

# DREAM TEAM

Social support is the different ways in which people help each other.

For young people who have experienced homelessness, greater levels of social support are linked to greater levels of resilience, lower psychological distress and a lower risk of depressive symptoms.<sup>20 21 22</sup>

Social support also promotes a sense of belonging, serving as a protective factor for well-being and increasing the chance of overcoming complex early disadvantage.<sup>23</sup>



Support seeking  
Awareness of  
social support  
Problem-solving  
Resilience

## Using the different social support tools

Feedback that we've had from young people and staff about this activity indicates this can be a sensitive subject for some young people, depending on their background and previous experiences. Therefore, this tool is broken down into two sections, allowing for their readiness to engage with this topic.

**Section 2** can be used when you think young people are comfortable with discussing social support and who they have around them. You might have reached this point by completing section 1 or you might already be aware that the young person has positive relationships from other discussions.

**Section 1** is recommended for use with young people where you might have heard comments around broken relationships with others such as 'I don't have anyone else' or 'I only rely on myself'. This section is designed to broach the topic subtly to help you as a staff member gauge how ready the young person is to engage with this topic.

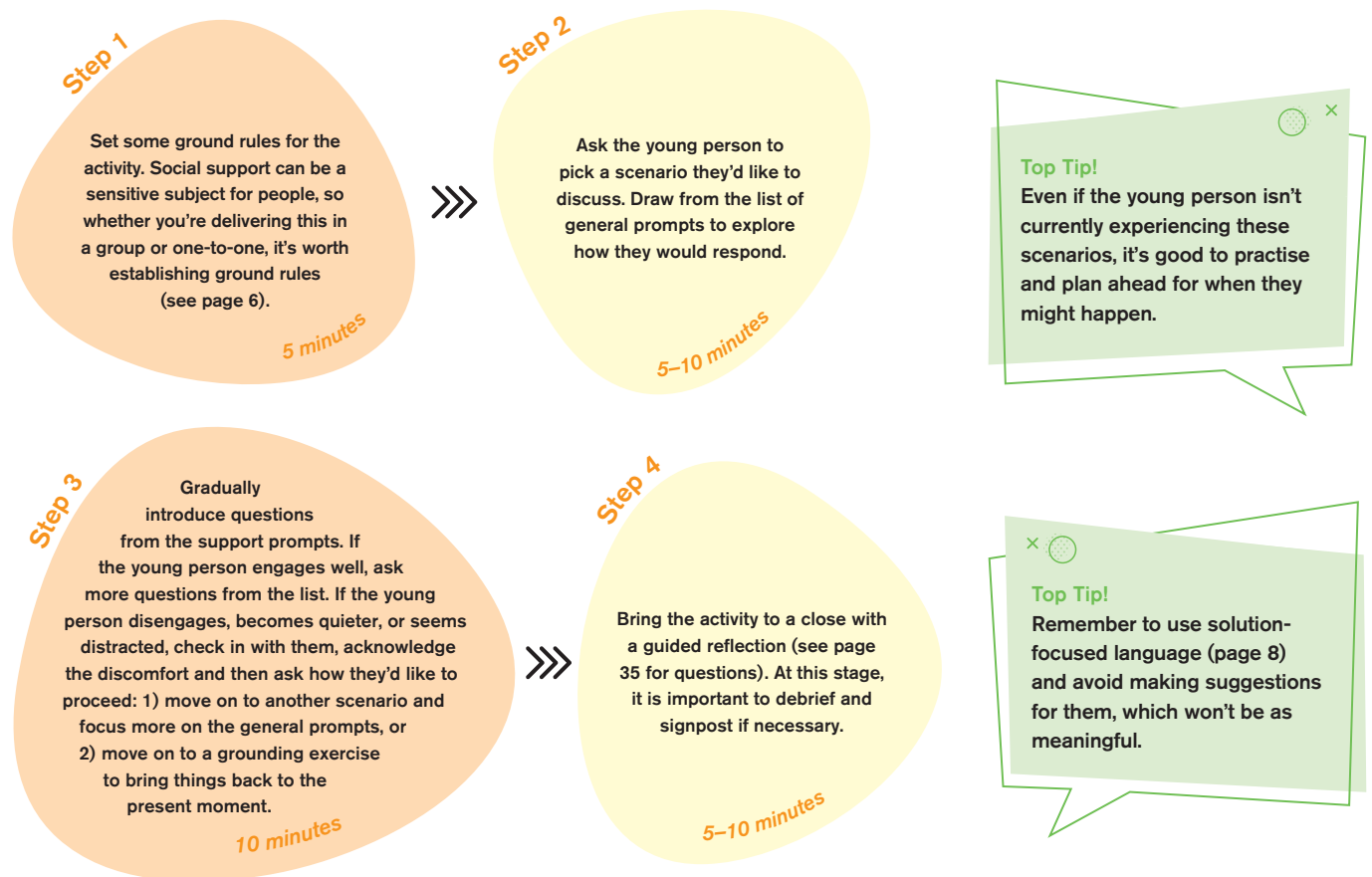
### Top Tip!

