SWELL

Strategies for Wellbeing

Strengthening students with skills to cope, communicate and connect.

About SWELL

SWELL is a high impact, skills-based program for students aged 10-14 years, and supports students with the practical skills they need to cope with life's challenges, especially when their emotions are overwhelming or difficult to manage. Developed in partnership with Lifeline WA and YouthCARE, SWELL aligns with contemporary mental health education and school wellbeing priorities by improving students' emotional literacy to strengthen effective communication and positive relationships.

Program Outcomes

Through this evidence-based program, students will:

- Develop practical skills to help them gain a sense of control over their mind and emotions
- Learn to think more clearly and make considered choices
- Identify self-calming strategies to help them respond to strong emotions in healthy ways
- Be empowered with skills to get through tough moments without making things worse
- Improve their communication and strengthen their relationships

Would you like to know more?

Scan the QR code to find out more about YouthCARE and our suite of life skills programs.

"SWELL has been really successful... our students who needed extra support with emotional regulation have been able to get that through the program which has been amazing. The kids love going and it's increased their engagement and attendance."

- Principal, District High School, WA

How is SWELL implemented?

SWELL is a Tier 2 (targeted support) inclusive program for vulnerable students, and typically delivered in small groups of up to ten students. Experienced YouthCARE Chaplains, trained as SWELL faciltators, complete a three-day, clinician-led training intensive. The program is fully-resourced, and includes:

- A Facilitator Handbook
- Students workbooks and resources
- At-home skills practice materials
- Resources for parents and carers
- On-going professional learning opportunities for facilitators through online Community of Practice

SWELL: Overarching Themes

Theme One: Mindfulness

- Focuses on being fully present in the current moment.
- Teaches non-judgmental observation and description of thoughts and feelings.
- Strengthens the “Wise Mind” balance between logic and emotion.

Theme Two: Distress Tolerance

- Teaches skills to survive intense emotional crises without making things worse.
- Employs crisis survival strategies like TIPP (Temperature, Intense exercise, Paced breathing, Progressive muscle relaxation).
- Encourages radical acceptance of reality as it is.

Theme Three: Emotional Regulation

- Helps identify, label, and understand different emotions.
- Reduces emotional vulnerability and reactivity.
- Practices opposite action to shift unhelpful emotional responses.

Theme Four: Interpersonal Effectiveness

- Builds assertiveness to communicate individual needs.
- Enhances boundary setting and relationship maintenance.
- Protects self-respect during conflicts

SWELL Strategies for Wellbeing

Lifeline WA

YouthCARE

Program Development Information

This program is informed by dialectical behaviour therapy principles as outlined in DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A), by Mazza et al., Copyright 2016 by Guildford Press and DBT Skills Manual for Adolescents, by Rathus and Miller. Copyright 2015 by Guildford Press.

Contact Us

Please reach out if you’d like more information about the SWELL program.

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