

# Healthwatch Hillingdon Peer to Peer Mental Health and Wellbeing Programmes

## Outcomes Report - January 2020

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## Acknowledgements

Healthwatch Hillingdon would like to thank all the educational establishments involved in the project; Barnhill Community High School, Guru Nanak Sikh Academy, Harlington School, Haydon School, Oakwood School, Uxbridge High School and Uxbridge College.

We would also like to thank individually Carol Graham (Barnhill), Thomas Perryman (Guru Nanak), Joanne Hall (Harlington), Rob Hayden (Haydon), Edward Spary (Oakwood), Simon Palmer (Uxbridge High) and Rose Etim-Ibom (Uxbridge College) for taking the lead on the programmes within their schools/colleges.

Thank you to the Hillingdon School Nursing Team and Hillingdon CAMHS for their support in identifying schools for the programme and to Sarah Girvan at Uxbridge College for suggesting running the programme at the college.

Thank you to Rumyana Nenova and Sarah Aggarwal from Hillingdon CAMHS for their support in co-delivering the programme at Haydon School.

Thank you to Partners for Health for supporting this project and for their patience and understanding.

Most importantly we would like to thank all the young people who participated in the programmes. Your knowledge, understanding, creativity and bravery has made a positive difference to others and you should be very proud.

## Introduction

In July 2018 Healthwatch Hillingdon was awarded £6,582 from Partners for Health; a joint funding stream from London Catalyst and the Hospital Saturday Fund.

The money was to fund the delivery of the Healthwatch Hillingdon Peer to Peer Mental Health Support Programmes in several schools in the borough, building on the success of the Hillingdon Community Trust funded pilot programme delivered at Barnhill Community High School in 2017/18.

The agreed delivery was:

- **The Mental Health, Wellbeing and Life Skills Programme (MHWBLS) in 3 schools.**  
The HwH CYP Community Engagement Officer delivers education sessions to a small group of students covering topics such as mental health, supporting others and public speaking skills. This group of students then plan and deliver a mental health and wellbeing campaign to benefit the whole student population.
  
- **The Peer Support Training Programme (PST) in 5 schools.**  
The HwH CYP Community Engagement Officer trains a small group of students to provide peer to peer wellbeing support to other students in their school.

A condition of the funding was that we would involve health partners in project. We asked school nurses to identify schools that would benefit from the programmes and co-delivered one of the programmes with a Children's Wellbeing Practitioner from Hillingdon CAMHS.

## Delivery

Delivery began in September 2018 and was due to finish in July 2019, but there were difficulties:

- **MHWBLS Programme** - One school dropped out at the last minute therefore a replacement had to be found quickly in order to meet funding deadlines. Challenges were then encountered at the replacement college with student engagement and completion of the 'whole school' monitoring survey.
- **PST Programme** - Schools are tasked with monitoring activity and outcomes following the training and up to June 2019 only one of the two schools who had received the training had data to share. It became clear that schools found the monitoring aspect difficult.

It was decided that due to the challenges that had arisen, the following proposal for an amended version of the delivery plan, with a deadline extension to December 2019, would be submitted to Partners for Health.

- **MHWBLS Programme** - Full programme delivery in five schools with an adapted version of the programme in one college.
- **PST Programme** - Delivery in two schools.

Partners for Health agreed to the changes and by July 2019 we had:

- Delivered the full MHWBLS Programme in two schools, the adapted version of the programme in one college (only impact on Direct Beneficiaries would be measured) and the PST Programme in two schools.
- Arranged to deliver the full MHWBLS Programme in three further schools between September and December 2019.

We then experienced one final setback with one school dropping out in September 2019. Partners for Health were very understanding, and it was decided to proceed with the two final schools and return any remaining funding following delivery completion.

**Final delivery between September and December 2019 was as follows:**

- **Full MHWBLS Programme** - Four schools (Harlington School, Haydon School, Oakwood School and Uxbridge High School).
- **Adapted MHWBLS Programme** - Uxbridge College
- **PST Programme** - Two schools (Barnhill Community High School and Guru Nanak Sikh Academy).

## Summary of Outcomes

### Mental Health, Wellbeing and Life Skills Programme

The key outcomes measured for the MHWBLS Programme were:

1. An increase in the % of participants/students who agree that they know how to improve and protect their own mental health.
2. An increase in the % of participants/students who agree they know where to go for mental health information and support.

