



Central and  
North West London  
NHS Foundation Trust



# HARROW YOUNG ADULT MENTAL HEALTH PARTNERSHIP

FOR YOUNG PEOPLE AGED 16-25



**01**

**Executive summary**

**02**

**Overview of funded organisations and their outcomes**

**03**

**Evaluation of the partnership by service partners and deliverers**

**04**

**Shared learning**

**05**

**Acknowledgement**





# Executive summary

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Young Harrow Foundation (YHF) is delighted to present the outcomes and impact of Harrow Young Adult Mental Health Partnership pilot. This report offers a comprehensive overview of the outcomes achieved by young people aged 16–25 who engaged with various mental health services. The report also covers a brief evaluation of how the partnership worked in its pilot year and the shared learning for service partners and deliverers.

The pilot focused specifically on initiatives designed by **five** organisations in Harrow through YHF to enhance young people’s mental health and overall wellbeing. Our commitment to delivering tailored support aligns with the unique needs of young adults as they transition into adulthood, and we are pleased to present the positive impact of these efforts.

The two main aims of the programme were:

1. To build partnerships between the NHS and organisations that support young adult mental health
2. To improve young adult (aged 16–25) mental health and wellbeing through one or all of the following:
  - Addressing inequalities
  - Better identifying unmet need
  - Improving equality of access to early intervention and wellbeing support
  - Engagement and navigation of support.

## Funding overview:

**69,000**

Grants awarded (£)

**204**

Young people supported

**192**

Training support delivered to professionals through HeadsUp

**62**

SEND YP supported

**23**

Training support delivered to NHS professionals

**83**

YP from economically disadvantaged communities

**36**

Referrals directly through NHS services\*

**25**

YP in care/care leavers

**100**

Self/parent/carer referrals

**33**

YP identify as LGBTQ+

\*referrals directly through NHS services, e.g. CAMHS, Talking Therapies, etc.



# Executive summary

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## Age group breakdown:

4

Pre-16

98

16-18

68

19-21

46

22-25

## Ethnicity group breakdown:

55

White

99

Black & Black British

26

Asian & Asian British

16

Mixed

6

Other

## Gender breakdown:

116

Male

80

Female

20

Non-binary

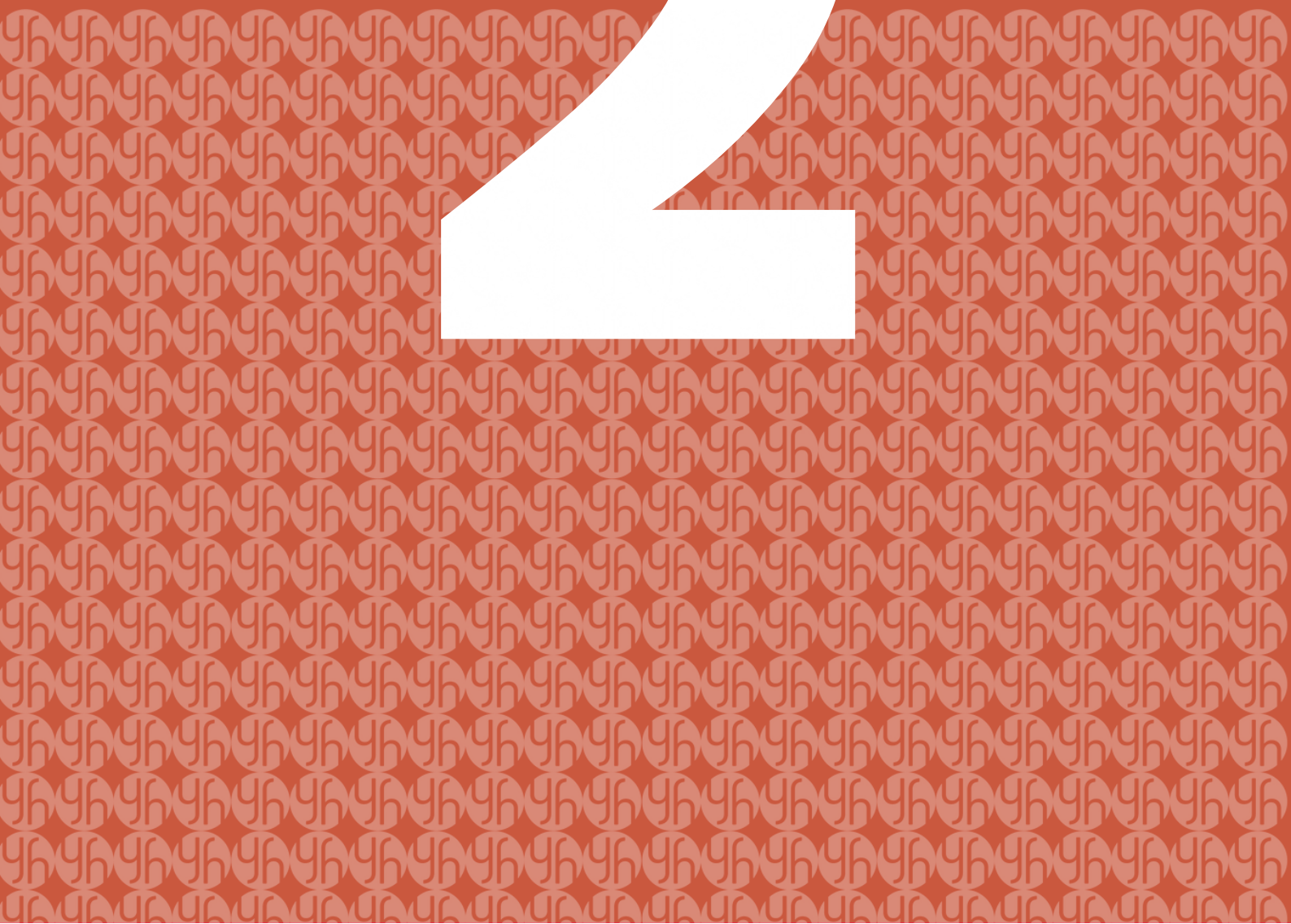
Four service delivery organisations (Arts for Life, Coffee Afrik, Harrow Carers and The WISH Centre) directly worked with beneficiaries, and Mind in Harrow focused on providing training to professionals working with young people. This report highlights the outcomes achieved by young people and the impact of the grant, as well as the partnerships the service delivery organisations developed during this pilot year.

