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# PROJECT FUTURE AT BRUCE GROVE

## INTERIM OUTCOMES REPORT

### JANUARY 2021

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Project Future (PF) is a community based, youth led mental health project that supports young people aged 10 to 25 who are impacted by youth violence, offending and social exclusion. It is a partnership project with Barnet, Enfield and Haringey NHS Mental Health Trust (BEH), Haringey Council and the charity Mind in Haringey. The project seeks to transform how mental health services are delivered to some of the most marginalised, underprivileged and excluded young people in society. PF delivers accessible evidence based and holistic mental health interventions in environments where young people feel in control and safe. It also recognises the contextual factors that affect wellbeing and targets interventions across all different areas of a young person's life (e.g., emotional, social, relational, occupational, etc.). Co-producing the service alongside young people and the wider community has been central to overcoming barriers to engaging with mental health support and is central to the PF approach. Furthermore, PF seeks to share best practice and embed the approach with other local services to improve access to mental health interventions for young people across the borough of Haringey at risk of involvement in youth violence and offending.

In 2018, the project sought to develop an early intervention and prevention pilot service within the local youth club Bruce Grove (BG) with funding from Comic Relief. The three-year pilot involved embedding a Clinical Psychologist and Assistant Psychologist within BG to adapt and disseminate the PF approach in a community setting with a younger cohort at risk of involvement in youth violence and offending. PF staff seek to offer direct mental health support for young men during the open access sessions via youth-led activities, group workshops and 1 to 1 intervention. Furthermore, the pilot provides support to BG staff to enhance psychologically informed knowledge and build skills in delivering basic mental health support via a variety of forums including training, formulation meetings, consultation, reflective practise sessions, staff wellbeing check-ins and joint clinical and group work. Through this, we aim to enhance mental health outcomes for young people in the local community through increased accessibility and create long-term, sustainable change. Co-production with the staff and young people has remained central to the pilot using the local expertise and knowledge that is already held within the youth centre to maximise impact and outcomes.

This interim report summarises outcomes and feedback from the beginning of the project. This covers an approximate fourteen-month period from October 2019 – December 2020. The report is divided into two sections, outlining interventions and outcomes for young people and staff.

*NB. "Young person/people" refers to young people aged 11-20; "M" refers to male; "F" refers to female; "BG" refers to Bruce Grove; PFBG" refers to Project Future at Bruce Grove.*

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## PART 1: YOUNG PEOPLE OUTCOMES

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### MENTAL HEALTH & WELLBEING

