

Mental Health UK Young People's Programmes

IMPACT REPORT
2022-2023



Mental
Health
UK

Your
Resilience

Bloom



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Introduction



About Mental Health UK

With 50 years' heritage, we are the only mental health charity working UK-wide, delivering both national and local services that empower people to understand and manage their mental health in a person-centred and empathetic way. We provide support and services for some of the biggest societal challenges that pose a threat to people's mental health and challenge the causes of poor mental health, providing people with the tools they need to live their best possible life at home, school and work.

It's remarkable to witness our Young People's Programmes reaching huge numbers across the UK. What's particularly notable this year is the shift towards more equitable programmes, prioritising support for young people with the greatest need. At the heart of this approach is co-production and the creation of innovative initiatives to support emerging needs.

– Deidre Bowen, Director of National Programmes

About our Young People's Programmes

Rates of mental ill health in young people have continued to rise, with complex societal challenges affecting young people across the UK.

- The number of children referred to emergency mental healthcare in England has soared by more than 50% in three years.
- NHS England found that up to 1 in 4 young people suffer from probable mental ill health in 2022. This is incredibly alarming; however, **the picture becomes even more concerning for young people from minority groups or deprived areas.**
- 70% of young people are also currently experiencing anxiety around money as a result of the cost-of-living crisis.

Our goal is to fortify resilience early on and prevent the escalation of mental health challenges through prompt and tailored support. We strongly believe in empowering young people with the knowledge and tools to build their resilience and find solutions to cope with life's challenges independently, both now and in the future. This is only possible if they are given the right mental health support in the right place, at the right time.

We do this by:

- Delivering evidence-based prevention programmes designed with involvement from young people.
- Approaching our work holistically by supporting those who engage with young people and working flexibly with them in a wide range of settings to ensure they feel confident in supporting young people with their mental health.
- Securing a legacy by training professionals who are already supporting young people, enabling them to deliver our programmes independently.
- Identifying emerging needs and co-producing programmes to address these needs through a proof-of-concept model.

We have two young people's programmes, Bloom and Your Resilience. Both programmes aim to equip young people aged 14-18 with knowledge and tools to maintain their mental health resilience through life transitions but are delivered in different contexts: Bloom in schools and colleges and Your Resilience in community settings, Children and Adolescent Mental Health Services (CAMHS), and elite sports.

How We Work

We offer a range of options to suit the needs of young people and the organisations we work with.

Co-Delivery

8 week programme:

- Staff training
- 7 student workshops

Lite workshops

- 1 off workshops for young people e.g. Exam Stress, Social Pressures
- Resource packs provided for staff

Staff training

- Tools and guidance for staff supporting young people in a range of settings
- Elearning through our Bloom on Clic online support platform

Our Achievements

Both Bloom and Your Resilience continue to make a significant contribution to the mental wellbeing of young people across the UK, as this report demonstrates. Our programmes have made an impact by:

- Supporting those least confident in discussing their mental health by providing them with a safe space.
- Expanding our reach to underserved communities and addressing the determinants of poor mental health

- Empowering young people to seek further support for their mental health
- Addressing stigma to make young people feel more confident in talking about their mental health
- Equipping a range of professionals – from teachers to youth workers – to confidently support young people's mental health.



Our Impact at a Glance

1,616
teachers

trained through Bloom



772
facilitators

trained through Your Resilience



25,571
young people
reached with Bloom



8,617
young people
reached since
September 2022



191
individual schools
and colleges
reached



69
individual
organisations
reached through Your Resilience



1,540
Bloom and Your
Resilience workshops

delivered across the four UK nations
between September 2022 and
December 2023: 882 Bloom
and 658 Your Resilience



5,506 visits
to the Bloom resources library

Our programmes
have been delivered in
80 counties
across the United Kingdom



Our Outcomes and Goals

We evaluate our programmes through surveys with young people and professionals in a number of ways:

- Through baseline and end surveys at the start and end of our 8-session co-delivery, where we match responses to measure change and also focus on individual aspects of the programme.
- End surveys after Lite/one-off workshop delivery.
- Through surveys completed by professionals at the end of training.
- Through focus groups and in-depth interviews with young people and professionals who have taken part in our programmes.



Outcome 1

Young people are more aware of their resilience as a result of applying skills learnt, knowledge of mental health and resilience tools.

Goal

In raising awareness of individual resilience with young people, we focus on ensuring they feel equipped to approach life with a better overall understanding of resilience and mental health, supported by resilience building tools.