Regardless of which section you are using, regularly check in with the young person and remember that you can stop at any time if things are becoming overwhelming. If this happens, try the grounding exercise on page 32.

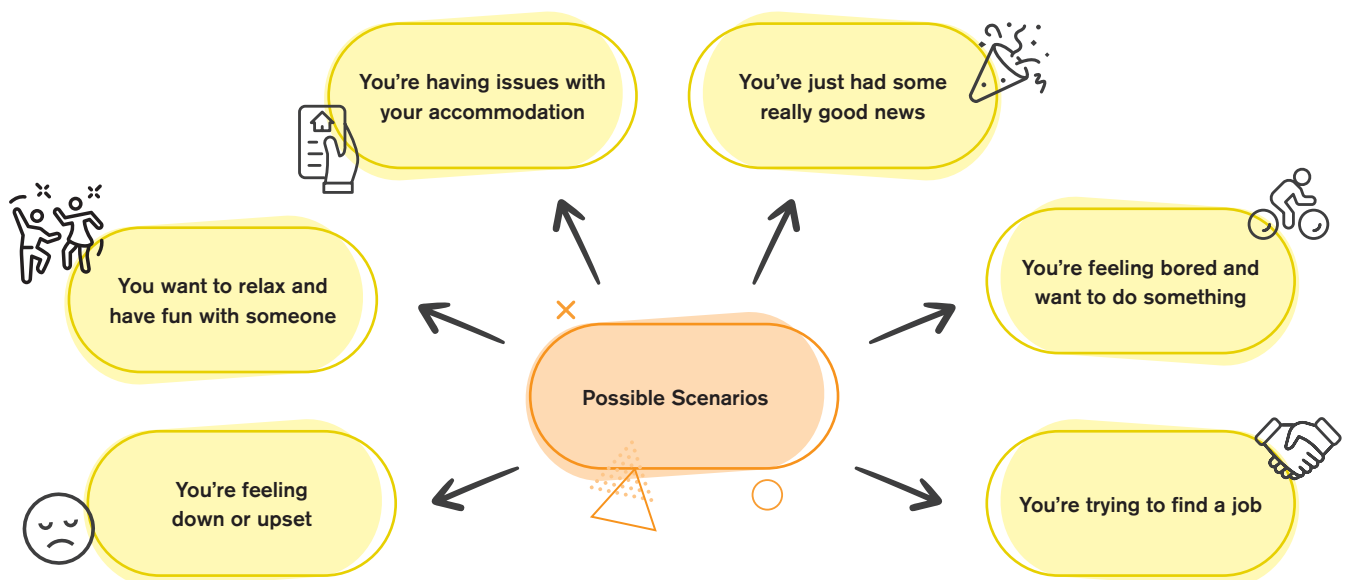


## Section 1 (25–35 minutes)

This section focuses on conversations to plan ahead for different scenarios. For a more structured approach, try using the If/Then technique on page 21 (using the scenarios as 'If' statements). To keep this activity more informal, use the scenarios to guide conversation with the prompts suggested below.

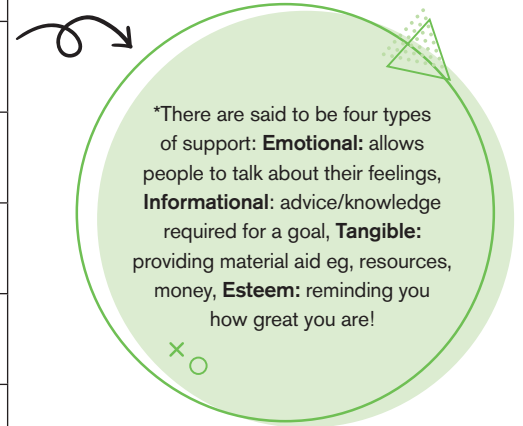


## Scenarios



## Section 1 (continued)

GENERAL PROMPTS	SUPPORT PROMPTS
What made you pick that scenario?	What type of support* would you like if this situation happened?
What would be the ideal way you'd like to react in that situation?	How would you go about accessing that type of support?
How would you like to think, feel and behave?	Who would be the best person to go to for that type of support?
What would be the first step towards handling this situation?	How would you feel about asking for help for this situation?
What advice would you give to someone else in this situation?	If someone provided you with that support, how would that make you feel?



## Section 2: Dream Team (45–60 minutes)

This section is about helping young people to develop awareness of who they have around them and the types of support\* they provide. As this activity can be quite complex for different people, we've listed some common responses and learning opportunities on our website ([www.sprintproject.org](http://www.sprintproject.org)).