Through this funding we have started to bridge the gap for services for young adults aged 16-25. We have also amplified the pivotal role of service delivery organisations within the sector and the broader community. Despite facing challenges, such as high demand and recruitment issues, these delivery organisations have made a tangible difference in the lives of young adults. As a result, three organisations—Arts For Life, Mind in Harrow, and The WISH Centre—have successfully secured continuation funding, exhibiting the increased demand for their services. For example, WISH is continuing to receive an average of 8 self-referrals a month for this cohort and on average 11 referrals a month from NHS partners.

As we move forward, the culture of shared learning will continue to be a driving force behind our collaborative efforts, ensuring that our partnership remains dynamic, responsive, and capable of delivering lasting benefits to the participating young adults and their families.



2



# Arts for Life

Arts for Life ('AFL') supports and champions young people and their families' emotional health and wellbeing through the therapeutic value of the creative arts.

**15,000**

Grant awarded (£)\*

**11**

CYP supported, ages 19-25yrs\*\*

**6**

Referral directly through NHS services

**17**

Self/parent/carer referrals

**1**

Referrals from other sources

## Grant impact summary

This grant has enabled AFL to make a significant impact by empowering individuals to grow and sustain strong self-belief in managing daily challenges. Through this grant, participants have formed valuable friendships, fostering strong peer-to-peer support, enhancing overall wellbeing and mindset, and preparing individuals for both higher education and the workplace. Participants have gained a clearer understanding of their challenges, and acquired new strategies and life skills to overcome obstacles like social techniques, self-soothing, and emotional flexibility. Moreover, the grant has contributed to the development of positive relationships within beneficiaries' families, their immediate surroundings, and within their structured communities. We have received continuation funding to continue our work with young people.

## Building partnerships

AFL actively participated in several meetings, building relationships and making connections that would not have been possible without this pilot. This partnership has not only amplified our visibility within the sector and the broader community, but has also opened doors for additional funding support. Furthermore, our engagement has facilitated meaningful discussions with CAMHS, enhancing our ability to handle referrals effectively. Referrals were sourced from a range of different sources, including GP practices, social workers, local schools and even through collaboration with an adoption agency.

## Achieved outcomes

AFL originally planned to target 20 beneficiaries, but the actual total number of beneficiaries that achieved all four outcomes below was higher at 23. The following outcomes were achieved through 30 tailored sessions per person:

1. Improved equality of access to early intervention.
2. Addressed inequalities and better identified unmet needs.
3. Improved access and quality of mental health provision.
4. Improved engagement and navigation of support.

\*Grant awarded £15,000 (Harrow)/£15,000 (Hillingdon)

\*\*11 CYP from Harrow and 12 CYP from Hillingdon





# Arts for Life

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## Feedback from beneficiaries

Through this grant AFL promoted community cohesion, increased mental health awareness, and equipped young adults with self-care strategies, emphasizing positivity and open communication. Our inclusive approach ensures everyone has a safe space to discuss mental health openly.

Our approach to facilitating meet-and-greet appointments lasting half an hour allows us to promptly identify the unmet needs of individuals. This collaborative process ensures we can address these needs effectively. During the challenging transition from childhood to adulthood, identifying such needs can be difficult if individuals are not readily accessible or struggle with appointment attendance. Through our project, we can accurately track and analyse the demographics of individuals seeking our services, thus improving our ability to identify unmet needs and improve equality of access to early intervention and wellbeing support.

"Beth, has been amazing right from the start and is still our guiding light and mentor."