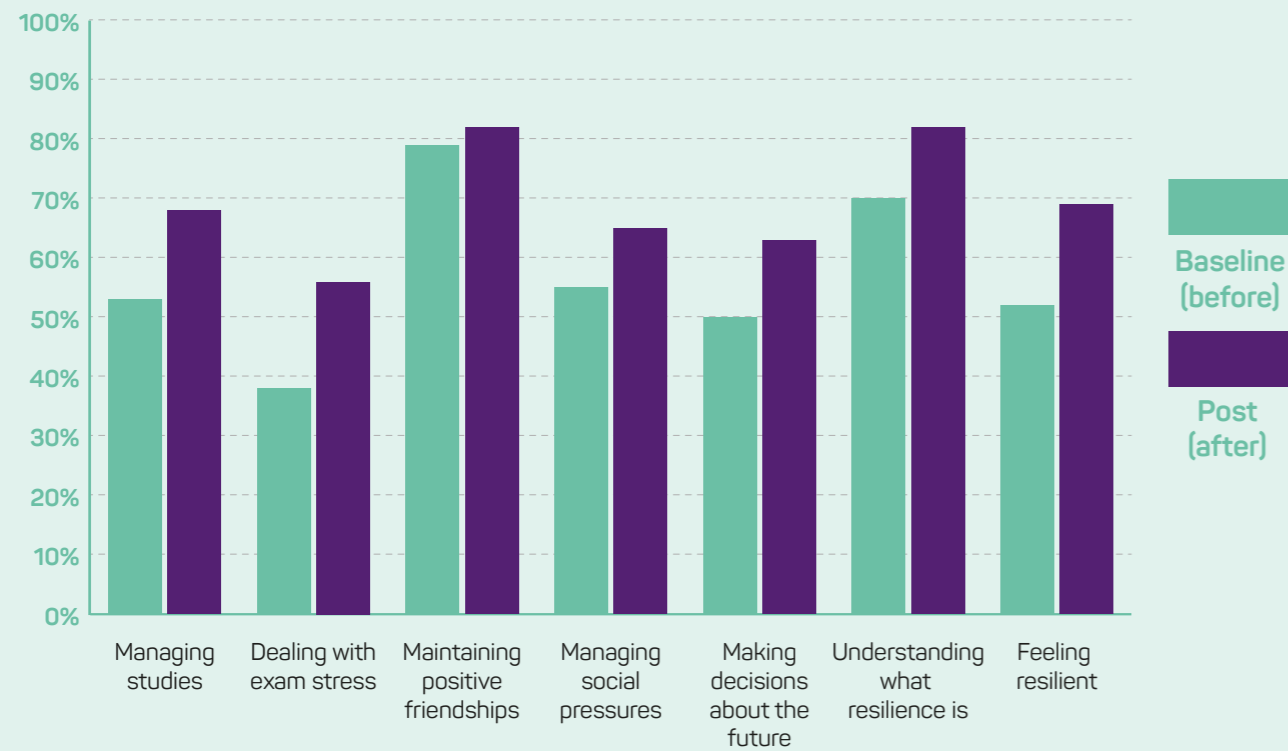


Bloom

We saw an improvement in young people's understanding of resilience having participated in our workshops.

Table 1: Matched Base and End Data for Young People, Bloom

Please rate how confident you feel in the following areas:



From surveys focused on individual aspects of the programme:

- **79%** of young people report feeling they have a better understanding of resilience after taking part in a workshop
- **80%** report feeling they can use some of the tools learned in their lives
- **82%** of young people liked the content of the workshop
- **64%** of young people rated the co-delivery aspect of the programme as good or excellent

Case Study:

Supporting school staff and students at Marden High, North East of England



By providing training for school and college staff in delivering our programme, we seek to create strong legacy outcomes in every school we work with. The most in-depth training is provided in our 8-week co-delivery programme, in which our expert trainers deliver workshops to young people jointly with school staff. This has been particularly popular in the North East of England.

Jennifer Cronin, a social, mental and emotional health specialist at Marden High School in North Shields was recommended to Bloom by a friend. "Bloom seemed a brilliant fit. I hoped that the programme would help our students gain some perspective around resilience, particularly getting them to reduce the pressure they put on themselves".

The Year 11 group we worked with had been struggling with anxiety before taking part. After the 8 weeks, Jennifer could see an improvement in the group.

They would reiterate positive affirmations we talked about in class to show they were using their 'inner coach'. They also became an amazing support system for each other. During their GCSEs not even one of them experienced a major anxiety attack or failed an exam by walking out and this was a big worry with this cohort, many had walked out of mocks due to being overwhelmed.