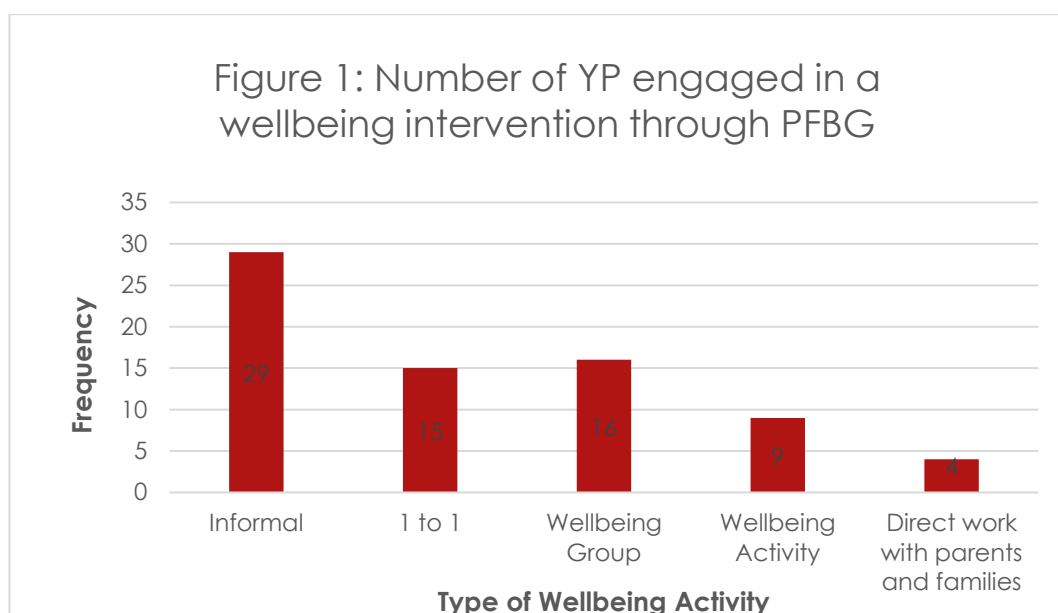
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- All young people have engaged with PF staff during wellbeing activities at the youth centre (e.g., Jenga, football, card games, cooking, connect four, general conversations).
- 37 young people (86%; M: 30; F: 7) have accessed some form of wellbeing support or wellbeing-related activity offered by the project. The types of support offered are outlined in Figure 1 and range from individual contact (informal and 1:1), wellbeing groups and activities to work with parents/families (about the young person/s wellbeing and that of the family member/s).
- During the pandemic, the project's way of working was adapted to continue to engage and support young people, which included remote 1:1 and group support. These conversations included check-ins, coping strategies, wellbeing support and ascertaining advice to share with other young people or staff (e.g., 'keeping busy, doing something you enjoy like music, riding a bike, social media contact with friends, trying something new'). The project also worked in ways to adapt and provide face-to-face work, as soon as possible based on changes in government guidance (e.g., 1:1 walks or outdoor sessions, group and BG open access activities and wellbeing activities).

#### Quotes on experience:

*'My experience with Chelsea and Elliott has been excellent. They have helped me throughout the tough times we are currently going through. The things that have been helpful are the weekly check-ins and activities they have organised have helped me meet new people and explore different hobbies.'* (young person)

*"My experience with Chelsea and Elliott has been good and it was really helpful to have someone to talk to and I would do it more often, if I were to change it"* (young person)



- Presenting difficulties
  - o Based on the mental health and wellbeing support provided, the main presenting difficulties PFBG has supported with include: self-harm and suicidation, anxiety, low mood, challenging behaviour, substance use, risky sexual behaviour, motivation, self-esteem, impacts of being a young carer and challenges in family relationships.

#### Informal Conversations and 1:1

- Informal conversations often include discussions about young people's wellbeing; their current life contexts and circumstances; what has been impacting them in more or less helpful ways; and introducing the wellbeing support at PFBG and the projects understanding of mental health and how social, racial and health inequalities impact wellbeing.
  - o 29 young people (78%; M: 22; F: 7) have engaged in informal conversations with PFBG staff about wellbeing.
    - 5 (M: 4; F: 1) have engaged in one-off informal conversations and 21 (M: 14; F: 7) involved in more regular informal contact.
- 1 to 1 wellbeing provision include more 'formalised' forms of mental health support, generally focused on a particular difficulty or goal identified by the young person, and includes specific psychological therapy or a psychologically-informed space.
  - o 15 young people (41%; M: 10; F: 5) have engaged in 1 to 1 support with PFBG staff.
    - 5 (M: 2; F: 3) engaged in a one-time contact and 10 (M: 7; F: 3) have engaged more consistently.

#### Wellbeing Activities

When BG re-opened for the summer programme 2020, we consulted with various young people about wellbeing activities to support re-engagement with PFBG. This resulted in two PFBG facilitated wellbeing activities during the summer - a trip to Go Ape and a Trampoline Park, which were both followed by a meal at BG. These two activities were targeted to young men PFBG were engaged with prior to and during the first national lockdown.

- 9 young people (24%; M: 9) attended the wellbeing activities during the summer 2020 (two young men attended both activities).
  - o A total of 7 young people were invited to Go Ape (targeted cohort age 16 and over), which had 29% attendance (n=2) on the day. This activity had high interest but low attendance, which was subsequently explored, indicating that the majority of young men had overslept in the afternoon due to changes in sleep patterns during lockdown.
  - o The trampolining activity (targeted cohort age 13-17) had 100% attendance (n=9).