These were measured by pre and post programme surveys for both:

- **Direct Beneficiaries** - Students who participated in the learning sessions and delivered the campaign.
- **Indirect Beneficiaries** - The whole student population. However due to the size of some schools, only a sample of students completed the surveys for evaluation purposes.

The table below shows a summary of outcome data across all educational establishments. Data indicating outcomes have been achieved is shown in **green**, data that has stayed the same is shown in **amber** and data demonstrating outcomes have not been achieved is shown in **red**.

	Direct Beneficiaries					
	Outcome 1			Outcome 2		
	Before	After	+/-	Before	After	+/-
Harlington	33%	100%	67%	44%	100%	56%
Haydon	73%	100%	27%	55%	100%	45%
Oakwood	91%	100%	9%	100%	100%	0%
Uxbridge Col.	75%	100%	25%	63%	100%	37%
Uxbridge High	44%	80%	36%	50%	90%	40%
<b>Total</b>	<b>62%</b>	<b>95%</b>	<b>33%</b>	<b>63%</b>	<b>98%</b>	<b>35%</b>

	Indirect Beneficiaries					
	Outcome 1			Outcome 2		
	Before	After	+/-	Before	After	+/-
Harlington	63%	65%	2%	67%	67%	0%
Haydon	59%	49%	-10%	53%	56%	3%
Oakwood	60%	71%	9%	64%	77%	13%
Uxbridge Col.						
Uxbridge High	52%	55%	3%	51%	51%	0%
<b>Total</b>	<b>59%</b>	<b>62%</b>	<b>3%</b>	<b>60%</b>	<b>64%</b>	<b>4%</b>

## Peer Support Training Programme Impact

To evaluate the impact of the Peer Support Training Programme we measured:

- The knowledge and confidence of participants following the training.
- If the peer support provided by the trained students had a positive impact on the emotional wellbeing of the students using the service.

Across the two schools in which we delivered the training, data shows that:

- **94.6%** of participants agreed to the statement “The Peer Support Training Programme has given me a better understanding of mental health and wellbeing”.
- **94.6%** of participants agreed to the statement “The Peer Support Training Programme has prepared me for my role as a Peer Supporter”.
- **87.5%** of Peer Support Service users reported the service had a positive impact on their emotional health and wellbeing.

## Overall Summary

The data collected evidences the success of the Healthwatch Hillingdon Peer to Peer Mental Health and Wellbeing Programmes. Results show an overall positive impact on those who participated in the (Direct Beneficiaries) and others in the school communities (Indirect Beneficiaries).

There were challenges (recorded in the **Delivery** section of this report), however two further points to mention are:

- There are now multiple exam periods during the school year. This demanded significant flexibility in delivery and timescales to deliver sessions and collect data at either end of the programme could be tight.
- We had some challenges with follow up data collection on occasions which probably highlights a need for more emphasis on responsibilities and the importance of data to the project.

Despite challenges, we attained positive results against intended outcomes in every school and at Uxbridge College. Delivery of the programmes also attained some unexpected positive outcomes.

- The Senior Leadership Team at Harlington School gave Direct Beneficiaries £500 to fund their campaign and extend it beyond the completion of the Healthwatch Hillingdon project.
- Following completion of the programme, Oakwood School Direct Beneficiaries continued to deliver mental health themed assemblies and created a mental health awareness video.
- Students providing the Peer Support Service at Guru Nanak Sikh Academy identified and reported several safeguarding issues which may not have otherwise come to light\*. The school has also contacted us to enquire about paying for us to deliver a second round of training because the Peer Support Service has been so successful.

- Direct Beneficiaries from Uxbridge College are independently running a further mental health campaign for the college in 2020 and have asked for our input.
- Students from the schools who participated in the programmes have joined Young Healthwatch Hillingdon.

*\*As reported by teachers at the school.*

## Full Outcomes - MHWBLS Programme

### Harlington School (Full Programme)

Direct Beneficiaries				
	Outcome 1 An increase in the % of participants students who agree that they know how to improve and protect their own mental health.		Outcome 2 An increase in the % of participants/students who agree they know where to go for mental health information and support.	
	Before	After	Before	After
Agree	33%	100%	44%	100%
Neither/Nor	56%	0%	44%	0%
Disagree	11%	0%	11%	0%
Don't Know	0%	0%	0%	0%
No Response	0%	0%	0%	0%

*“The workshops were fun and educational.”*

*“The programme helped me understand more about mental health [and] stigma and discrimination.”*