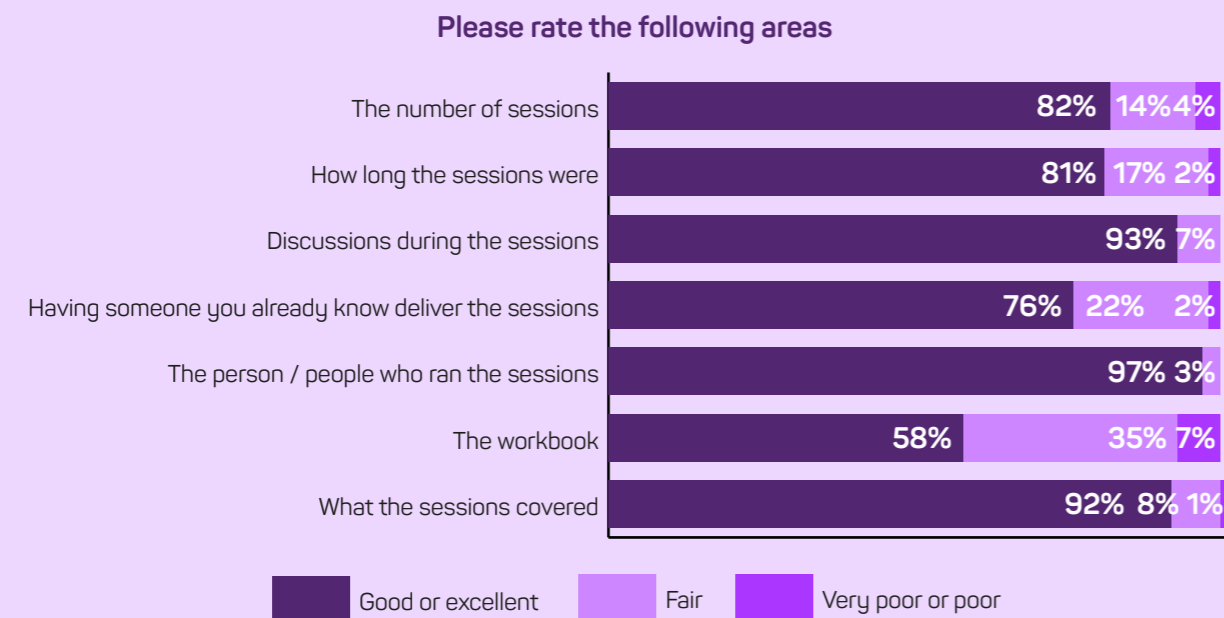
In our post-delivery survey, 87% of the students said they felt very / somewhat confident in understanding resilience after taking part and Jennifer has observed that the programme has also led to wider changes in the school culture. "Delivering the programme has encouraged positive conversations around mental health and supporting the students," she says.

Your Resilience

From surveys focused on young people's experience of individual aspects of the programme:

- **90%** of respondents reported a better understanding of resilience
- **92%** felt they think they could use some of the tools they learned in their lives
- **93%** felt the discussion during the sessions was good or excellent
- **92%** found our workshop content was good or excellent

Table 2: Young people rating their experiences of Your Resilience



Outcome 2

Young people are very or somewhat confident of their understanding of mental health.

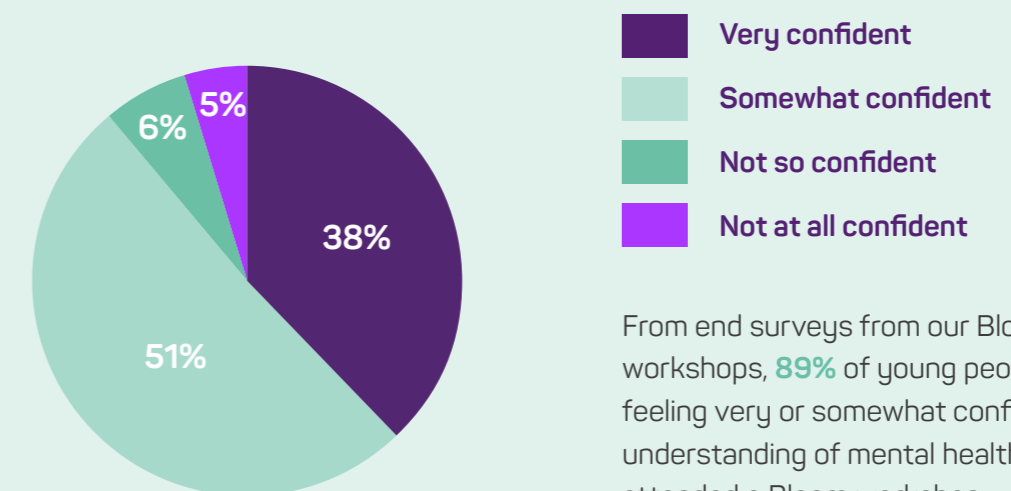
Goal

Building young people's confidence in understanding their mental health, we support them in applying individual agency to improve their resilience and provide them with the skills and tools to feel able to normalise conversations around mental health.



