

Mental Wealth Academy



Overview

The Mental Wealth Academy is a new and innovative project, that has been specifically designed for young people aged 18-25 experiencing mild-moderate mental health issues.

The service is delivered by Response in partnership with:
Ark T, Oxfordshire Mind, Oxfordshire Youth, SOFEA & BYHP

response



Ark-T



Overview

The project is funded by the Department of Health & Social Care for 3 years. The referral criteria includes those experiencing; anxiety, depression, exam pressure, low mood or stress. Also those young people who are falling through gaps in the transition pathways from children & young people though to adult services. The Mental Wealth Academy is split into three areas of work:

1:1 Mental health support for young people

Mental health training for families & young people

Social media/Mental health awareness



1:1 Mental health support for young people

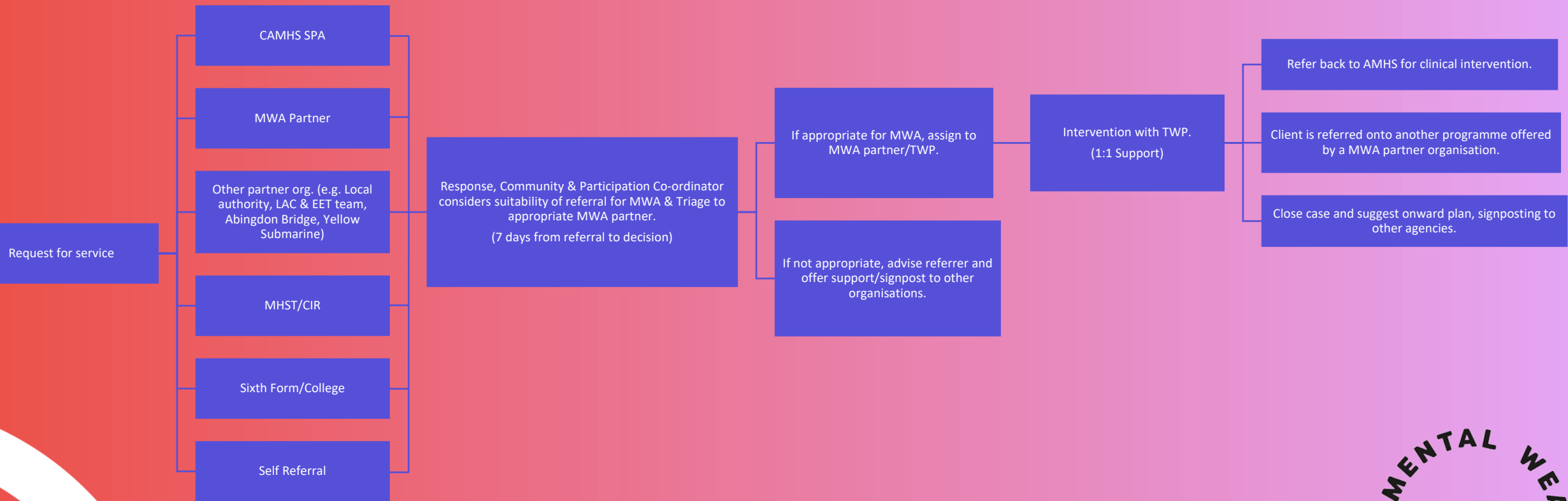
Transitional Wellbeing Practitioners from Response, Ark T, Oxfordshire Mind, SOFEA & BYHP provide 12 weeks of 1:1 interventions for young people. (335 young people per year) Based on cognitive behaviour therapy (CBT) and solution focused therapies, the support sessions can include



- Dealing with anxiety/stress
- Access to education employment and training
- Personal identity
- Physical health/body image
- Recognising/managing emotions
- Relationships/social media
- Steps to wellbeing
- Social skills/engagement
- Community engagement



Referral pathways



Mental health training for families & young people



As a part of the MWA, Oxfordshire Youth are co-ordinating 'Introduction to CYP Mental Health' training sessions, aimed at families (240 people per year) Also training and upskilling 20 young people from the MWA programme to become effective Mental Health Ambassadors; to deliver mental health training to their peers, through workshops delivered to young people (aged 11-17) in schools/youth group settings in the LSOA (Lower Super Output Areas) across the county.



Social media & Mental health awareness



As a part of the MWA, Oxfordshire Mind are working in co-production with young people to create engaging and meaningful channels and content for social media platforms to support the MWA partnership & to share information, promoting the Mental Wealth Academy and also positive mental health and wellbeing across Oxfordshire.



Project update

Since starting programme delivery in April 2020, 80 x YP's have engaged in the MWA programme (Over 300 sessions delivered) Of which 37% were with NEET YP's.

We are working hard to ensure that we are reaching those most in need, targeting LSOA's in the county; working with other professionals & third sector organisations to ensure that our services are available to marginalised communities. We have successfully created initial referral pathways with some sixth forms, colleges, EET, LAC, MHST, CIR teams & a number of third sector organisations across the county.

