

The Context

The Office for National Statistics research suggests young adults are more likely to feel lonely than older age groups with almost 10% of people aged 16 to 24 "always or often" lonely - the highest proportion of any age group. This was more than three times higher than people aged 65 and over.

Young people in the lowest income brackets are 4.5% more likely to experience severe mental health problems. one third of 16-24 year olds have reported feelings of anxiety and depression.

Participants

7 male whg customers between the ages of 18 and 24 were asked to participate. All participants had experienced events across the life course linked to health inequalities and poor holistic life outcomes. All had experiences ACES and a number were Young Offenders. 85% of participants have been in care with 70% being direct care leavers. 85% of participants disclosed mental health including depression, anxiety and Complex PTSD.

Outcomes

WebWem Scores -

	Week 1 - Oct 2022	Week 19 - Feb 2023
XX	35	34
XX	52	66
XX	33	54
XX	34	47
XX	54	68
XX	25	41
XX	16	51

85% of participants experienced increases in wellbeing scores across the proof of concept with the average WEBWEMS average increase of 16 points.

85% of participants have been onboarded into follow on MindKind Groups and taken part in MindKind PERMA activities - including our Positive Psychology and Confidence Building course, MindKind Men's Wellbeing Group, Father's Peer Support Group. All of these participants have reported that this has helped them feel less isolated. Utilising healthy coping strategies and positive psychology techniques has resulted in positive feedback.

XX, 22 accessed the Men's Online Peer Support Group to discuss the recent bereavement of his grandfather - "Talking has helped. I didn't talk to anyone before this about how I was feeling. Speaking to the group made me feel that what I was feeling was normal"

85% of participants have reported an increase in exercise and healthier food choices. 3 participants go to the gym on a semi regular basis with 1 participant going 5 days a week. 85% report doing some kind of exercise at least once a week - an increase from 28% from the beginning of the proof of concept.

Support with budgeting, healthy food prep and time allocation, healthy food knowledge dissemination, utilisation of a slow cooker, supported food shopping with our Mental Health Social Worker, peer support and positive psychology has seen many anecdotal stories around healthier food choices, people eating a healthy breakfast, cutting down on unhealthy food choices.

"I now eat a decent breakfast most days, I eat healthier and I have cut down on fizzy drinks." - XX, 21

"I used to drink at least 50 cups of tea a day and at least 3 big bottles of fizzy pop or energy drinks. I now drink about 10 cups of tea and 1 bottle of fizzy drink every few days. I have also bought a healthy cookbook and have started bulk cooking like the trainer spoke about...I even eat fruit now...I have cut down from 200 rolls a week to about 50 now" XX - 22

XX, father of 2 young children and care leaver has sole custody of his children. His young children have been subject to a Children in Need plan. Through the MindKind Father's Peer Support Group LJ's experiences and thoughts are being captured and will directly impact the Family Safeguarding Strategy For Working With Fathers.

"It's good they will have to listen to me. I've been banging my head against a brick wall."

We have had to work intensely with 3 participants to ensure they have not returned to criminality for income. This has been possible through our intensive trust building efforts.

"I've called XXXX a few times when I've got frustrated and thought about dealing again. Everytime I come away feeling much better and more determined not to go back" - XX, 20
Challenges

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Pre Contemplation and Trust Building

Many of our participants were at the precontemplation stage of change. This has resulted in intensive work building trust that has involved a lot of resource. The program has ran from November to April and for the first 3 months of this building trust and engagement has been understandably challenging , although attainable.

Cost of Living

The difficulty in eliciting change has been compounded by the cost of living crisis. As such we have had to support with food vouchers (including taking participants shopping to support with health spending) and intensive work around budgeting as well as forward referrals to whg money matters.

Complex Issues

Participants have been supported to manage social issues, illicit and legal debts, a lack of life skills through being brought up in care and challenging familial environments, mental health including depression, anxiety and complex PTSD, illiteracy, a complex number of professionals and bereavement.