**Annual Impact Report 21-22:**

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| **Area / Team / Person** | Shift Project |
| **Staff in the team** | Claire Rogers (lead), Gavin Breen, Pip Jenkins, Abi Cook and Leanne Ward |
| **What training has the team done this year?** | Training (offered in the last 12 months)  • ASSIT Applied Suicide Intervention Training (2 days)  • SPOT Suicide Prevention – Overview Tutorial. What EVERYONE needs to know. (1.5 hours)  • SPARK Suicide Prevention – Awareness, Resource, Knowledge. An introduction to PAPYRUS (1.5 hours)  • Mindfulness Self Care (Begin) / Mindfulness (Teach)  • EBSA Emotional Based School Avoidance  • Trauma Informed Schools  • Trauma Recovery Model for Youth Workers/Youth Support Workers  • Neurodiverse Training (Leonard Cheshire)  • PACE training / Working with children of troubles parents  • Mental Health and Resilience Training, over 4 weeks covered; What is Mental Health,  Understanding Children’s Distress, Understanding Adult Mental Health and Assessment & Formulation  • Safeguarding Level 1 Training  • Supporting LGBTQ+ Children and Young People (Stonewall)  • Mental Health First Aid (2 days)  • LGBTQ+ Training with Umbrella |

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| **Area of work** | **Name of project / provision / piece of work** | **What have been the main issues raised by young people / have you had to deal with on this project / provision / piece of work?** | **Partners worked with on this project / provision / piece of work, and how** | **Associated Figures / KPIs** | **Impact / outcomes / the ‘so what’** | **How do we know this is the impact we’ve made / outcomes we’ve had? How could we find that out in future years?** |
| Well-being work / projects (including with voluntary sector partners) | Shift project sits within Monmouthshire Youth Service and offers non-clinical support to young people aged 11-25 in Monmouthshire who are experiencing issues which are impacting on their mental health and/or emotional wellbeing. This support is carried out to one to one by qualified and EWC registered Youth Workers, over a 6-8 week period, using Youth Work approaches and methodologies including listening, supporting, mentoring, advocating and signposting.  This one to one support happens in Secondary Schools, Y6 Primary School, Youth Centres, the Community and Digitally. | Here are the main issues raised with young people who access the Shift Project;  -Feeling socially excluded  -Social anxiety in school and community  -Feeling ostracised at home  -anxiety  -depression  -low mood  -self harm  -eating disorders  -unhealthy sleep patterns  -identity issues  -performance at school  -unhealthy relationships  -risky behaviour  -substance misuse  -low attendance  -not feeling understood or supported by school  At our last Shift Team meeting a discussion took place regarding the young people being referred to the project. We all agreed to changing the criteria slightly for the referrals coming into the Shift Team, this is to ensure that the team are working within their skill set at Youth Workers and providing safe practice to young people in Monmouthshire. I’ve bullet pointed the changes below (these have been shared with a few panel partners first for comments and suggestions);  •Pre-allocated referrals that are sent (via email) for the Shift project as well as S-CAMHS/PCHMSS; we’re assuming that there is a higher level of risk for this young person, if we feel that’s the case, we might suggest that they go to PCHMSS/S-CAMHSS for assessment first or at least be discussed at panel for a wider perspective.  •If there is a stepdown from S-CAMHS or PCMHSS we’ve suggested that a Teams meeting takes place with the Health Worker and Youth Worker (if required) for a discussion about the young person and find out what talking therapy/clinical intervention has already been carried out. Youth Worker can then decide if they feel this is within their skill set as a Youth Worker and an appropriate hand over carried out if necessary.  •If a referral comes in asking for social opportunities for the young person, we can offer them an introduction to Open Access Youth Service provision as opposed to SHIFT (if appropriate).  •Moving forward we’re unable to see young people in a school setting outside of the County.  •Shift Youth Workers will be forwarded the EHP Synopsis on a Monday, Shift coordinator will draw attention to those likely to be considered for the project. This will give Youth Worker time to read and decide if its within their skill set before panel on Thursday.  •Shift will primarily operate during school term-times, but open-access Youth Service provision is available during school holidays for young people to access support. | Since the schools returned after lockdown the referrals increased, we saw more self-harm referrals, preventive work was addressed by EHP team and we arranged reflection sessions with the Shift/Counselling Team to focus on these issues, positive feedback from both teams, will run again if and when we feel its required.  We ignited our relationship with MCS and started seeing young people at school. The 18+ project was rolled out, promotion for self-referrals and various Team meetings with other agencies to share our work.  We arranged SharePoint training for the team to iron out some technical issues we were having with the database.  We've seen an increase of LGBTQ+ young people, particularly those questioning their gender expression / identity. Also, a number of referrals have stated that lockdowns have exasperated the young person’s mental health.  