### Wellbeing Groups

PFBG have co-developed two groups focused on aspects of mental health and wellbeing: 'Around the Table' and a 'Play-ful' mental health consultation. A total of 16 young people (43%; M: 13; F: 3) have participated in these wellbeing groups.

#### *Around The Table*

- o This is a discussion group focused on a variety of topics that effect young people and was co-created by young people and staff. Topics cover areas from safety, wellbeing, mental health, social media, sex and relationships, identity, inequalities and trends. The group aims to explore different themes: to hear young people's experience, widen their perspective and explore narratives, to support them taking different perspectives and to reflect on contributing factors to difficulties, ways to cope, actions to take, hopes and goals for future.
- o Ten young people (M: 6; F:4) have attended the first iteration of Around the Table, which occurs weekly in the open access BG sessions – with a total of 4 groups running so far.

Quotes on the experience of the group:

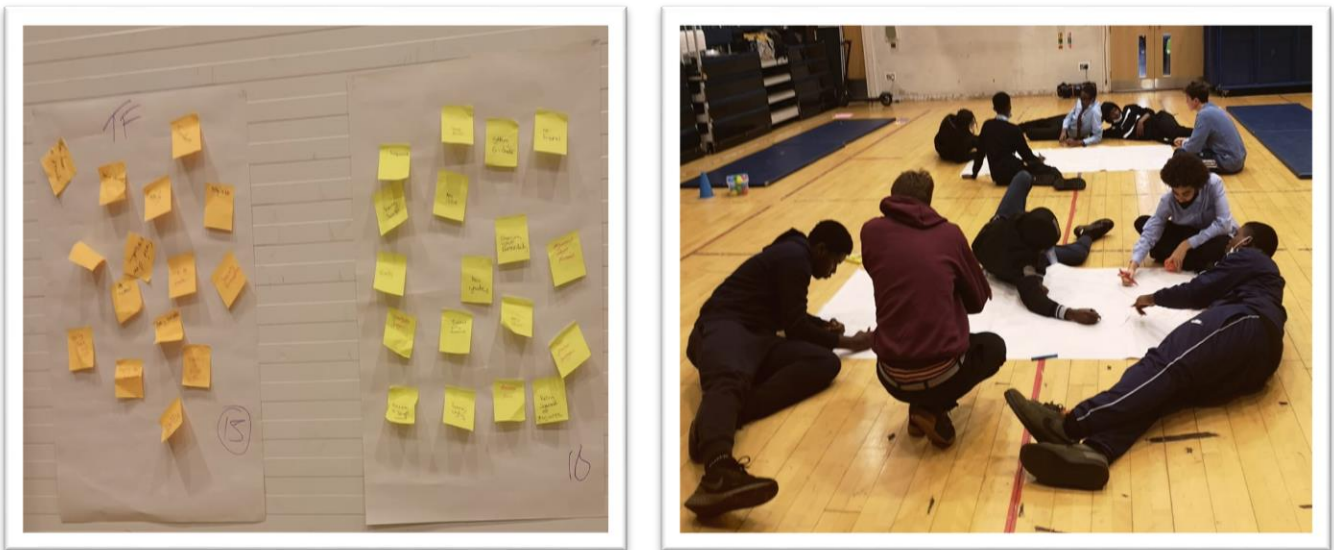
*'I'm surprised, I enjoyed it, I would definitely come back again, we spoke about all things'*  
(young person)

*'We spoke about many things, and staff did too, it was fun and hearing different views, makes you think.'* (young person)

