



welcome counselling recovery
training listen activities learn support
change groups diversity volunteering
choice drop-in enjoy advocacy
involve arts participate helpline
confidence therapy friendship
advice fun

42nd Street supports young people under stress to achieve their full potential.

- Providing interventions that promote resilience and recovery;
- Ensuring that the voice of young people informs and influences service development;
- Enabling young people to take part in opportunities for personal development and growth;
- Improving awareness of the mental health needs of young people and challenge the stigma associated with mental health.

We work with...

- Young people 13 – 25
- Targeted services to learning disabled young people, LGBTQ and BME young people.
- Referrals made by young people and professionals, parents and carers.
- Depression, anxiety, family relationships, abuse, anger are the most common presenting problems.
- Significant number of young people present with self-harm.
- Increasing level of complexity of presentation.

THE HORSFALL



Supporting young people under stress





GIFT SHOP



THE HORSFALL







How do we approach this work?

- Socially engaged practice
- Artist led, participant focussed
- Partnership
- Artist development



Arts and mental health

Consistent outcomes in arts and mental health are confidence, self-esteem, sense of achievement and social skills.

Bungay, Hilary and Vella-Burrows, 2013



Putting young people
at the centre in
understanding how
creativity can play a
role in their own
resilience and
wellbeing.

The arts offer a space to reinvent self, explore identity beyond mental health labels, distraction from problems and a sense of achievement unrelated to mental health goals.

Margrove and Mark, 2013 & Clennon and Boehm, 2014







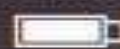


“My mum was worried about seeing it and making her feel guilty about putting me under the strain of being a young carer in that position. But that’s not the idea of the show. Actually, she could sit in that room and see how proud you are of caring and how you wouldn’t want to change it, how much it is part of who you are. And that was something the audience were surprised by, that they took away with them. Their perceptions changed”.

1 FEB 2017

REC

19:00:00



BETA TEST CCTV





(Child) Outcomes Rating Scale

- Self-completed at the START of each session
- 0-10 scale (10 being most positive rating)
- YP either marks a line/writes a number at the relevant point on every question
- One Decimal Place should be reported, not just whole numbers
- Enables deeper questioning
- Graph can be used in session
- Consider age/developmental appropriateness

Outcome Rating Scale (ORS) – Young People 13-18

Name _____ Age (Yrs): _____ Gender _____
Session # _____ Date: _____
Who is filling out this form? Please check one: Self _____ Other _____
If other, what is your relationship to this person? _____

Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. *If you are filling out this form for another person, please fill out according to how you think he or she is doing.*

Individually (Personal well-being)

I-----I

Interpersonally (Family, close relationships)

I-----I

Socially (Work, school, friendships)

I-----I

Overall (General sense of well-being)

I-----I

Goal Based Outcomes / Goal Progress Chart

- This is the young person's goal – support to set realistic goals
- Young person-centre framing of support, enabling effective review and reflection
- Can select up to 3 goals
- Complete each session
- Chart can be used as a graph when turned on its side



Goal progress chart

Goal N°

Complete 1 goal per sheet

This is one of up-to-three goals to track.

You can turn this chart on its side for a quick look at progress over the sessions.

GOAL:

Session	Date	Today I would rate my progress to this goal? (please circle the appropriate number below)										
Remember a score of zero means no progress has been made towards a goal , a score of ten means a goal has been reached fully, and a score of five is exactly half way between the two												
1		0	1	2	3	4	5	6	7	8	9	10
2		0	1	2	3	4	5	6	7	8	9	10
3		0	1	2	3	4	5	6	7	8	9	10
4		0	1	2	3	4	5	6	7	8	9	10
5		0	1	2	3	4	5	6	7	8	9	10
6		0	1	2	3	4	5	6	7	8	9	10
7		0	1	2	3	4	5	6	7	8	9	10
8		0	1	2	3	4	5	6	7	8	9	10
9		0	1	2	3	4	5	6	7	8	9	10
10		0	1	2	3	4	5	6	7	8	9	10
11		0	1	2	3	4	5	6	7	8	9	10
12		0	1	2	3	4	5	6	7	8	9	10

Who agreed this goal (tick below):

Child/young person

Family members

Practitioner

Other (please specify):



NHS ID:

Service allocated
case ID



Thank You

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