will be assessed at the start of the intervention and again at the end to establish their growth through the programme.

Trained RESTA’s understand the protective factors needed to demonstrate resilience and work with young people to help them with coping strategies, reflections, understanding their brain and trauma responses, emotional literacy and much more; which may see them returning to education or improved attendance – though this isnt the measure of success for the intervention.

The success of the RESTA programme is measured by the young person’s sense of improved resilience.





Benefits of RESTA

For the school

Providing a structured programme to address and support 'potential' EBSNA strategy

Supporting those students who struggle to engage/attend school

Having a specialist RESTA in school

For the young person

Improved skills set in overcoming obstacles

Improved sense of self and worth

Better emotional literacy skills

Adaptive and reflective skills that will benefit them through life

Support to overcome barriers to attending school

For the family

A happier child

Improved school attendance

Less stress on family/home

For more information
and how to refer, please
contact Suze