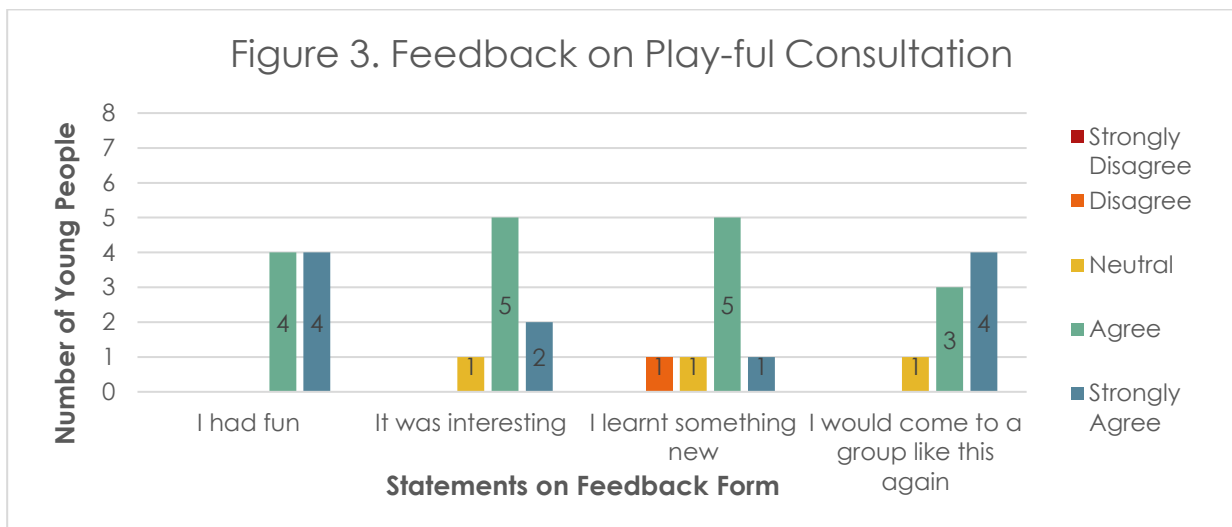
#### *Play-ful Mental Health Consultation*

- o Given the impact of the pandemic on BG open access sessions, a targeted intervention was developed by PFBG to re-engage young men we were working with aged 12-16 and discuss wellbeing. This one-off 'play-ful' consultation used games and activities to facilitate engagement in conversations about mental health (see Figure 2). Using active and dynamic tasks enabled discussion and learning about:
  - o factors which impact young men's wellbeing,
  - o what happens to young men when wellbeing is 'low' (and stressors are 'high')
  - o what supports their wellbeing and suggestions for PFBG provision
  - o psychological ideas around anxiety, stress and coping.

Figure 2: Picture one - Post its of what impacts young men's wellbeing on the Obstacle Course Task and Picture two -Wellbeing in The Body Task; Play-ful Consultation



- 8 young people (M: 8) attended this Play-ful Consultation group, which was 100% attendance.
- A feedback form was completed and the majority of young men rated the group highly in terms of being fun, interesting, teaching them something new and being interested to attend similar groups in the future (see Figure 3).



Quotes from the Play-ful Consultation feedback form:

*'I learnt something new. I learnt more about fight or flight. It was fun, especially now, we are going through hard times with coronavirus. It was nice to be able to do something fun and be active.'* (young person)

