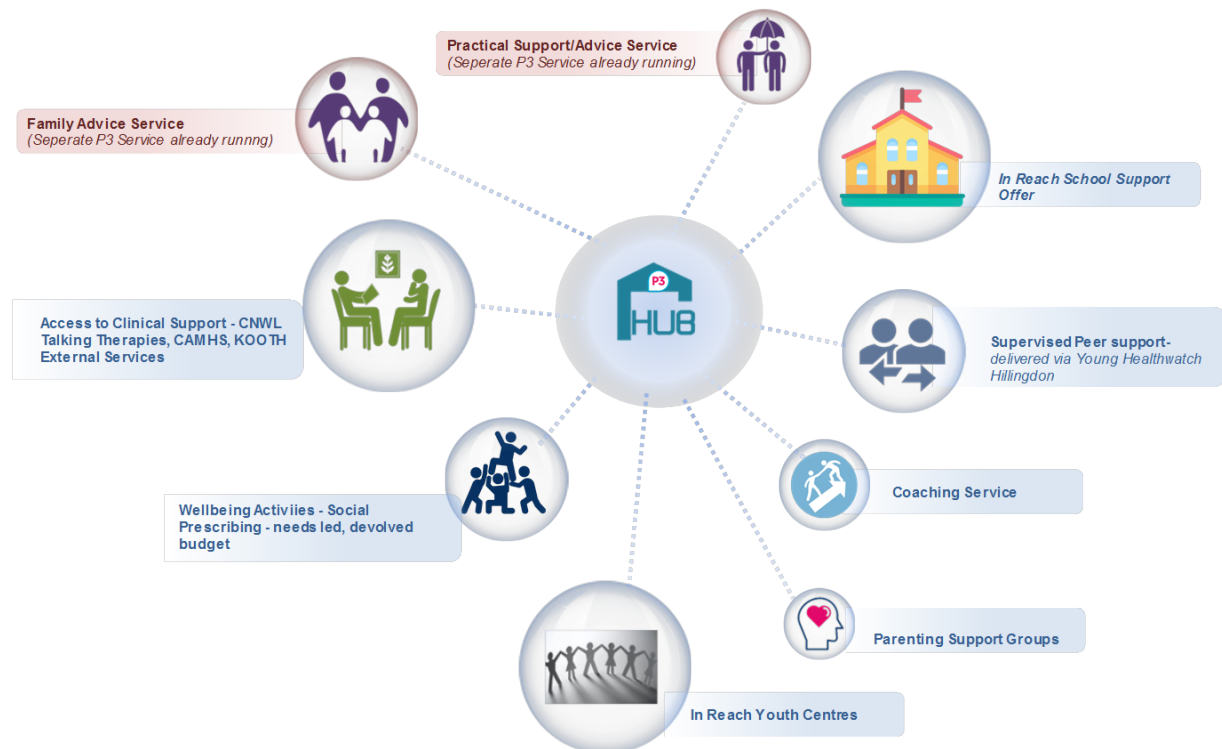


P3 in partnership with the CCG submitted a bid to the Department of Health: Health and Wellbeing fund. This funding will support young people in Hillingdon thrive in transition to adulthood.

Funding has been granted to transform the P3 Navigator Hub in Yiewsley into “Navigator Plus” – a wellbeing early intervention hub for young people 13 – 25. Offering Instant access, cross sector wellbeing & mental health support in one place.

### The Model:



### The offer:

- Coaching – individual, asset based - developing resilience & improving wellbeing.
- Wellbeing activities – devolved budget - needs led wellbeing & physical activities
- Weekly Supervised Peer Support - Health watch Hillingdon – delivery from hub.
- Weekly CAMHS – Children’s Wellbeing Practitioner on site
- Talking Therapies – monthly on site - CNWL.
- Schools Sessions - wellbeing awareness, follow up one to one support
- Youth Centres - Outreach increase access/ reach & awareness.
- Parenting Support – monthly group by CAMHS - parents with a child with anxiety. Volunteer development for wider peer led parenting groups.
- Existing advice provision already running support for areas that impact mental health e.g. housing/ income.

**The client group:**

Age: 13 - 25– expanding age range from 16 to 13 offering earlier intervention. Focus on this client group to bridge recognised gap between Children’s and Adult Mental Health services. Support successful transition to adulthood.

Target Group:

Low Level: Generic - Young people to benefit from awareness on wellbeing, support networks/ community activities.

Medium – Targeted - Young people with additional needs that can or have impacted upon wellbeing & mental health. Would Benefit from one to one coaching. Targeting those in housing need, family breakdown, struggling at school, Looked after Children/ Care Leavers/ Low income families.

High – need clinical intervention. Staff to facilitate access and engagement with clinical services.

Access to services to be seamless from the hub with the Coach linking services together and facilitating access regardless of presenting need.

Existing service: 600 - 700 young people annually.

Expanded service to support an additional 400 – 500 young people annually.

**Model Development:**

Utilising this funding to ‘pump-prime’ the development of a holistic early intervention model – working with CCG, Local Authority and NHS Partners, all of whom wish to develop this project to kick-start additional transition of resources and investment to help them meet the 4-week access targets for Children & Young people.

**Plans to scale up our joint delivery include:**

- Weekly sessions from CAMHS delivered at Navigator (Child Wellbeing practitioner on site to talk to young people and access to 8 sessions of CBT)
- Weekly supervised peer support on site at Navigator delivered by Young Health-watch Hillingdon with clinical supervision from CAMHS
- Monthly drop in parenting support group delivered by CAMHS on site for parents with a child under the age of 8 suffering with anxiety.
- Outreach sessions in schools and 3 identified youth centres across the Borough by staff on this expanded service to promote awareness and access to services

**Data Capture:**

In place:

Secure IT system reports on Contracts & Key Performance indicators including

- Numbers of people supported
- Demographics /service uptake

- Impact of interventions
- Outcomes achieved
- Progression over different time-periods
- Progression against outcomes star
- Number of planned case closures and positive move on
- Number of people accessing specific service and how i.e. drop in, coaching, school outreach, group support
- Impact measurement on mental health and wellbeing – measured at baseline, mid point and service exit.

### **External Evaluation:**

Requirement as part of the grant to resource an external evaluator which is accounted for in the budget.

External evaluator identified with experience of evaluating public health projects and young peoples projects. We will commission independent evaluation that will take place over the life of the project measuring the impact/ long term change and contribute to the evidence base. Incorporating standard evaluation criteria as guided by DOH (guidance pg 9). Annual report, detailed year 2 report and legacy report at end Year 3. Baseline/ follow up surveys. Focus groups with stakeholders/ young people.