Advantage

NHS
East London
NHS Foundation Trust

WEST HAM UNITED
LONDON
FOUNDATION

Barriers to access

- How can young people's mental health be supported if they do not meet Tier 3 CAMHS thresholds but do not have access to Tier 2 support?
- Minority ethnic groups are underrepresented among referrals to CAMHS
- Females are more likely to seek support from mental health services and are more likely than males to report signs of common psychological difficulties
- CAMHS support ends at 18. Adult Mental Health Services are often more focused on addressing serious and long-term psychiatric disorders

NHS East London NHS Foundation Trust

WEST HAM UNITED FOUNDATION

What is Advantage?

- A mentoring programme for young people wanting/needing mental health and emotional wellbeing support
- Innovative partnership between West Ham United Foundation, regional Club Community Organisations (CCOs) and local NHS Trust's CAMHS units
- Using youth work to connect with young people, with the mentor supported by a designated NHS clinician
- 10 spaces at any one time on each CCO programme over a 6 month period

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

How does Advantage work?

- Mentors are trained by NHS practitioners before starting the programme
- Ongoing supervision relationship between mentor and NHS practitioner
- Mentors' meetings to discuss practice and receive further NHS training
- Safeguarding – within CCOs and link back to CAMHS
- Governance – Advisory Board and Operational Steering groups

NHS
East London
NHS Foundation Trust

WEST HAM UNITED
LONDON
FOUNDATION

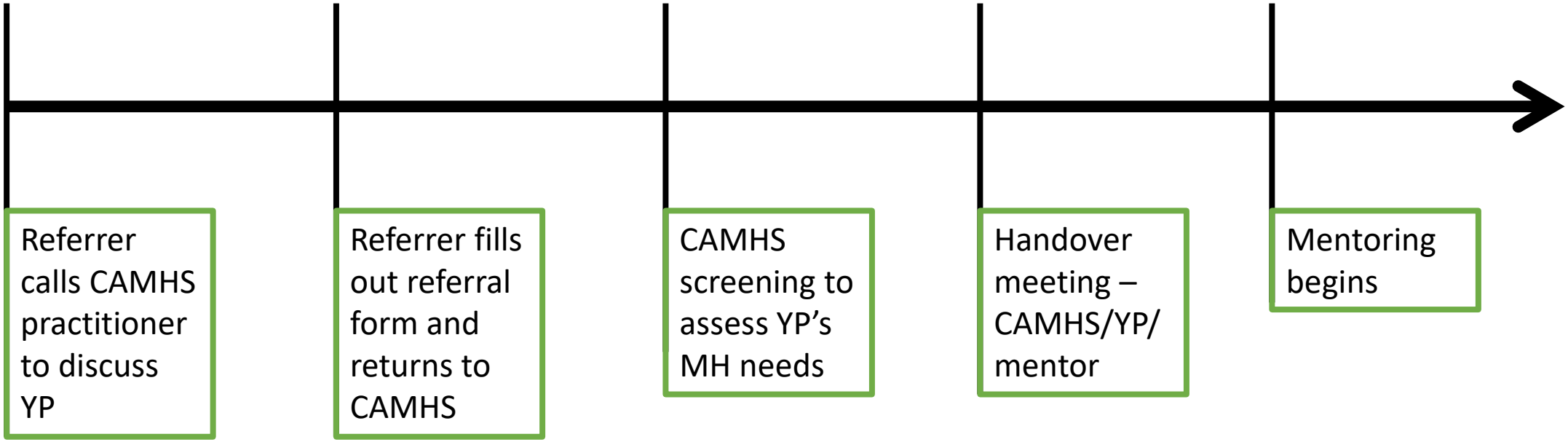
Who is Advantage for?

- Young people aged 14-21 with mild-moderate mental health support needs
- Young people who would not necessarily want CAMHS services or who may not meet the CAMHS threshold
- Those whose mental health and emotional wellbeing and life transitions have been impacted by the pandemic and lockdown

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

What is the referral pathway?



Referrers include: GPs, teachers, youth workers, social workers, virtual schools, police etc.

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

What does the mentoring look like?

