

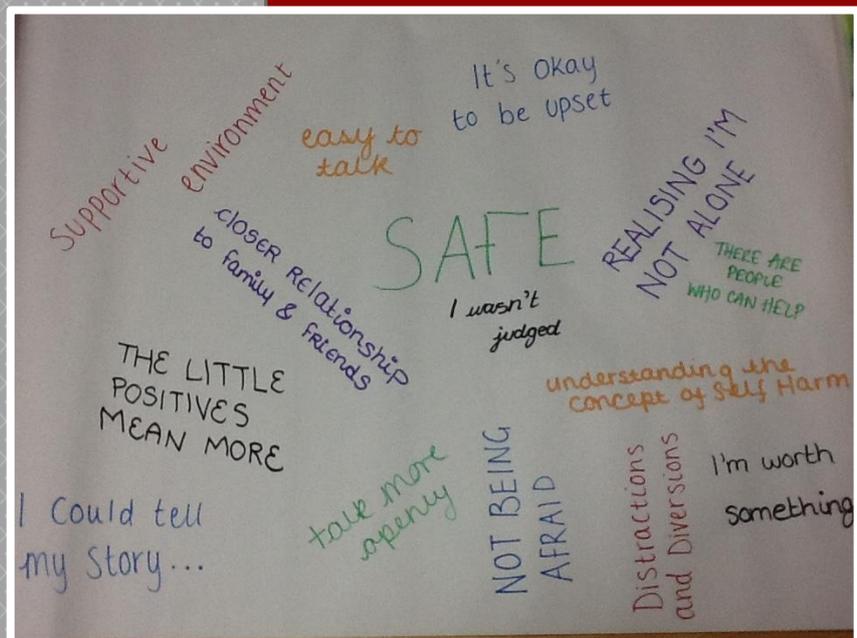
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body

Partner Agency Information Pack



"It is better to try and help people earlier. It makes more sense than having an ambulance at the bottom of a cliff."

Mind and Body Programme Participant, 2014

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What is Mind and Body?

The Mind and Body programme is a multi-component risk reduction programme for young people who are vulnerable to risk taking behaviours. The focus will be on exploring thoughts and actions in relation to self-harm but the programme also aims to provide participants with strategies to reduce other risk behaviours including drug and alcohol use, early and unprotected sex and offending.

It has been developed, in consultation with young people and mental health professionals and draws on the experience of Addaction in delivering evidence-based early intervention programmes with young people on substance misuse and wider risk behaviours.

Mind and Body contains many of the core components of the Riskit programme, which has been successfully delivered by specialist Early Intervention Workers from Addaction (and previously KCA) since 2009.

Mind and Body is targeted at young people who are:

- Aged between 14 and 17 years old
- Identified as being vulnerable to specified self-harming behaviours. These include a wide range of behaviours such as self-cutting, burning, picking, bruising, scratching, self-poisoning and self-strangulation. (The programme is not specifically targeting behaviours such as eating disorders.)

Pilot programme

In 2014, Mind and Body was commissioned by Canterbury City Council to target young people involved in or deemed especially vulnerable to self harming behaviours. This followed concerns from GPs about the lack of service provision for young people who self harmed but did not meet the thresholds of specialist mental health services.

Key outcomes were as follows:

Participant data

- 49 young people took part in the Mind and Body Programme, 47 of whom successfully completed the programme giving a 95.9% completion rate.
- Positive behavioural and attitudinal changes continued to improve in the months after participants had completed the sessions, suggesting that young people continued to constructively employ the skills and strategies they gained as part of the programme.

Self harming behaviours

- 67.5% of participants who thought about self harming at the start of the programme reported a reduction in the number of days on which they did so at exit.
- 64.5% of participants who acted on self harming thoughts at the start of the programme reported a reduction in the number of days on which they did so at exit.
- 26.1% of those who self harmed at the start of the programme had stopped completely at exit.

Mental wellbeing

- 78.7% of participants in total registered an improvement in their mental wellbeing.
- At exit stage 40.4% of participants reported an improvement that can be deemed statistically significant.

Wider impacts of the programme

- Results showed an improvement across all of the following areas: substance use, wellbeing, safety and security, structure (including education), citizenship and relationships with family and adults.
- 70.9% of participants reported an overall improvement across these six areas at the end of the programme.