We were excited when WG announced that Youth Services across Wales were given extra funding for the mental health section of the Youth Support Grant. The funding was specifically to work with and fund the voluntary sector to support young people with low level mental health / emotional wellbeing concerns. We met with Barod, Umbrella, Platform, Mind and Papyrus to discuss commissioning/partnership work plans.  We now have a Clinical Psychologist working in Child & Family Community Psychology (formerly called Gwent Community Psychology, supporting the team.  He is offering a Group Consultation space to our Shift workers. This takes place on Microsoft Teams for the time being. This can be a space to discuss YP the team are supporting, particularly if they have specific concerns or challenges that they would like guidance and support with. There is also the opportunity to discuss a YP they are supporting outside of these times on an 'ad-hoc' one-to-one consultation. This is welcomed by the team.  We were asked by MCC's Principal Officer for Inclusion if we can support the WG funding for re-engagement of learners, those under 30% attendance who have anxiety (particularly since COVID). This offer comes from positive feedback from EWO's who have observed the Youth Workers supporting young people to re-engage in education through the Shift project model. We have been working closely with Employment and Skills team and EWO’s to meet these outcomes. | 700 individual contacts  170 young people engaged  90% of young people engaged in the Shift project who perceive an improvement in their mental health / emotional well-being  *Here is a breakdown of where referrals came from in 21/22;*  EHP GP’s x 30  EHP School x 22  EHP Social Services 20  EHP PCMHSS x 8  EHP Other x 18  DWP x 2  EWO x 15  Youth Worker x 7  Self -Referral x3  Carried over from 20/21 x 30  *Here is a breakdown of what area the referrals are;*  Abergavenny Area x 55  Caldicot Area x 54  Chepstow x 32  Monmouth x 31 | Please see attached Case Studies and Case studies as an example of our work practice. | The Big 12 is a measuring tool that we use to capture how a young person feels at the start and end of the Shift sessions, in terms of several areas of the mental health and well-being. These scores are compared and give us the statistic in column 5.  At our last Shift Team meeting we all agreed to make changes to the Big 12, this included adding goal setting sections to help make the sections more focused, SMART and timebound.  The Big 12 is a really useful tool but as a team we feel we could expand the feedback we receive to professionals and parents as well as the young people. For 22/23 we have devised evaluation feedback questions to be text/emailed to the above. This will provide us with more measurable evidence. |
| Community Work / Peer Support Group | Extended our partnership with Platfform (Mental Health Service for Young People), by commissioning them to offer targeted support to young people who would benefit from a well-being peer support programme, in Caldicot and Abergavenny (and surrounding area’s). | The first wellbeing peer programme began in Caldicot early December 21 and will complete at the end of January 22, the programme offers weekly session 1.5 hours for 6 weeks. The 6-week wellbeing programme includes topics such as: Mental Health Awareness, Friendships, Healthy Lifestyle, Positive Thoughts, Reaching Out for Help, Goal Setting, Sleeping Habits including skills and techniques that can be used to improve wellbeing and manage difficult feelings. Young people are being given the opportunity to explore their wellbeing in a safe place with the support of Platfform and Youth Service staff.  The second wellbeing peer programme has been delivered in Abergavenny. Another successful group see attached report.  Peer support Level 1 Programme; 8 young people booked in from both groups, this will be delivered in 22/23. The young people will be equipped to volunteer and support the delivering of future peer groups. | Platform;  As part of the State of Mind Program, we covered a variety of different topics over the six-week program. These include what is mental health, keeping active, healthy lifestyle, reaching out for help, helping others, positive thoughts, nurturing friendships, gratitude jars and next steps. We'll now break down each week sharing what content and activities was delivered enabling you to be informed with the knowledge the young people have gained. | -2 groups delivered  (9 contact hours each)  -16 young people engaged in the project over the 2 sessions.  -8 young people enrolled on the Peer Support Programmed Level 1, to be delivered in 22/23.  •A total of 23 young people took part in the six-week State of Mind Program with 13 out of 23 young people attended 4 or more sessions and completed the course  •100% of young people felt that the support they received has helped their overall wellbeing  •86% of young people reported an improvement of their wellbeing  •100% of young people reported they made progress towards their goals  •86% of young people showed an improved WEMWBS score (The Warwick-Edinburgh Mental Wellbeing Scales measures the individual’s mental wellbeing in order to evaluate the program). | Here is the report from the Peer Support Group that was delivered in Abergavenny, a partnership approach with Youth Service and Platform. | In 22/23 Platform are delivering the Train the Trainer to a team of Youth Service Staff as well as sharing the rescores so we can deliver the State of Mind Project ourselves. This will extend the Shift Project offer to deliver peer support groups as well as 1:1’s; |