- Weekly individual sessions (1 hour) with the mentor – in person or virtually
- Duration of the programme is based on young person's needs – up to 6 months
- Informal space to chat and connect
- Setting goals to help the young person get back on track
- Personal, educational, social, employment, wellbeing… the process is led by the young person and their needs
- The 'Advantage' is the ability to refer onto other programmes offered by the football CCO

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

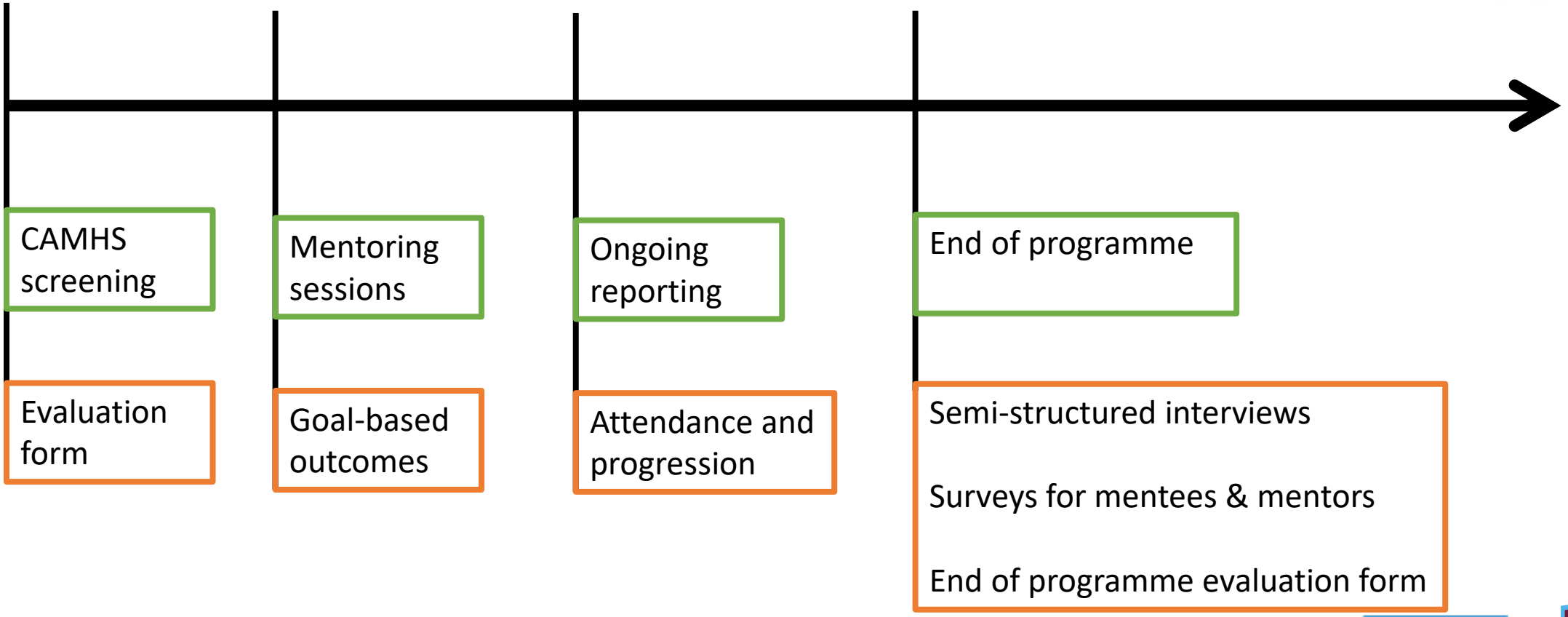
What makes the programme different?

- Collaborative partnership between two anchor institutions
- Ability to engage young people outside of traditional CAMHS pathways and demographics
- Mentoring undertaken by CCO coaches and youth workers
- Young person engagement via Advantage in to wider CCO ‘family’
- CCOs are community assets
- CAMHS clinician provides supervision to mentor

NHS
East London
NHS Foundation Trust

WEST HAM UNITED
LONDON
FOUNDATION

How is Advantage evaluated?



NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

Outcomes and challenges

- Improvement on all quantitative measures
- Every young person's progress towards their primary goal was considered reliable change (3 points increase or greater).
- Qualitative interviews – accessibility of intervention and change
- Challenges in getting young people referred

NHS
East London
NHS Foundation Trust

WEST HAM UNITED
LONDON
FOUNDATION

Young People's views on Advantage

- Easier to access than CAMHS

- Football/Community based
Advantage's connection to football clubs increased interest in getting involved

- Mentoring Approach
'no pressure to talk about mental health' - helpful, especially in the beginning

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

Confidence and Personal Growth

- ‘I am more confident as a person’ through ‘having someone to talk to and not have to hide emotions’.

- The sessions ‘helped me be able to talk more about myself and tell people how I am feeling’.

- Advantage sessions ‘helped me feel confident to talk to new people and keep applying for jobs’.

- After Advantage, I was ‘more confident in talking to people and in myself, even the way I carry myself’.

NHS
East London
NHS Foundation Trust

WEST HAM UNITED LONDON
FOUNDATION

For more information please visit:

www.Advantageprogramme.co.uk

Or email Konrad@Advantageprogramme.co.uk

NHS
East London
NHS Foundation Trust

WEST HAM UNITED
LONDON
FOUNDATION