Qualitative Data

- All participants in the data analysis reported that they found the Mind and Body Programme a positive group experience.
- Factors that contributed to this positive experience included sharing and talking about thoughts and feelings and exchanging strategies with other young people who had similar issues.
- The programme assisted participants with resolving issues of school bullying, home problems and issues with friendship groups.
- Participants found the creation of supportive networks, which included group members, leaders, friends and pastoral teaching staff a positive progression.
- Participants found that talking to people their own age was helpful and they felt less alone.
- Positive identifications with other young people in a group process contributed to positive outcome.
- Meeting with other people to talk about thoughts and feelings was different to talking to parents or other adults.

The benefits for participating schools

Mind and Body aims to engage young people identified as being particularly vulnerable to the range of behaviours listed above. From our delivery of the Riskit programme, it is evident that young people affected by these issues may also exhibit:

- Impulsivity
- Lack of engagement in school
- Problems in relationships with family, teachers and/or peers
- Problems with anger management and/or communication skills
- Association with adults who are involved in dependent substance misuse and/or drug dealing

The programme targets those young people who are already involved in these risk behaviours as well as those who may be displaying risk factors for progressing to such behaviours.

Each participant will be afforded the opportunity to explore these issues in depth, aided by staff with specialist knowledge.

The programme aims to help young people explore the reasons why they might take risks in order to help them reduce or avoid risk-taking behaviour.

Mind and Body has been commissioned by Clinical Commissioning Groups across the whole of Kent.

Guidelines for best practice

- The school is to identify three members of staff to act as School Lead Workers for the project. These workers are asked to co-ordinate the programme on the school's behalf - to ensure that timetables are considered, rooms are booked, etc.
- It is important for the timetable to remain as agreed. Addaction practitioners will have limited time available to deliver these programmes so it is vital that set timings can remain in place for the programmes to have the optimum chance of success. This is also beneficial to the young people themselves as they know when their sessions will be taking place.
- In addition to the screening tool, the expertise of school staff will be drawn upon when deciding which young people will be invited to take part in the programme. It is important that school staff consider which participants might work well together in a group in order to produce a positive dynamic in which sessions can take place.
- It is highly recommended that parents and carers of participating young people are notified of their involvement in the programme. An information letter for parents will be available from your Addaction worker. A copy of this is provided in this pack.

- It is preferable that rooms used for Mind and Body sessions are different to the participants' usual classrooms. This helps with establishing a new dynamic within each group as the programme can be seen as separate from the pupils' academic lessons.
- The location of the room should ensure that the confidentiality of the young people in the group remains protected.
- We aim to ensure that the nature of these sessions remains confidential from the participants' peers so as to avoid any potential stigma when participants attend. As such it is advised that programmes are seen as being discussion forums in which to explore mental health as a topic as well as behaviour choices for young people in general.
- Although school staff are not present in the sessions it is asked that, when groups are taking place, someone is available to support Addaction workers, if required.

Components of Mind and Body

There are various components to the programme which will be undertaken by Addaction practitioners:

- An initial assembly to introduce the programme and its aims. Information about the screening tool will be shared at this time.
- One-to-one motivational and assessment interviews with participants away from other group members. These will take place at pre, post and exit stages. (The latter will be three month follow up meetings to evaluate progress and support continuation of risk reduction.)
- Therapeutic group work sessions exploring behaviours, life skills and strategies for risk reduction
- Creation of links between the participants and outside agencies who can continue to support them in reducing risks

Content of Mind and Body

The session topics will explore a range of issues around emotional wellbeing and will include topics such as:

- Can we talk about mental health?
- Why do people take risks, how do people reduce risks?
- Communication, assertiveness and expressing needs and feelings
- Exploring self-harm related thoughts and behaviours
- Strategies for change and making plans

Each of these sessions will last approximately an hour and will be delivered to small groups of five or six participants.

Information on agencies and aftercare

The lead agency in the delivery of the Mind and Body programme is Addaction. KCA is a voluntary sector organisation which has extensive experience in working with young people aged between 10 and 18.

Addaction workers aim to provide interventions to young people in order that they will be able to make more informed choices in their lives.