Indirect Beneficiaries				
	Outcome 1 An increase in the % of participants students who agree that they know how to improve and protect their own mental health.		Outcome 2 An increase in the % of participants/students who agree they know where to go for mental health information and support.	
	Before	After	Before	After
Agree	63%	65%	67%	67%
Neither/Nor	16%	16%	14%	13%
Disagree	9%	7%	8%	8%
Don't Know	9%	11%	9%	10%
No Response	4%	2%	3%	2%

Haydon School (Full Programme)

**Direct Beneficiaries**

**Outcome 1**  
An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

**Outcome 2**  
An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	73%	100%	55%	100%
Neither/Nor	9%	0%	36%	0%
Disagree	18%	0%	9%	0%
Don't Know	0%	0%	0%	0%
No Response	0%	0%	0%	0%

We asked Direct Beneficiaries - "What were the best parts of the programme?"

*"The sense of community when challenging stigma around mental health."*

*"When we carried out the workshop and saw the difference that it was making..."*

**Indirect Beneficiaries**

**Outcome 1**  
An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

**Outcome 2**  
An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	59%	49%	53%	56%
Neither/Nor	20%	29%	23%	20%
Disagree	9%	11%	13%	12%
Don't Know	11%	10%	11%	10%
No Response	0%	1%	0%	1%

Oak Wood School (Full Programme)

**Direct Beneficiaries**

**Outcome 1**

An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

**Outcome 2**

An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	91%	100%	100%	100%
Neither/Nor	0%	0%	0%	0%
Disagree	9%	0%	0%	0%
Don't Know	0%	0%	0%	0%
No Response	0%	0%	0%	0%



**Indirect Beneficiaries**

**Outcome 1**

An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

**Outcome 2**

An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	60%	71%	64%	77%
Neither/Nor	19%	17%	15%	11%
Disagree	8%	6%	8%	4%
Don't Know	12%	5%	12%	7%
No Response	1%	1%	1%	1%

### Direct Beneficiaries

#### Outcome 1

An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

#### Outcome 2

An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	44%	80%	50%	90%
Neither/Nor	31%	10%	44%	10%
Disagree	19%	10%	6%	0%
Don't Know	0%	0%	0%	0%
No Response	6%	0%	0%	0%

*“This programme helps people who feel like they're the odd one out in the school.”*

*“Running the campaign helped improve my understanding and how to help other people more.”*

### Indirect Beneficiaries

#### Outcome 1

An increase in the % of participants students who agree that they know how to improve and protect their own mental health.

#### Outcome 2

An increase in the % of participants/students who agree they know where to go for mental health information and support.

	Before	After	Before	After
Agree	52%	55%	51%	51%
Neither/Nor	18%	19%	18%	19%
Disagree	15%	13%	14%	14%
Don't Know	14%	12%	16%	14%
No Response	2%	1%	1%	1%

**Uxbridge College (Adapted Programme)**

After a few weeks of delivering the full programme at Uxbridge College two issues became clear:

1. Several students (Direct Beneficiaries) were not committed to the programme and would not engage during sessions or attend some sessions.
2. The college struggled to reach the sample size for the pre programme ‘whole college’ survey therefore monitoring data would not be meaningful.

An agreement was reached with the college to continue with an adapted programme.

- The HwH CYP Community Engagement Officer would continue to work with a smaller group of committed students to deliver one wellbeing event at the college.
- Evaluation would comprise of pre and post programme surveys with the continuing Direct Beneficiaries and counting the number of students engaged through the wellbeing event.

The continuing Direct Beneficiaries worked hard to plan and deliver the wellbeing event in June 2019. They engaged with over 50 students and several college staff.



Direct Beneficiaries				
	Outcome 1 An increase in the % of participants students who agree that they know how to improve and protect their own mental health.		Outcome 2 An increase in the % of participants/students who agree they know where to go for mental health information and support.	
	Before	After	Before	After
Agree	75%	100%	63%	100%
Neither/Nor	13%	0%	38%	0%
Disagree	13%	0%	0%	0%
Don't Know	0%	0%	0%	0%
No Response	0%	0%	0%	0%

## Full Outcomes - PST Programme

### Guru Nanak Sikh Academy

Training was delivered in January 2019 to 19 Year 8 and Year 10 students. Following the training they completed evaluation forms. Key outcomes and evaluation data are shown below.

