

Tackling self-harm

was the reason that Social Sense embarked on the journey to create the Mindful Me programme in January 2015.

About Social Sense

Social Sense Community brings a solid track record of building resilience in individuals and communities. Our Salford born programmes for Emotional Wellbeing (Mindful Me), Healthy Relationships (Change Up) and Social Norms (RU Different?) have progressed to national programmes, directly engaging over 180,000 young people and adults.

Common features across our programmes are active co-production, evidence of clear impacts and sustainability for our participants and commissioners.

Our approach to **Emotional Health and Wellbeing** consistently records measurable improvement in resilience with young people reporting that they feel less anxious, stressed and more confident as a result of engaging with our techniques.

Intervention sample outcomes in Salford include a 7% reduction in self harm and an improvement of 26% in aggregate Core YP scores following the recent one-to-one programme (Birmingham).



mindfulme.



Social Sense Community has recently concluded a successful 12 months pilot project with local secondary schools and a charity in Kent, addressing emotional health and wellbeing needs.

Kent Police and Crime Commissioner provided funding to commission Social Sense's Mindful Me Programme across 3 organisations with pupils and young people attending from 12 schools/colleges.

The purpose of its use within Kent Police priorities was to develop mindfulness to help young people to respond rather than to react to situations, regulating emotions and therefore reducing incidents of anti-social behaviours and bullying and to reduce the impact of negative comments/actions on the self-esteem of vulnerable young people who may be bullied face to face or online.

The chosen organisations were:

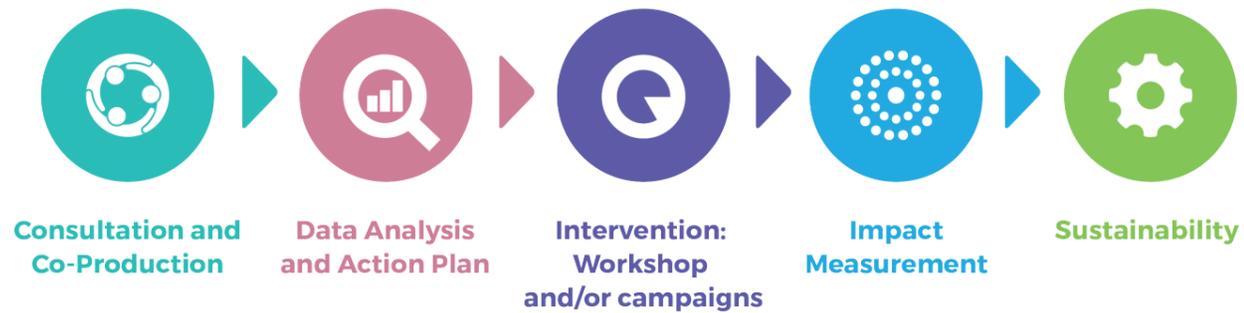
- 1) **Knole Academy** (Sevenoaks)
- 2) **Skinners Academy** (Tunbridge Wells)
- 3) **My Trust** (Kent wide)

All pupils and young people were invited to take part in the 2-hour interactive workshop: an Introduction to Mindfulness. Staff were also encouraged to participate in the sessions along with the pupils to act as positive role models. to act as positive role models.

Nearly a **Thousand** young people were part of the project

The process and results

The programme was split into five elements



The project started with all schools completing a 15-20-minute baseline survey to assess their emotional wellbeing and levels of distress. Developed using Warwick Edinburgh and ONS standards, the questions cover a range of topics including levels of happiness, anxiety, self-harm, resilience and personal relationships.

Key Findings from baseline



81% said they worried (within the last week)

Only **34%** rating their self-confidence 8 or above

52% of the pupils who has self-harmed, had done so in the last few months



The intervention introduced pupils to Mindfulness, which is simply paying attention to the present moment in a compassionate and non-judgmental way. Pupils learnt useful tools and techniques to help them reduce stress and anxiety, and create happiness using the latest findings in neuroscience known as 'hardwiring for happiness'.

It was then time for the same cohort to complete a second survey to measure any change in mood. The results were astounding!

Case Study

Two members of the Me2 project staff from MY Trust were in attendance and experienced the session and are committed to using Mindful Me as part of the supervision process with the peer mentors and to explore delivery of workshops in the youth clubs.



Key findings from the project

Feedback surveys and post-delivery resilience scores indicated:

17% increase in mood following the Introduction to Mindfulness Group Session

4% increase in self confidence

9% reduction in recent self-harming

7% reduction in young people and pupils being worried (within the last week)

3% increase in young people being confident to talk about their mental health

33% have either carried on or intend to carry on using the techniques

"I really enjoyed the Mindful Me session, especially breathing exercises and mindful eating."

Pupil, Knole Academy, Kent

"Take time in my day to be more mindful especially when stressed."

Youth Mentor, My Trust



Sustainability

The Mindful Me App will be introduced early 2019.