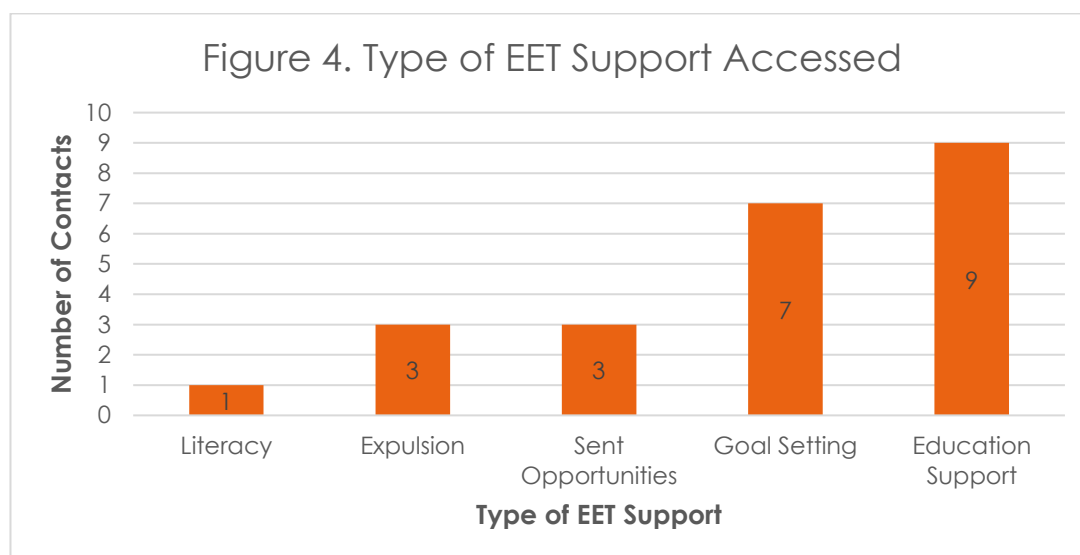
*'I liked that it was fun and we learnt something new'* (young person)

*'The best part was the obstacle course, where we wrote about what issues young men have.'* (young person)

## EDUCATION, EMPLOYMENT & TRAINING (EET)

BG youth club has always offered support around education, employment and training, to encourage and support young people on their journeys to find new opportunities. They have a dedicated EET worker who receives direct referrals, therefore PFBG joins a system, which already offers EET support and adds supplementary provision as required.

- 16 young people (37%; M: 11; F: 5) have accessed some form of EET support from PFBG, with 4 (M: 1; F: 3) engaging in one off conversations and 12 (M: 8; F: 4) engaging in more regular contact. The EET support involved young people at secondary school (n=6), college or training (n=7) and employment (n=3).
- The majority of young people accessed EET support for practical guidance on coping with education (n=9 contacts) and goal setting and reviewing (n=7 contacts), with other types of support including literacy, expulsions and signposting to opportunities (See Figure 4 for details). Generally, EET conversations focused on identifying interests and goals, acknowledging difficulties and problem solving, practical coping with educational/work stresses and deadlines (e.g. exams) and strategies for managing behaviour at school.