Outcomes	Post training survey
1. The Peer Support Training has given me knowledge and skills that will help me in the role of Peer Supporter.	<ul style="list-style-type: none"> <li>● 100% Agree</li> <li>● - Neither/Nor</li> <li>● - Disagree</li> </ul>
2. The Peer Support Training Programme has given me confidence to help other students in my role as Peer Supporter.	<ul style="list-style-type: none"> <li>● 100% Agree</li> <li>● - Neither/Nor</li> <li>● - Disagree</li> </ul>
3. The Peer Support Training Programme has made sure I understand how to carry out the role of Peer supporter with regards to my own safety and the safety of others.	<ul style="list-style-type: none"> <li>● 100% Agree</li> <li>● - Neither/Nor</li> <li>● - Disagree</li> </ul>
4. The Peer Support Training Programme has given me a better understanding of mental health and wellbeing.	<ul style="list-style-type: none"> <li>● 94.7% Agree</li> <li>● 5.3% Neither/Nor</li> <li>● - Disagree</li> </ul>
5. The Peer Support Training Programme has prepared me for my role as a Peer Supporter.	<ul style="list-style-type: none"> <li>● 94.7% Agree</li> <li>● 5.3% Neither/Nor</li> <li>● - Disagree</li> </ul>

Quotes from the participants following the training:

Quotes from Peer Supporters about their experience of providing support to other students:

*"The best parts were when we had to practice the scenarios."*

*"This was an amazing experience. Thank you!"*

*"It's been an interesting experience. It helps you understand experiences from other people's point of view."*

*"Empowering."*

Between January 2019 and June 2019, 8 students were recorded as using the Peer Support Service and the impact upon the service users was measured through user self-assessment against 3 statements:

By using the Peer Support Service...	
I am more confident to solve problems in a positive and constructive way.	<ul style="list-style-type: none"> <li>● 87.5% Agree</li> <li>● 12.5% Neither agree nor disagree</li> </ul>
I have better knowledge of how to manage my emotional health and wellbeing.	<ul style="list-style-type: none"> <li>● 87.5% Agree</li> <li>● 12.5% Neither agree nor disagree</li> </ul>
I have better knowledge of where to go for support with emotional health if I need it.	<ul style="list-style-type: none"> <li>● 87.5% Agree</li> <li>● 12.5% Neither agree nor disagree</li> </ul>

### Barnhill Community High School

Training was delivered in March 2019 to 9 students in Year 12. Following the training they completed evaluation forms. Key outcomes and evaluation data are shown below.

Outcomes	Post training survey
1. The Peer Support Training has given me knowledge and skills that will help me in the role of Peer Supporter.	<ul style="list-style-type: none"> <li>● 100% Agree</li> </ul>
2. The Peer Support Training Programme has given me confidence to help other students in my role as Peer Supporter.	<ul style="list-style-type: none"> <li>● 100% Agree</li> </ul>
3. The Peer Support Training Programme has made sure I understand how to carry out the role of Peer supporter with regards to my own safety and the safety of others.	<ul style="list-style-type: none"> <li>● 100% Agree</li> </ul>
4. The Peer Support Training Programme has given me a better understanding of mental health and wellbeing.	<ul style="list-style-type: none"> <li>● 100% Agree</li> </ul>
5. The Peer Support Training Programme has prepared me for my role as a Peer Supporter.	<ul style="list-style-type: none"> <li>● 100% Agree</li> </ul>

In June 2019, the school reported that some students had used the Peer Support Service since the training, but no monitoring data was recorded. Since September there has been little uptake for the Peer Support Service and no monitoring data has been received.

## Budget Summary

Table One: Comparison of planned delivery and spend against achieved delivery and actual spend.

Planned Delivery	Planned Spend	Achieved delivery	Actual Spend
5 x PSTP	£ 2,750.00	2 x PTSP	£ 569.44
3 x MHWBLSP	£ 3,831.00	4 x MHWBLSP	£ 3,960.58
		1 x Adapted programme	£ 684.70
<b>Total:</b>	<b>£ 6,581.00</b>		<b>£ 5,214.72</b>

Table Two: Breakdown of spend by programme and school/college

Programme	Location	Spend
MHWBLS	Oakwood School	£ 1,061.01
	Haydon School	£ 1,032.25
	Uxbridge High School	£ 909.92
	Harlington School	£ 957.40
PS	Guru Nanak Sikh Academy	£ 262.21
	Barnhill Community High School	£ 307.23
Amended MHWBLS	Uxbridge College	£ 684.70
<b>Total spend:</b>		<b>£ 5,214.72</b>
<b>Funding to be returned:</b>		<b>£ 1,366.28</b>