We have received positive feedback from across the partnership that the work is having a great impact & benefitting the young people. Increased WEMWBS scores across the board, support the positive impact of 1:1 interventions.



Response to COVID-19

COVID-19 has undoubtedly affected the service delivery; we were quick to respond and moved all our face-to-face work either to phone/video calls.

Our age demographic for the project is 18-25 but in response to COVID-19 and the pressures on young people (lockdown induced anxieties/stress etc.) Since June 1st we released the capacity for the Transition Wellbeing Practitioner staff team to be able to work with a young people (16-25) during this period. (We will continually review this expansion of service and therefore may not be able to offer this change to our service delivery indefinitely.)



Mental Wealth Academy Feedback

“He’s a different boy...Having previously said he was too anxious to consider employment, now he has agreed to a trial work period.”

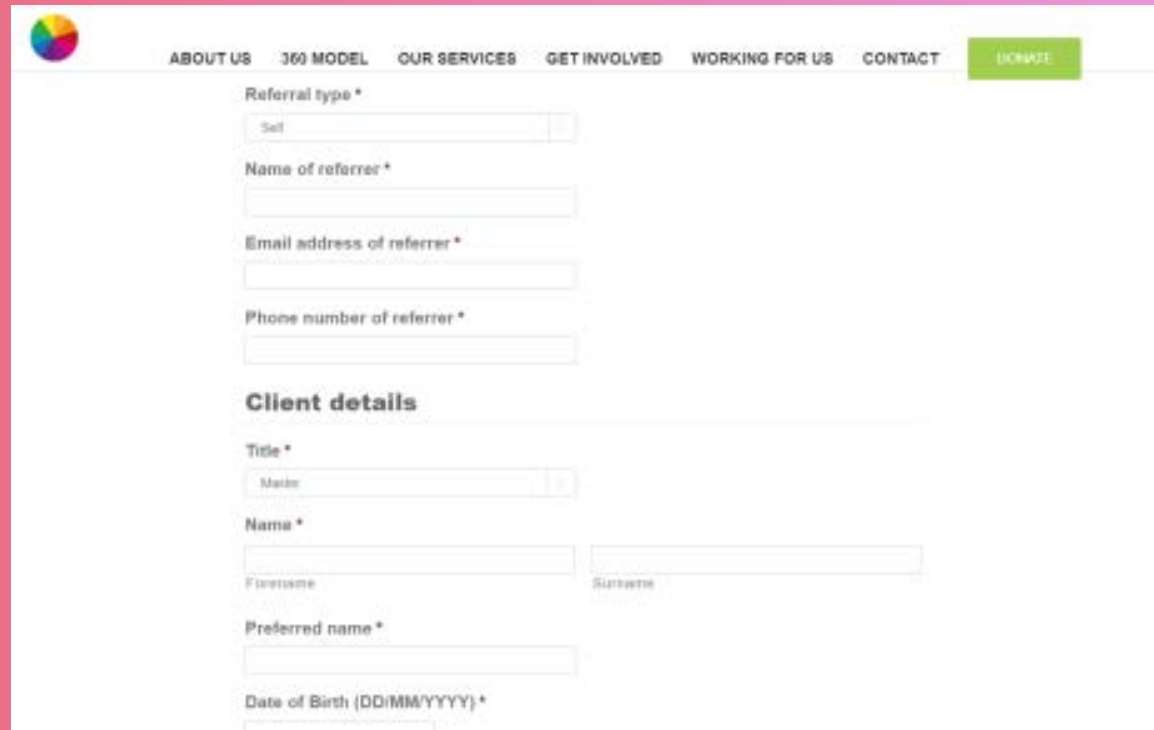
“Mike has now developed healthy coping strategies for his anxiety around leaving the house. He is now able to independently leave the house several times a week, to meet up with friends and stay out of the house for long periods of time to socialise.”

“Hayley has gained resilience and increased her self-esteem, which has enabled her to find work...She has now has a full-time job and positive relationships with her peers.”



How to refer A young person

Referrals can be made on [online](#) via our online referral process on the Response website and completed either by young people, parents/guardians, GP's & other professionals.



The screenshot shows the online referral form on the Response website. The form is titled "Referral type" and includes a dropdown menu with "Self" selected. Below this are fields for "Name of referrer*", "Email address of referrer*", and "Phone number of referrer*". The "Client details" section includes a "Title*" dropdown with "Male" selected, a "Name*" field split into "Forename" and "Surname", a "Preferred name*" field, and a "Date of Birth (DD/MM/YYYY)*" field. The website's navigation menu at the top includes "ABOUT US", "360 MODEL", "OUR SERVICES", "GET INVOLVED", "WORKING FOR US", "CONTACT", and a green "DONATE" button.

Thank You

