

Time to Care project

Moving forward.

Washington Mind will ensure that those who have accessed support via the project will be able to continue contact should they have any further difficulties that they need support with.

The funding received has enabled Washington Mind to make a start in the right direction in increasing understanding of self-harm and breaking down the stigma associated with this.

It is proposed some elements of the project will still be maintained through Washington Minds resources.

These elements include :

- Up to date and appropriate information will remain available through wellbeinginfo.org
- The lived experience films will continue to provide a message of hope and recovery.
- Washington Mind will continue to use social media as a medium for informal groups and sharing of information.
- Washington Mind aims to continue to build relationships with schools, parents and young people in tackling the wider issue of young people's mental health.
- The Reasons2 App, as requested by young people, will provide support and information and will be a legacy of the funding received and will continue to provide the informal, non-clinical access to support.

Matched Funding:

Item	Cost
Digital resources: Understanding self-harm updates on www.wellbeinginfo.org Social media groups and contacts Reasons2 App	£5000
Access to training for schools	£1500
Management and support and supervision from clinical lead	£8,400
Access to one to one counselling through YPP	£16,000
Creative Expression project	£3,000
Total matched funding for continuation of project	£33,900

The project has been very well received by local schools (all four secondary schools on board) and good engagement from local young people and families. The partnership work is established and includes Cllr Farthing, Jane Wheeler (SCC), Laura Cassidy (Public Health).

Live Life Well, Young Carers and schools (CCAMHS and CYPS have stayed involved through emails but not in attendance at meetings).

A year is a relatively short time and the project is just starting to become established, To keep momentum it is proposed to continue with a part time member of staff to continue the good work started and further develop the project.

There are three options below and more detail re how this impacts on project work can be provided on request.

With Continuation funding:

Item	Cost
Option 1: 15 hour post (inclusive of oncosts and overheads)	£13,184
Option 2: 21 hour post (inclusive of oncosts and overheads)	£18,837
Option 3: 30 hour post (inclusive of oncosts and overheads)	£27,318
Main areas of work: <ul style="list-style-type: none">• Coordinating the project• Family and group support• Developing peers support programmes for the four local schools• Assist with the implementation of the charter mark	

Current Government recommendations (Mental Health and Behaviour: Advice for Schools) encourage schools to invest in counselling and early intervention services from voluntary sector providers, rather than rely solely on CAMHS provision. With this in mind Washington Mind's YPP has established effective partnership working with schools, we currently have Service Level Agreements with **Oxclose**, St Aidans, St Anthony's and Castlevue, via which they purchase school based counselling.

It is therefore envisaged that any additional support provided to schools via Washington Mind will be part funded by the relevant school, whether this be counselling, training, peer mentoring or any other support /activities that supports the young people's mental health agenda.