Addaction work collaboratively with a number of other specialist agencies; this enables participants to benefit from a varied support network.

Partner agencies involved in the Mind and Body Programme may include:

- CAMHS
- Early Help teams
- Young Healthy Minds
- Integrated Youth Services
- Future Creative
- Relevant staff from within the participating school

Some or all of these agencies can be brought in to work with individual young people to help them address issues that may be identified over the course of the programme.

Addaction workers will be able to review the progress of each young person and make referrals to relevant agencies if further support is required.

Methods of evaluation

The programme is being evaluated by researchers from the University of Bath who will be assessing the efficacy of the programme using mixed quantitative and qualitative methodology. These will be assessed using reliable and valid outcome measures, a bespoke questionnaire and semi-structured interviews with participants and those involved with the programme.

Mind and Body has the following intended outcomes:

- Decrease in disclosure of self harm thoughts and actions
- Decrease in disclosed problems relating to peer problems, conduct and hyperactivity
- Increase in wellbeing
- Increase in resilience

Qualitative

The qualitative evaluation will aim to examine:

- The ability of the programme to engage young participants
- The views of participating young people, workers and schools on the process and effect of the programme

Quantitative

Three key outcome tools will be completed with participants during their one-to-one meetings with Addaction practitioners. These will be completed as young people begin the programme, as well as after the group work sessions and at the final exit meetings. They will record who filled out each one (using anonymous coding) in order that individuals can be tracked between interventions:

- The Timeline Follow-back tool charts participant behaviours over the past 28 days, exploring self harm in relation to thoughts and actions, as well as substance use and sexual behaviours.
- The Strengths and Difficulties Questionnaire is an internationally accepted tool that will be completed with participants to look at behavioural attributes, both positive and negative.
- The Warwick-Edinburgh Mental Wellbeing Tool is an established and widely used scaling tool, designed to assess an individual's current thoughts, feelings and general wellbeing.



Dear Parent/Carer/Guardian,

I am pleased to announce that Addaction's **Mind and Body** programme is going to be delivered at the school over the course of the next few months.

The programme looks to help young people make more positive life and behavioural choices. Sessions will help participants explore strategies to manage emotions and anxieties and will look to promote positive communication with others.

The programme is linked to Addaction's RisKit programme which has been evaluated by researchers at the University of Kent. Findings have been extremely positive, showing reductions in a range of risk-taking behaviours where young people have taken part. A pilot for Mind and Body was run in Kent schools in 2014-15 and demonstrated positive outcomes in terms of the emotional wellbeing of participants.

The programme is voluntary and young people do not have to take part if they do not wish to. The schedule for sessions has been designed to minimise disruption to core subjects.

If you have any questions about the programme please contact the office on 01227 456744 or at yadmin@addaction.org.uk.

Yours sincerely,

Rick Bradley
Operations Manager
Addaction Young Persons' Services





Hello!!

We are Beth and Emily and we have both taken part in Mind and Body. You might be quite nervous and intrigued right now but here's what to expect ...

You will have a combination of one-to-one and group sessions over the course of the programme. In these sessions you will be able to openly talk without being judged by other group members and your worker.

This really helped us. Before Mind and Body, we didn't really feel as though we could go to anyone else and be taken seriously.

We really looked forward to going to each session because we got a lot out of them. We learned how to speak honestly about our thoughts and feelings. For example, we could openly talk about self harm, and learnt new distraction methods. Most of all, we now understand the importance of our emotional wellbeing.

How would we describe the programme? It is an invaluable experience to anyone who has a voice that needs to be heard.

We hope it goes well ☺

The 'Mind and Body' programme has been developed by Rick Bradley and the team at Addaction Young Persons' Service in Kent.

Dr Terence Nice, Lecturer in Psychological Therapies at the University of Kent, has contributed valuable input in relation to self-harm specific elements of the programme.

The 'Mind and Body Programme' is based on the core components of the 'Riskit Programme'. This was developed by KCA (UK), the University of Kent (Dr Alex Stevens, Dr Kate O'Brien, and Professor Simon Coulton) and Kent Drug and Alcohol Action Team.

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For more information on the Mind and Body Programme or other projects delivered by Addaction, please contact us at:

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