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Table 3: Young people's understanding of mental health having participated in Bloom



From end surveys from our Bloom Lite workshops, **89%** of young people reported feeling very or somewhat confident in their understanding of mental health having attended a Bloom workshop.

I liked having the opportunity to talk openly about the pressures we feel and express our thoughts and feelings with the group. This would be good to do again.

- Community workshop participant, Scotland



Table 4: Improvement in confidence level amongst young people

We saw the most significant changes in young people that reported the lowest levels of understanding in these topics at the start (at baseline). We are delighted to see that our workshops are having an impact supporting those young people who are showing less confidence.



Your Resilience

From surveys focused on young people's experience of individual aspects of the programme, our data shows an increase in young people's confidence in their understanding of mental health.

- **62%** of respondents felt very confident in understanding what resilience is.
- **63%** reported being very or somewhat confident in dealing with exam stress.
- **97%** of young people said they were very or somewhat confident in their understanding of mental health after taking part in a workshop.
- **72%** said they would know where to go all of the time or often if they had a problem and wanted help.
- **81%** rated the overall programme as better than they had expected.

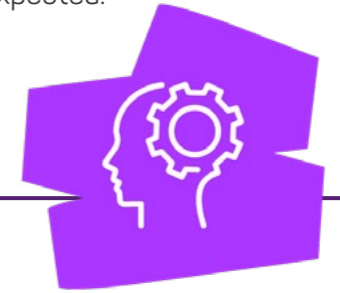
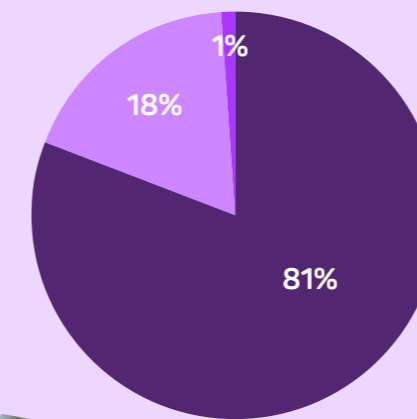


Table 5: Young people's overall experience of Your Resilience

Was Your Resilience better or worse than you had expected?



- Better than expected
- About what I was expecting
- Worse than I expected



A huge positive is the fact that it normalises anxiety. 13 out of the 19 students have since accessed external agencies for mental health. It's made them more comfortable with talking therapy and having the confidence to do that as an individual – getting support.

– Gemma Mordue, Jarrow High School, England



Case Study:

Supporting young people to manage social pressures through the National Citizen Service, England



Young people today are faced with many pressures, from social media to academic stresses and the pressure to meet the expectations of family and friends. In order to equip and empower young people facing such diverse challenges, we were asked to deliver our social pressure workshops via Entrust at the National Citizen Service (NCS) residential summer experience camps.

The camps consist of a five day stay away from home, where young people take part in activities centred around independent living.

Over 38 days, we delivered 228 social pressure workshops to 4,560 young people from a range of diverse backgrounds, providing the opportunity for participants to explore social pressures, mental health, and resilience in a safe environment.

We transformed tents and open spaces into vibrant learning environments where participants could fully immerse themselves in the workshop moving away from traditional classroom delivery and embracing open air discussions and activities.

Of the 4,560 young people who took part, 88% of young people felt they had a better understanding of resilience, 90% felt they could use some of the tools they learnt in the workshop and 85% said they felt better able to support family and friends after attending the workshop.

The impact of this large-scale delivery went beyond the workshops. Many youth leaders across the network of camps observed far greater numbers of young people seeking support for the first time following the workshops.

At Bibby's Farm, Chorley, where we delivered workshops to over 700 young people, youth leaders observed that in the evenings following our workshops, young people were much more prepared to open up and talk about the challenges they were facing in their everyday lives.

It allowed us to question aspects of our lives that cause stress or pressure. It opened our eyes and allowed us to see that we have a support network.

