

family flourish



**SCOTTISH
AUTISM**

Embracing difference,
leading change

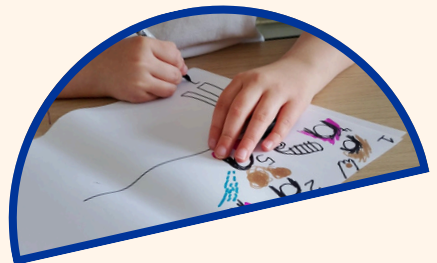


Family Flourish

Family Flourish is delivered as part of Our Minds Matter with a focus on supporting the mental and emotional wellbeing of neurodivergent children and young people across Fife. This being available to wherever a child or young person may be in their journey, no formal diagnosis is required to access this support.

Within the Family Flourish service there are two elements to the service:

- **Whole Family Support**
- **Drop In Support**



Whole Family Support

Through our Whole Family Support, we deliver sessions to neurodivergent young people (aged 8-15) alongside their parents and carers.

The aims of the sessions are to;

- Provide a safe and supportive environment at the One Stop Shop to foster discussions and enhance self-awareness, recognising the diverse ways of thinking, feeling and responding.
- Together, promote mental health and wellbeing strategies for young people tailored to individual needs.
- Support parents and carers to feel more empowered and knowledgeable when supporting their young person's mental and emotional wellbeing needs.
- Work collaboratively to enhance communication between parent/carer and young person.
- Support and strengthen wider family relationships to build a lasting connection.

“ I feel people listen to me and I feel understood. Everything has got better and I feel confident. ”



Young person

“ It has been an amazing service and we are very grateful. ”



Parent

“ People listen when I share my feelings. ”



Young person

“ It has helped and given us more confidence to let my child express herself in her chosen manner. ”



Parent

How Does Whole Family Support Work?

Initial Contact We welcome any contact in relation to a family and are happy to share more about Family Flourish and Whole Family Support.

Submit and Enquiry We accept formal enquiries from young people (12+), parents, carers, and education professionals (with consent). All enquiries are reviewed against eligibility criteria. If not eligible, families will be signposted to alternative support, including Family Flourish Drop-In or other local and national supports.

Welcome Session If eligible, families are invited to a welcome session to meet the Family Flourish team. This is to confirm suitability, build an initial relationship with the young person, and clarify support for parents/carers.

Waitlist After the welcome session, families are added to the waiting list and will be notified when sessions can begin.

Sessions Six sessions are scheduled at agreed times, held fortnightly. Goals are set with families, with progress reviewed at sessions 1 and 6.

Follow up In session 6 families are supported to identify next steps, with a review session then offered three months later to reflect on progress and provide further support.

Drop In Support

Drop-In support is available to parents and carers of neurodivergent children and young people aged 5-15 years old. Through the Drop In Support parents and carers can access adhoc advice, support and guidance in relation to strategies and tools to support their child / young person's mental and emotional wellbeing.

Drop In Support takes place every week on a Tuesday and Thursday at the One Stop Shop in Kirkcaldy, as well as once a month satellite drop ins that take place in Dunfermline and Cupar.

Further information about days and times of the drop in support can be found on our website.



How to access

The the criteria for accessing Whole Family Support can be found on our Family Flourish page on our website.

To find out more information about our Family Flourish offering, please contact our Fife One Stop Shop.



01592 645350



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Scan me



www.scottishautism.org/family-flourish

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