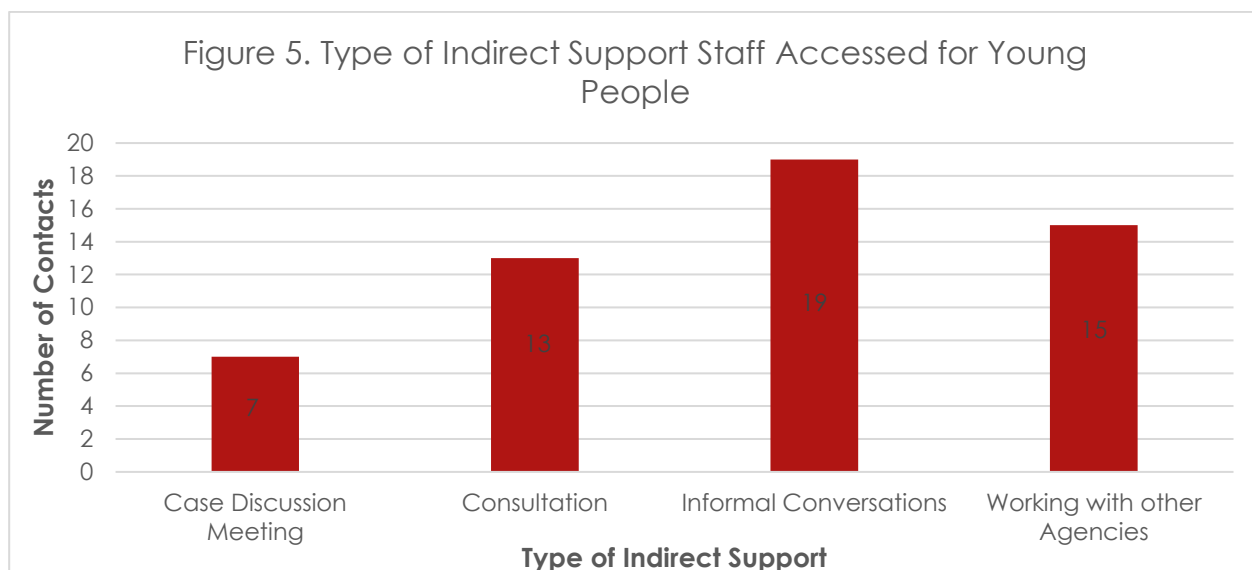


## INDIRECT SUPPORT FOR YOUNG PEOPLE

This outcome relates to the number of young people, where PF staff have provided support to BG staff in relation to their direct casework.

- PF staff indirectly supported the casework of 24 young people (56%; M: 16; F: 8) who were working directly with BG staff members.
  - o The majority of this support was accessed through informal conversations (n=19 contacts) and joint working with PF staff (n=15 contacts), with other types of support including case discussion meetings and consultations (see Figure 5).
  - o One-off indirect support was provided for 3 young people (M: 1; F: 2) and more regular indirect support was provided for 21 young people (M: 15; F: 6).
- General themes of discussion for indirect working focused on mental health, wellbeing, young people's context, behaviour at the youth club or their school (e.g., anger, anxiety, mood, hearing voices, risk, trauma, general mental health knowledge, emotional regulation, engagement, relationships, gender-identity, social media), contributing factors to young

people's presentations, protective factors and strengths and developing working practices for staff.



## CO-PRODUCTION

Co-production is a core component of PF model, in terms of developing accessible and acceptable provision and collaboratively working with young people and staff.

- Due to the pandemic, various consultations were postponed (e.g., reviews of risk assessments for activities, developing sports tournaments and consultations on a music and wellbeing programme). However, project staff conducted remote consultation, in relation to the postponement of the youth-led activities, hearing young people's views for short-term (i.e., remotely, socially distanced) and future activities and ideas for what support PF and BG could offer remotely and upon re-opening in the context of the pandemic.
- 26 young people (61%; M: 20; F: 6) have co-produced some aspect of the project, which included youth-led activities, ideas for PFBG service design and delivery and co-facilitation of groups.
  - The majority engaged in co-production tasks for youth led activities (n=20; M: 18; F: 2), which included conversations, consultations and planning for engagement and wellbeing activities, development of group activities/resources and co-creating a football tournament.
  - 18 young people (M: 13; F: 5) contributed to PF service design and delivery. This included conversations about their views on young men's/general wellbeing, identifying what BG already does which is helpful and ideas for further support, ascertaining their views on the different ways PFBG aims to support and improve wellbeing and their suggestions for PFBG service development. This involved informal and formal individual and group consultation.
  - Two young people (M: 2) helped co-develop activities and vignettes for the Play-ful Mental Health Consultation (described above in 'Mental Health & Wellbeing') and one of these young men co-facilitated the group with the clinical psychologist.

## OFFENDING SUPPORT

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- 2 young people (4.7%; M: 1; F: 1) have accessed offending support at PFBG.
- The lower engagement in this type of support potentially relates to characteristics of the current cohort at the youth club and the aims and context of the project, which focuses on preventative intervention. However, despite the lower uptake, there have been various informal conversations about offending with young people and BG staff. This has included conversations on the context and impact of serious youth violence/crime in the community, how young people and staff experience this and the impact on them, safety, their experiences and views of police and court systems, and the various factors contributing to serious youth violence, incorporating societal inequalities and identifying protective factors. This has also included some general emotional support for young people who have someone in their network going to court/involved in the justice system; and support for staff based on experiences of young people going to prison and loss of young people (emotional and practical impact on their current work and goals for the service).

## STABILITY

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- 4 young people (9.3%; M: 4) have accessed help for a stability need.
- This involved working with young people's personal network (e.g., parents), bridging them into external services related to housing, benefits and basic necessity needs (food) and providing support documentation where appropriate. BG already work in partnership with various agencies and offer support around stability needs for young people. Therefore, similarly to EET support, PF staff join a system who provides this type of support and will offer supplementary provision as required.