Participant, Bibby's Farm, Chorley

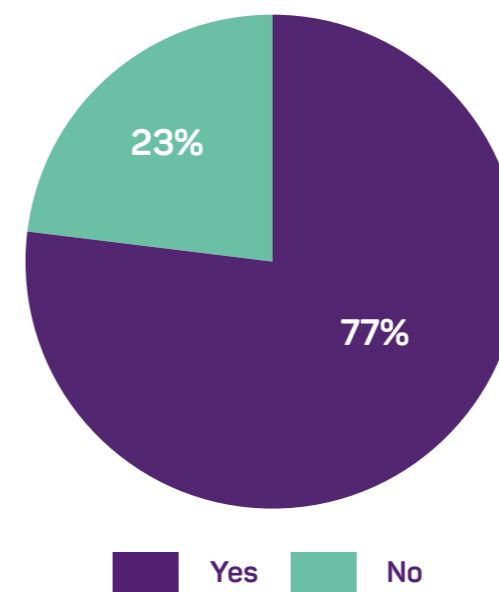
Outcome 3

Young people are better able to support family and friends.

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Table 6: Young people's confidence in supporting family and friends

Having attended the workshop, do you feel better able to support your family and friends?



Goal

Enabling young people to feel comfortable in having supportive conversations about mental health, focusing on equipping them with resilience skills and tools they can share confidently with family and friends.

You've got young people coming forward and saying 'do you know what, I'm not coping with this, who can I talk to?' when two years ago when they wouldn't even acknowledge that they might be struggling for fear of the stigma. I walk across the playground and hear them saying 'I found this new app last night and this is what this does,' [to support mental health] and that has only come from launching something that they're all in together.

- Emma Legge, St Andrew's Catholic School, England

Your Resilience

From surveys focused on individual aspects of the programme:

- 88% said they feel better able to support family and friends
- 76% stated that having someone they knew (sports coach/facilitator) present

during the delivery of the programme was good or excellent, showing young people valued that familiarity and the co-delivery model (post delivery data)

Case Study:

Building peer support for young people with CAMHS, Northern Ireland



Outcome 4

Educators and facilitators trained feel very or somewhat confident they can deliver the programme.

Goal

By supporting educators and facilitators with training, co-delivery and practical, easy to use resources, they will feel confident to continue delivery of the programme ensuring there is a legacy of independent delivery.



MindWise began working with Northern Ireland's South Eastern Trust CAMHS (Child and Adolescent Mental Health Services) in April 2022.

'CAMHS young people can often be isolated from their peers,' explained Amy Stothers, Children and Young People's Coordinator for MindWise. 'Many are not attending school or other social spaces.'

Delivery began in September 2022. Most of the young people attending the programme were experiencing isolation and did not have any peer support. The programme gave them the opportunity to make friends while building resilience skills.

'I really enjoyed working with a group who know what I am going through,' one young person shared in the final week. 'This group is powerful, so it is.'

Our data shows that 88% of young people who participate in Your Resilience workshops feel better able to support family and friends after

taking part. The group discussions we facilitate with setting staff are critical to achieving this outcome. Many of our activities ask young people to consider how they might advise a friend facing particular issues which we know typically impact young people's mental health and then discuss their ideas with the workshop group, encouraging a culture of mutual support amongst peer groups and giving young people the confidence to share our resilience-building tools with their friends, as well as applying them in their own lives.

These discussions often lead to the establishment of healthier group dynamics and support young people in building new friendships. 'I have made friends for life,' one CAMHS Newry participant commented on completion of the programme.

The CAMHS staff who received training and worked with our team to deliver the programme to young people are now planning to roll out Your Resilience to future groups.

