

Warwickshire Awakening Resilience Model (WARM)

Introduction

The Warwickshire Awakening Resilience Model (WARM) focuses on 5 key protective factors that have been found in research to promote resilience and wellbeing for children and young people.

Inner-Self	The individual is supported to develop positive views of themselves and the future
Independence	The individual is viewed as an active participant in their life and has opportunities to make decisions, plan/problem-solve and show personal responsibility
Mastery	The individual participates in activities that highlight their strengths and talents
Belonging	The individual has strong connections to pro-social persons/activities
Necessity	The individual experiences physical/emotional safety and basic needs are met



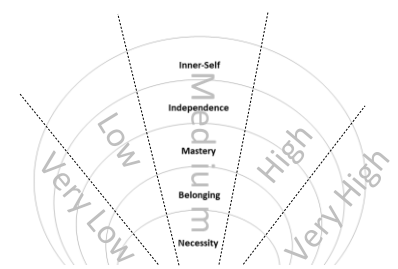
“What began as a quest to understand the extraordinary has revealed the power of the ordinary. Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in the minds, brains and bodies of children, in their families and relationships, and in their communities.” (Masten, 2001)

Purpose

WARM provides a structure and pathway for educators to build a protective network of support and resource around a young person, intervening at the social and environmental level. Whilst these 5 supportive resources are valuable to promote healthy development and wellbeing for all children, they play a very protective and buffering role for children and young people considered vulnerable, aiming to mitigate and overcome risk.

An ‘**Individual Rating Tool**’ is used as a practical tool to collaboratively and visually measure where a child or young person may be, at a given point in time, in relation to their opportunity to use and access the 5 protective factors.

An ‘**Individual Resilience Plan**’ is then co-developed to map key areas to target within intervention and provision planning.



Implementation Guidance

WARM Training has been developed by the Warwickshire Educational Psychology Service, which covers: a theoretical understanding of resilience; exploring known protective factors across child development; introduction to WARM as a practical tool to promote resilience; and considering staff resilience and wellbeing. Training packages are designed as a half-day (3 hours) or 2x twilights (1.5 hours each) and for maximum impact it is recommended as a whole school approach.

The Educational Psychology Service has been working consultatively with educational staff to develop resilience plans for identified children and young people, whole class level application of WARM and systems work at an organisational level (e.g. transition processes).

Please contact your link Educational Psychologist or the Warwickshire Educational Psychology Service for enquiries (01926 742911).

Feedback from staff who have attended WARM training:

"I'm really keen to share this model with staff to help empower them to build their curriculum around pupils"

"Doing a resilience plan for two children in particular in my class should be beneficial for them and to inform other staff of ways to help them help themselves".

"Practical examples to explain the theory behind resilience were very useful in helping us to understand risk and protective factors. Good examples of ways in which we can support children with resilience in school."

"I liked the theory but also practical elements to give us tips to do in practice. I liked the teacher resilience part too as our team have a lot to contend with daily and this is an important factor for staff wellbeing."