## PART 2: STAFF OUTCOMES

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### STAFF INTERVENTION

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PFBG staff intervention focuses on developing partnership provision via sharing the PF model within the context of BG practice and providing support to BG staff to enhance psychologically informed knowledge and build skills in delivering basic mental health interventions and working practices.

- PFBG has supported total of 21 BG staff members since the project began and works with all current staff team members (n=17)
  - o This has been in the format of consultations, joint working, teaching/training and facilitating a variety of individual and team spaces. The type of support offered addresses areas such as wellbeing, sharing psychology and mental health expertise, personal and professional development, reflective practice, co-production, developing working practices, service development and delivery (for both BG and the PFBG project) and team wellbeing and morale.
  - o Table 1 outlines the various types of staff intervention offered, including the number of contacts and range of staff accessing this provision. This highlights the variety of avenues, which facilitate the development of psychologically informed practice for community youth centres.
  - o Figure 6 highlights quotes from BG staff experience of PFBG and a picture from Team Tree of Life (Narrative Therapy Group, see 'Workshop' category in Table 1 for description).



Figure 6: Picture from the Bruce Grove Team Tree of Life facilitated by PFBG (see 'Workshop' category in Table 1 for description) and Quotes from BG staff on experience of PFBG.



*'It was really helpful to talk through a case, the conversation and resources really helped to plan my future meetings with young person, especially around self-harm. I felt more confident.'* (staff member)

*'[Project Future] have taught me lots about myself psychologically and how to work with youth psychologically as well, how we can assist them and how we can assist ourselves. I feel like overall; I now have a deeper understanding of myself and my colleagues and what I can do to make work life easier for myself and for them, and what we can do collectively to help these kids.'* (staff member)

During the pandemic PFBG adapted working practices to support staff remotely and shared accessible resources related to mental health, wellbeing, and stability to support on-going work at BG. PF staff also co-developed a wellbeing pack to support BG staff members work with young people, based on strengths/areas of concern identified in meetings and focused on ideas and strategies for wellbeing related-work (during the pandemic and beyond). This booklet outlined psychological knowledge, ideas and strategies for developing strengths and coping skills, and managing with anxiety, low mood, motivation and isolation. The information was adapted to make it accessible to staff group and to support their working practices and direct contact with young people.

Figure 7. PFBG co-produced booklet to support BG staff direct work with young people during the pandemic



### Stress Zone Check In

**What colour do you feel right now?**

This type of check-in is helpful because:

- It gives us an idea of where a young person is at. We can then tailor the direction of the conversation. For example, if someone is in a heightened feeling state (red) we may do a task to help them cope in that moment, moving them towards a different colour zone or to be slightly less absorbed by a feeling
- It brings the young person out of 'just feeling' to 'thinking about feelings'
- It helps bring young people to the present moment (moving out of the racing mind to describing/being in the present moment)

Using colours or an image helps people to engage with this check-in, as often with verbal questions we can bypass thinking and answer on autopilot.



**Table 1: Summary descriptions for the types of staff intervention provided by PFBG, with corresponding numbers of staff accessing this provision and frequency of contacts/sessions provided.**