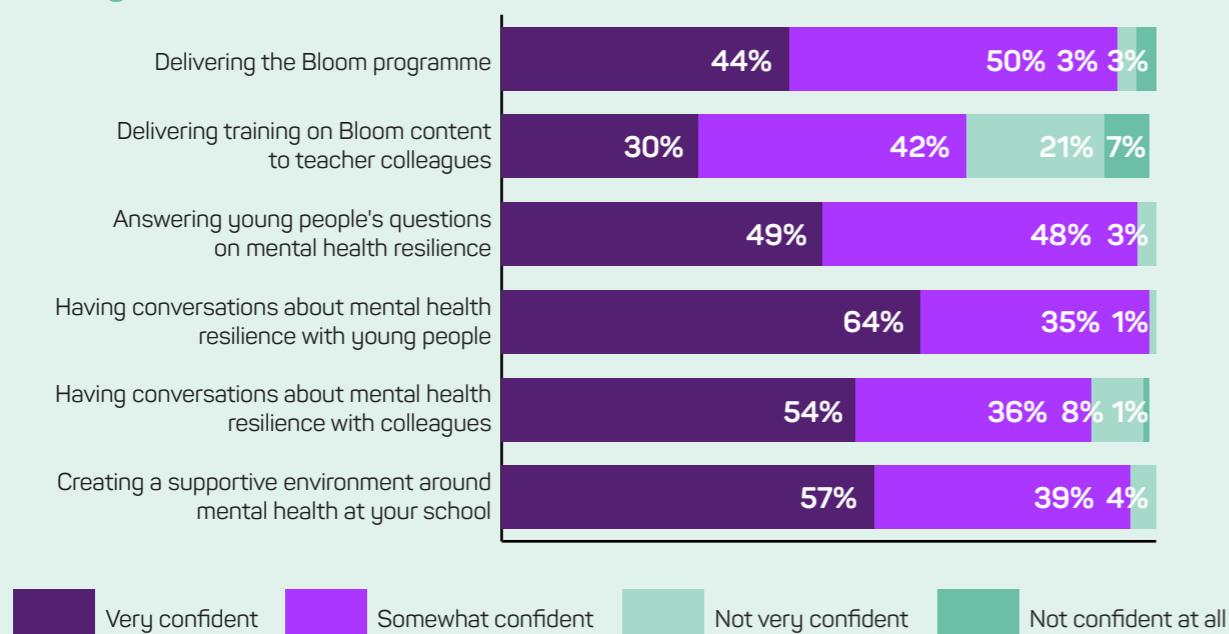


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From surveys focused on individual aspects of the programme:

- **94%** of teachers report feeling very or somewhat confident in delivering the Bloom programme
- **72%** feel very or somewhat confident in delivering training on Bloom content to other teaching colleagues.
- **96%** feel very or somewhat confident in creating a supportive environment around mental health at their school.

Table 7: Educators' confidence in delivering our programme after training



Case Study:

Supporting educators in South Wales

In Wales, we work strategically with the Welsh Education Consortia. For 2022/ 23, we focused on the Central South Consortium, which is a Joint Education Service for five local authorities:

- Bridgend
- Cardiff
- Merthyr Tydfil
- Rhondda Cynon Taf
- Vale of Glamorgan

The consortium acts on behalf of the five local authorities to develop a school improvement service which challenges, monitors, and supports schools to raise standards and provide the best provision for all learners in the region.

Nearly one third of all Wales' school age children are in schools in Central South Consortium, with just over 152,000 learners.

“Bloom has provided schools across the region with an invaluable programme of wellbeing activities to support students in their transition into post-16 education,” explained Emma Lloyd, Area Lead for Post-16 Education, Central South Consortium.

“High-quality training and resources, as well as highly effective ongoing support through the Bloom co-delivery model, has provided staff with the confidence to deliver and plan an engaging, sustainable, and flexible programme to meet the needs of all learners. The interactive nature of the workshops has ensured young people are comfortable when sharing experiences surrounding their mental health and wellbeing.”

75% of the Central South Consortium educators who took part in the programme said they felt more confident in supporting young people with their mental health resilience afterwards. 62% felt that the programme also contributed to a more supportive environment around mental health in their individual school or college.

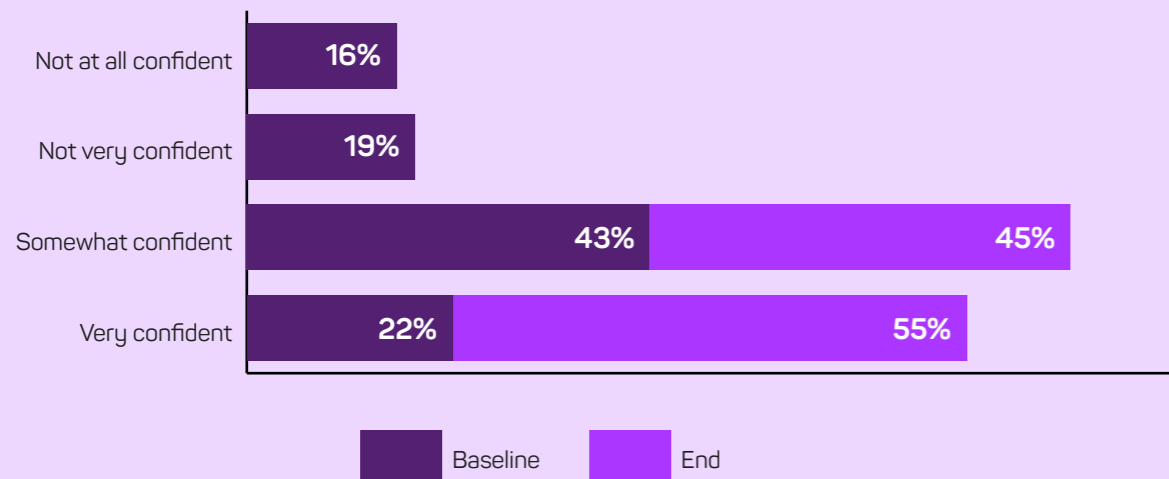
The consortium subsequently launched an enquiry project, where practitioners trained to deliver Bloom could share their experience of developing and embedding the programme. This has in turn increased school to school collaboration and the sharing of strategies to support wellbeing at post-16 across the region.

