

MAC UK – Project Future Information pack summary

Aims:

Project Future is a community based, youth led mental health project that seeks to transform mental health delivery for socially excluded young men aged 16-25 years involved in gangs, offending and serious youth violence in Haringey. In partnership with BEH Mental Health Trust, Haringey Council, Mac-UK and Metropolitan Police the objectives are to improve well-being, reduce offending, increase access to education, employment, training, and bridge young people into local services. A long term objective of the project is reduce the economic impact of gang related offending to society.

Underpinned by evidence based psychological models and enablement models the young men co-produce with staff and lead on activities that promote psychological and physical well-being. An innovative peer referral system is used to generate more sustainable progress and change at a group and community level. The project seeks at local and national levels to design and deliver services that are more accessible for this group.

Objectives:

The work of project Future is hugely varied ranging from supporting young people with basic life skills such as preparing toast and hot chocolate, attending job interviews, mediating relationships with probation, help with signing up to GP practices, learning how to use the tube, supporting with music recordings to complex mental health interventions related to early life traumas.

The team objective is to provide a holistic package of care that is efficient, user led and addresses multiple levels of need, not only improve the overall well-being of gang affected youth and reduce social exclusion, but also reduce the economic impact of gangs to society (e.g. reduced arrests, incarceration and presentation in acute care services).

The team work to support young people to access relevant services, and to feel included in their community, and wider society. The project seeks to also create change at a systems level specifically in the services that surround the young people (i.e. probation, prisons, etc). The project achieves this by providing a platform for young people to address issues directly, and share its psychologically informed approach with service providers and policy makers.

Outcomes:

The finding from the most recent report in October 2016 showed that 133 young people are attending the project, of which 96 (72%) have sought support from Project Future across multiple areas of their life as follows:

Mental health and well-being

- 86 young people have accessed some form of mental health support at Project Future (65%).

- Routine outcome measures show a significant marked reduction in mental well-being needs.

Education, Employment and Training (EET)

- 82 out of 133 young people (62%) have accessed employability support at Project Future.
- 47 are currently in education, employment and training (35%).
- EET support has included the following: applying for college, university, apprenticeships and work, support with setting up and managing businesses, support with music production and engineering careers, support with youth work careers, support accessing prison education, literacy at Project Future, job-seeking, accessing volunteering opportunities and support with getting a job. Project Future have been supporting young people whilst they are in work by regularly checking in with them.

Offending

- 71 young people have accessed some form of offending support at Project Future (53%).
- This has ranged from discussions around what drives offending behaviour, how to minimise these, guidance around legal aid to active case management.
- Young people and stakeholders report a qualitative reduction in offending

Access to services

- Out of the 133, 70 young people have accessed another service via Project Future (53%).
- These services include the JobCentre, social services, sexual health, housing charities, solicitors, dentist through Project Future.

Quotes from young people accessing Project Future:

“Right now people would be in the streets getting into trouble but here people come to do their theory, music, English, maths, do something productive instead of standing out, making trouble find them...”

“It is 100% making a difference. Not as antisocial I don’t hear them pop up anymore its not this group anymore ”