Type of staff support	Descriptions of support provided	Number of BG staff accessing the provision at any one time (range)	Number of contacts/sessions provided
Mental Health Consultation	Consultation (formal and informal) individually or in groups with BG staff on mental health, wellbeing and behaviour to develop understanding of young people's presentations and support direct case and youth work. Working with wider systems within Haringey council and the borough (e.g., team around the family meeting, joint working with other agencies).	1 - 4	132
Formulation Meeting	Formulation meetings (called 'young people discussion space') where staff members present a young person, dilemma or success within their work to get ideas and expertise from the whole team for moving forward. PF staff facilitate these group sessions using a Systemic Therapy model called Problems, Possibilities, Resources and Restraints (PPRR; John Burnham) as well as other formulation frameworks to develop a psychologically informed shared understanding of the presenting issue, to share perspectives and ideas and tap into team resources to support youth work practice.	4 - 10	9
Training	Training and Teaching is provided based on team needs, interest and development, with involves didactic, experiential and active elements. PFBG has provided training sessions on the impacts of COVID on anxiety, using psychological understandings of development and maintenance factors and coping and intervention strategies.	12	2
Support to Develop Practice	PF staff supporting BG staff in developing groups, activities, youth work and psychologically informed practice for BG. This has involved conversations, informal supervision/teaching, joint work and coproduction with BG staff members to develop a psychologically informed frame within the activities and projects they were running, developing PFBG partnership ideas and skills development. Projects often related to music, sport, discussion groups, a beauty group and food or cooking activities.	1 - 4	55

**Table 1: Summary descriptions for the types of staff intervention provided by PFBG, with corresponding numbers of staff accessing this provision and frequency of contacts/sessions provided.**

Type of staff support	Descriptions of support provided	Number of BG staff accessing the provision at any one time (range)	Number of contacts/sessions provided
Workshop	Team Tree of Life – PFBG facilitated a team-building workshop based on Collective Narrative Therapy practice. It aimed to re-tell stories of professional and team identity, re-connect to individual and team, values, strengths and resources and to re-energise the team ethos and hopes for the future (see figure 8). This also supported BG staff in developing their team mission statement.	8	3
BG Service Development Consultation	<p>Consultation focused on BG team practices and processes, in the format of team and individual meetings and via surveys and online feedback. The support from PFBG focused on areas such as:</p> <ul style="list-style-type: none"> <li>- gathering views on staff needs, interests and ideas for setting up team spaces (resulting in the ‘service development meeting structures’) and subsequent feedback of meetings.</li> <li>- follow up to support implementation of ideas for BG practice.</li> <li>- support via modelling and scaffolding conversations regarding the review of BG mission statement;</li> <li>- consultation around risk management practices and procedures and contingency planning during the pandemic working context (including sharing and developing risk resources to tailor to BG needs).</li> </ul>	2 – 10	25
Staff Wellbeing Check-In	Individual check-ins during the current COVID-19 pandemic to support staff wellbeing, think about context, the impact of work changes and any additional support the system can provide. All BG staff have received wellbeing check-ins from PF staff.	1	49

**Table 1: Summary descriptions for the types of staff intervention provided by PFBG, with corresponding numbers of staff accessing this provision and frequency of contacts/sessions provided.**

Type of staff support	Descriptions of support provided	Number of BG staff accessing the provision at any one time (range)	Number of contacts/sessions provided
Seniors Meeting	A regular senior meeting with PF clinical psychologist and management at BG. Example areas these meetings have focused on include staff and young people's wellbeing, staff morale and motivation, service direction, design and delivery, contributory factors to service challenges and successes, reflecting on working practices and processes and implementing change, team dynamics and reflecting on management role/s.	2	20
Co-Facilitated BG Meeting	PFBG staff asked to co-facilitate BG main team meetings to provide psychologically informed frame for the meeting theme or contribute to support scaffolding the discussion. This has included meetings on areas such as, supporting discussions on project ideas and proposals, practical strategies to support team working, implementing risk processes and strategies for improving engagement.	10 -12	5
Reflective Practice	PF staff facilitating reflective practice (called 'staff space') which is understood as being 'the process of learning through and from experience into gaining new insights into the self-and/or practice' (e.g., Jarvis, 1992). It examines assumptions of our everyday practice, requires practitioners to be self-aware, to evaluate responses to practice situations and make use of group resources – to critically reflect on experience, to gain new perspectives about working challenges and improve practice. Staff bring themes or live issues to reflect on together as a team or small group e.g., team dynamics, impact of pandemic on working practices, impact of wider systems and social context on their youth work practice. PFBG has also provided reflective practice on an individual basis for BG staff.	1 – 10	16