Your Resilience

In end surveys, we found:

- **73%** of facilitators said the quality of the training they received from Training Associates was excellent.
- **64%** said the quality of discussion during the workshops was excellent.
- **100%** of facilitators felt confident in delivering the programme after taking part in our training, with **55%** feeling very confident and **45%** feeling somewhat confident.

Table 8: Your Resilience Facilitators' confidence in delivering the programme from baseline to end.



◆◆ This was insightful and I have seen things through a different perspective.

– Young person trained by us as a peer mentor, Northern Ireland ◆◆



Outcome 5

Educators and facilitators feel capable of discussing mental health resilience and wellbeing.

Goal

In supporting educators and facilitators to feel confident in discussing mental health resilience and wellbeing, we focus on equipping them with the knowledge and tools to respond appropriately to young people, and also engage in conversations around mental health with colleagues, creating an overall supportive environment.

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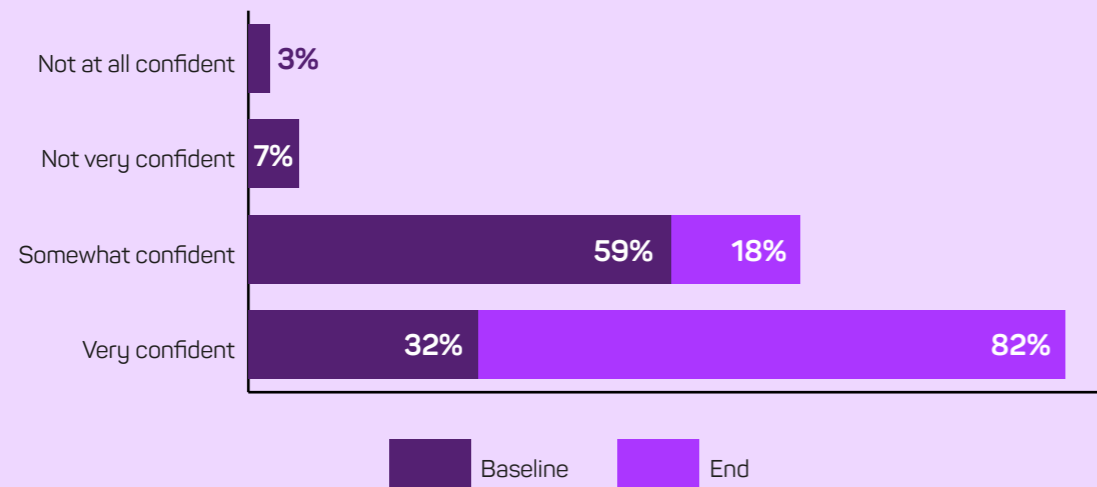
From end surveys of teachers after Bloom co-delivery training:

- **94%** of attendees feel they have an increased knowledge of how to support young people's mental health having completed our training
- **96%** feel better able to support young people in their school or college around their mental health resilience
- **96%** feel their confidence has improved in supporting young people's mental health resilience after our training

◆◆ We found it helpful to sample some of the activities ourselves, which in turn supported with our delivery. The Bloom sessions are now a part of our service offer and we regularly signpost schools towards the training and resources.

– Lily Hawkins, Whole-school Approach Coordinator, Somerset Mental Health Support Team ◆◆

Table 9: Your Resilience facilitators' confidence in having conversations about mental health with young people from baseline to end



Case Study:

Equipping council staff to support school-leavers in West Lothian



The Your Resilience team in Scotland worked with West Lothian Council to address post-pandemic mental health challenges among young people.

West Lothian Skills Training Programme supports school leavers aged 16+ to move into employment or training. Young people not in employment or education often experience mental health problems and for many this has been exacerbated by pandemic disruptions.