**Medic**

- Provides emotional and/or physical support
- Makes you feel better
- Reliable



**Attack**

- Energises you
- Gets things moving
- Can have a laugh with them



**Defence**

- Gets the job done
- Stands up for you
- Provides stability



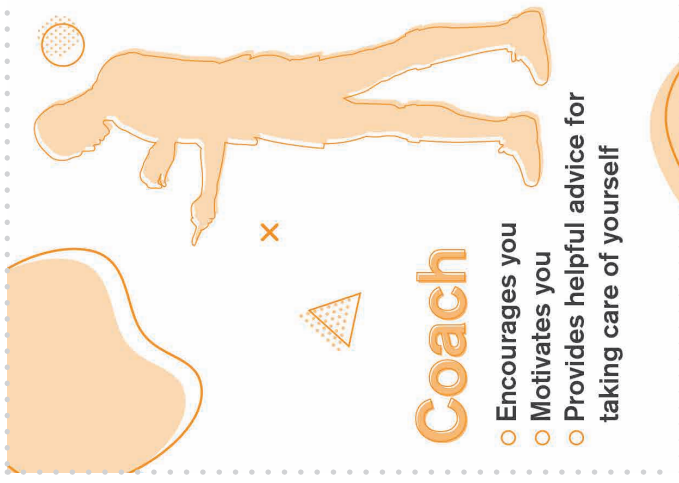
**Captain**

- Role model
- Can think calmly when under pressure
- Provides direction



**Caretaker**

- Takes care of you
- Provides practical support
- Trustworthy



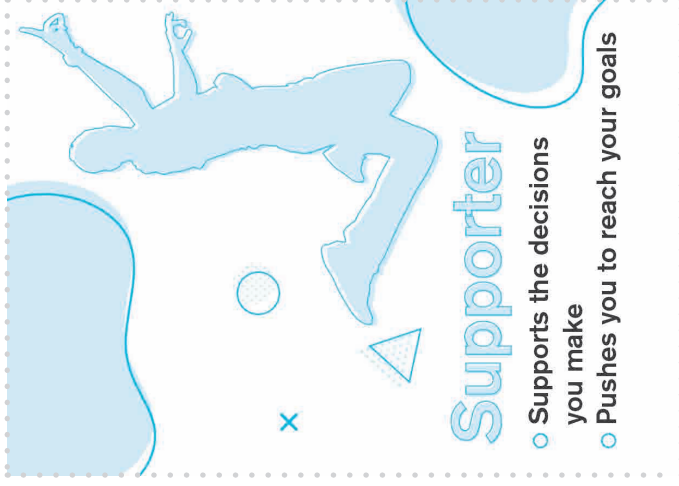
**Coach**

- Encourages you
- Motivates you
- Provides helpful advice for taking care of yourself



**Manager**

- Can see the 'bigger picture'
- Good organisational skills
- Knowledgeable



**Supporter**

- Supports the decisions you make
- Pushes you to reach your goals



# Caretaker

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Coach

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Manager

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Supporter

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Medic

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Attack

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Defence

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

# Captain

Name

Best Quality:

What type of support do they give you?

When would you ask them for support?

## Reflection questions on the tool

### How did you find this tool?

What could we do differently if we were to do it again? What mental strengths were you using throughout this activity? How might this activity be useful in your day-to-day life?

### Section 1

How did you find this section?  
Are there any scenarios we didn't discuss that you'd like to cover? (If young person has engaged throughout section 1) How would you feel about completing the next section (explain section 2 briefly)?

### Section 2

How did you find the process of identifying your dream team? What are some of the benefits of being able to recognise who is around you for support? How might your dream team change over time? How often would you like to review your dream team? What do you notice about the different types of support\* people in your dream team are giving you?  
For example, is it more emotional or informational?

\*There are said to be four types of support: **Emotional**: allows people to talk about their feelings, **Informational**: advice/knowledge required for a goal, **Tangible**: providing material aid eg, resources, money, **Esteem**: reminding you how great you are!

## Action plan

### Building a personalised action plan

If the young person hasn't felt comfortable with this topic then don't worry, perhaps try a different tool. How about revisiting their strengths profile to see what they'd like to focus on?

If you've been through section 1 together – well done! How about going through section 2 in your next meeting together?

If you've completed section 2 – great work! Encourage the young person to think about how the people in their dream team can help them achieve their goals – the goal setting tool on page 16 will be really helpful for this.

We've talked a lot about the support people receive, but another aspect to think about is the type of support given to others. Secret challenge for both of you – do something kind for someone else, without them knowing you did it! Things to consider:

- What would they appreciate?
- How can you do it?
- Why is this meaningful to you?

**Don't forget to reflect together about how it went for both of you!**

To do...