

stormbreak Together: Tackling disadvantage and inequality

Stormbreak Together is a face to face therapeutic training programme for foster carers, connected and kinship carers, special guardians, adoptive parents and the professional team around the child.



Children in care are much more likely to experience mental health problems than young people in the general population, leading to poorer outcomes in adulthood.

**1 in 2 care
experienced children
currently meet the criteria for
a mental health problem.**

**31% of young people
in care in the UK
have moved homes at
least two times.**

**Treatment is sometimes not
offered if a young person is
not in a stable placement. But
those with the greatest mental
health needs often have the
greatest placement instability.**

Stormbreak Together is our programme for families, parents/ carers, trusted adults and organisations that provide support for children in the community. It aims to provide parents and carers with support and strategies to help them and their children develop their confidence to use movement to support their children's physical and mental wellbeing and cultivate happy, safe, valued environments for children to thrive.

Many of the children that come into foster care present with very complex needs, have experienced trauma, childhood adversity and multiple losses. Support and intervention for this can be limited or significantly delayed due to placement stability and limited resources available. Children and foster care families need support and strategies to help them and the children they care for articulate and regulate their feelings.

**Independent research* has found
that the stormbreak Together
programme can lead to...**

**1. An increase in childrens'
awareness of their feelings.**

**2. An increase in childrens'
confidence to manage their
own emotions.**

**3. An increase in children
getting on well at home.**

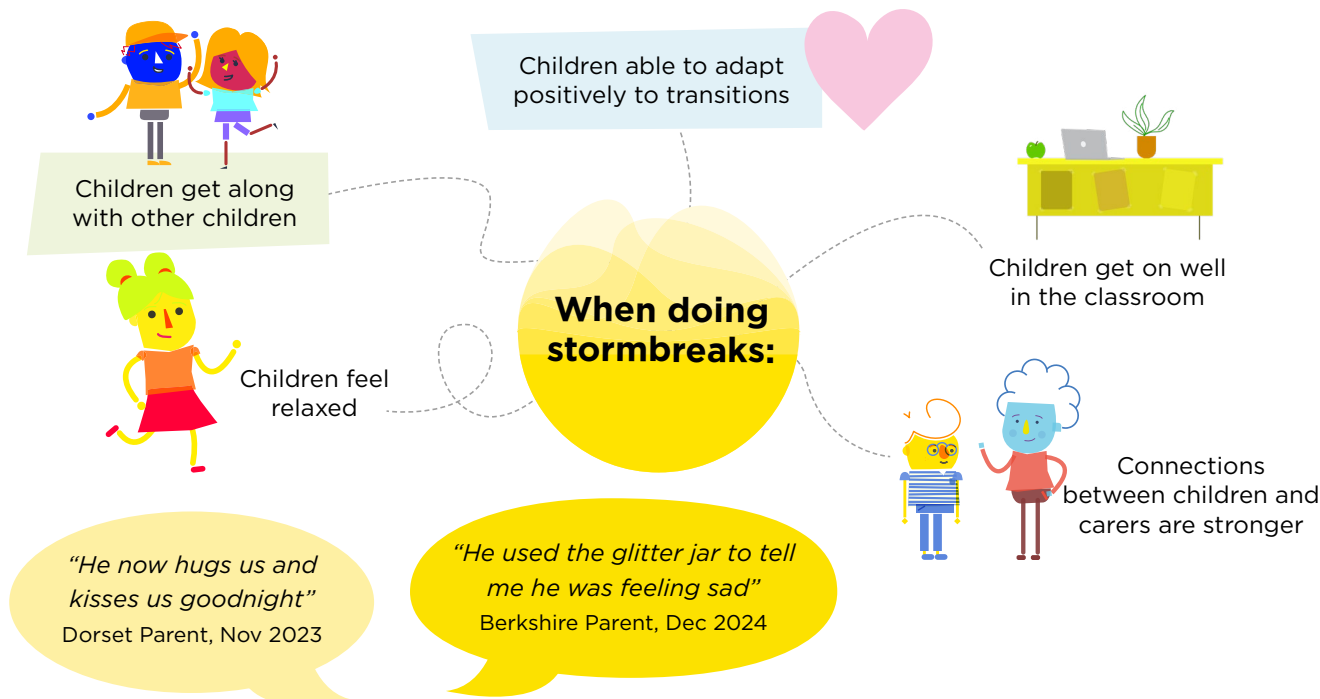
*Bournemouth University, 2024

*"Stormbreak is a lifeline,
it came at just the right
time... I cannot tell you what a
difference it has made."*
NFA Parent, March 2021

*"She hasn't had a
detention since doing
stormbreak"*
Dorset Parent,
May 2023

*"Stormbreak has been
life changing for us."*
NFA Parent, March 2021





As part of the Together programme we seek partners with whom we can co-design programme resources to ensure our delivery materials are relevant and meet the needs of people where they are. Creating content collaboratively with young people with lived experience of care has the potential to reach other children and young people on their terms, in their spaces. You can see an example of a recent co-creation project with young people with care experience here:



[Click here to watch >](#)



The stormbreak Together programme is available as a whole package, or can be purchased in separate 'focus modules', allowing organisations to respond to the needs of families in their locality.

[Click to read about costs and programme duration >](#)

Please get in touch with us to find out how we can support children's emotional wellbeing needs in your area in education (primary schools), in health and in social care.

Please contact emma@stormbreak.org.uk or kate@stormbreak.org.uk for more details.



stormbreak