‘So many of our young people who have started our programme since the pandemic have presented with a lot more mental health issues, and due to demand there is a lack of resources and services available to help,’ said Lynne Wishart, Skills Training Programme Officer.

The skills training programme fosters personal growth through a range of personal, core, life and employability workshops. Your Resilience aligns with the training programme’s objectives by giving young people practical resilience strategies to cope with day-to-day demands, enabling them to maintain their mental health and progress into further education, training or work.

The school-leavers who took part in workshops we delivered jointly with the Training Programme

team reported immediate benefits from the Your Resilience workshops and the tools they learned, from breathing exercises to time management techniques.

‘I was a bit nervous to start with as wasn’t sure what to expect. I found the activities really good and I will use them in the future,’ one young person commented.

Following our training and joint delivery of the programme, participating staff at West Lothian Skills Training Programme have said they felt confident in continuing to deliver the programme independently and having supportive conversations with their young people about mental health. They also all felt that the programme had contributed to the creation of a more supportive environment around mental health within their service.

‘These tools and lessons will be put to good use in our delivery moving forward,’ one member of the team commented. West Lothian Council plans to roll out the programme independently, delivering to up to 50 young people annually.

New Developments



We are committed to continuing to evolve our programmes to ensure we can provide young people with the right support in difficult times.

2023 has seen three major developments in our work: an expansion in our Your Resilience work in community settings across the UK, a new focus on young people experiencing hardship - who don't always get the support they need - and the launch of a brand new programme to support young people experiencing anxiety around money due to the cost-of-living crisis.

Supporting young people experiencing hardship with Your Resilience

Evidence shows that there are deep-seated mental health inequalities for many young people in the UK. Recognising that young people's lives are shaped by multiple, intersecting factors – such as ethnicity, socioeconomic status, geography and more – allows for a more nuanced and effective approach to providing mental health support to those who need it the most.

We have been working in collaboration with our research partner, Making Impact Matter, to better understand the needs of the following key groups of young people, who have an increased likelihood of experiencing poor mental health:

1. **Young people living in areas experiencing economic hardship**
2. **Young people from minority ethnic communities**
3. **Young people from rural communities**

Together with Making Impact Matter, we have conducted a Needs Assessment with input from more than 700 young people, which will shape the ways we deliver our Your Resilience programme in communities.

Mental health, like all other aspects of health, is significantly influenced by social determinants...

If someone's mental illness is caused or exacerbated by the social determinants of health, a doctor's ability to provide care is compromised...doctors feel they are working with patients for whom the odds are stacked against them.

– 'It's Broken' Report, British Medical Association, 2024



Co-Production

As we expand our work in community settings, we are embedding Co-Production with young people at the heart of our work.

No one knows better than a young person who has experienced hardship, poor mental health or additional barriers to accessing mental health support what kind of support they would find most beneficial.

We define co-production as an active, collaborative partnership between Mental Health UK and young people / the supportive adult professionals in their lives to ensure that the programmes we offer meet their needs, are accessible and effective.

We seek to go beyond involvement and move towards a model in which young people become our co-decision-makers. We will work creatively and flexibly with them to learn from their experience, explore new ideas and improve our programmes. This collaborative approach will support the ongoing development of our programmes and we are committed to building and sustaining this partnership into the future.

Me & Money

In response to the rise in money anxiety amongst young people, we co-produced a new pilot programme, Me & Money, which seeks to support young people with their anxieties around money.

Me & Money seeks to increase young people's understanding of the interconnections between money and mental health.

The Me & Money pilot launched in September 2023 across the UK and has so far reached more than 1,000 young people. Initial findings from the pilot show that of those young people:

- **86%** report having a better understanding about the connection between money and mental health, and a better understanding about how attitude towards money can influence our thoughts and behaviours.
- **75%** found the workshop useful.
- **60%** would be interested in learning more about the topic of money and mental health.

Young people who took part in the pilot told us:

"I feel that I understand the thought process that goes on when someone is suffering anxiety on money."

"Made me feel more comfortable talking about money."

"I now understand how to prevent bad mental health and money cycles."

Now the pilot has been completed, Me & Money will now be scaled to support young people UK-wide.

Thank you to all the teachers and other professionals who supported and participated in our programmes. Most of all, our thanks to all the young people who took part – thank you all for your openness, honesty and resilience.

If you are interested in finding out more about our Young Peoples Programmes, please contact Bloom: schools@mentalhealth-uk.org and Your Resilience: yourresilience@mentalhealth-uk.org

Delivered by:



www.mentalhealth-uk.org

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