Participant

"I have learnt lots of art skills, many which I has [sic] never explored before within a calm and supportive environment. I have been encouraged to believe in myself by the group leaders and this has really helped to build my self confidence and self esteem. After stressful days, Arts for Life sessions have been a way of distancing myself from the day's events, and just simply enjoy art. This has helped me relax and feel better within myself. I have made some good connections, learning from other people and sharing some their experiences, has helped me to understand that I am not alone in my struggles."

Participant

"I have social anxiety and am on the Autism spectrum. I can't thank the staff enough for taking on my challenges with so much dedication and consistently finding ways to help me grow. Their patience, attention, love, and kindness has created a safe space for me to feel comfortable to express themselves, be confident and really be who I really am. I look forward to these sessions each and every week."

Participant





# Coffee Afrik

Coffee Afrik aims at building the capacity of marginalised communities and individuals to create the change they want to see by empowering them at grassroots levels, with co-designed culturally competent pathways.

**10,000**

Grant awarded (£)

**47**

CYP supported, ages pre-16-18yrs\*

**0**

Referral directly through NHS services

**8**

Self/parent/carer referrals

**0**

Referrals from other sources

## Grant impact summary

Coffee Afrik designed a unique mental health therapy peer model, centred on the Tree of Life model and Theory of Change methodologies to address trauma and create new resilience pathways to transform their lives. We supported young Black men, through a sports development model. Two studies of young Black men in Harrow showed that they were deterred from seeking help by their knowledge of injustices in mental health services relating to Black Caribbean and Black African populations. Our 'Young Black Men' project was initially promoted to the whole community but from local community's feedback and through consulting attendees, it was decided that it would be a Young Black Men project with community wealth building pathways. All participants reported increased growth, confidence and self-belief. This was also reported in the participants survey, most 'agreed' or 'strongly agreed' that the Young Black Men project supported and motivated them to better manage their own health. All participants expressed a renewed sense of confidence and positive grounding within themselves and their journey. Additionally, the young black men project facilitators echoed this, as they both expressed personal growth in a personal and professional capacity.

## Building partnerships

We established partnerships with Nomad and CNWL mental health services towards the end of the project. Although we held two meetings with MIND, they did not offer their support for the project. We aimed to strengthen our connection with the partnership group but encountered limitations in the existing structure, we struggled to signpost our young Black men to local services. On a more positive note, we engaged with Barnardo's and are actively working on developing this partnership further, with plans in motion for a visit to our East London hubs.

## Achieved outcomes

Coffee Afrik originally planned to target 50 beneficiaries, but supported:

- 1.61\* young Black men through 11 sessions per person; participants reported increased growth, confidence and self-belief.
- 2.55 young Black men participated in Tree of Life sessions.

\*47 CYP from Harrow and 14 CYP from outside Harrow



# Coffee Afrik

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## Feedback from beneficiaries

Participants thoroughly enjoyed The Young Black Men group sessions. The group aspect worked really well and the relaxed setting made everyone comfortable and open to share. The group came together with true community spirit to support one another through their journeys. Participants had instant rapport despite coming from different backgrounds. Participants fed back that the sessions were “friendly and like a safe environment”. The group dynamic contributed to the success of the Young Black Men project as everyone felt a sense of reassurance that they weren’t alone in their experiences. This was in part due to the fact they could relate to each other in many aspects of life.

“...the connection...great getting people together. Great to know that they’re not alone.”

Participant

“Definitely helped reduce social isolation between the men and allowed for peer support and self-analysis...and the young men of Harrow deserve more”

Stakeholder

“...they understand what you’re talking about rather than going somewhere where you feel very cut off and you don’t open up.”

Participant

“It’s beneficial to know that you are not alone and that there’s other people in the community going through the same situation as you”

Stakeholder

All participants expressed a renewed sense of confidence and positive grounding within themselves and their journey. One participant, attending said it had:

“inspired [me] to look into delivering a similar young black men project for [my] own community estate”

Participant



# Harrow Carers

Harrow Carers supports unpaid carers to reduce the burden of care and increase life chances. They have over 400 young carers registered in Harrow.

**15,000**

Grant awarded (£)

**66**

CYP supported, ages 19-25yrs

**1**

Referral directly through NHS services

**50**

Self/parent/carer referrals

**16**

Referrals from other sources

## Grant impact summary

This grant has enabled Harrow Carers to successfully engage and support previously under-served young adult carers aged 16-25, through tailored activities and improved communication through social media and other media platforms to increase carers' access to support services. This funding has allowed Harrow Carers' to better address inequalities and identify unmet needs among young adult carers, given significant barriers to accessing mental health support, including stigma, negative experiences and cultural obstacles. To mitigate these challenges, Harrow Carers introduced a Psychological Wellbeing Practitioner, who conducts wellbeing assessments and matches counselors based on ethnicity and community background, fostering trust and understanding. Additionally, this funding allowed us to work on our relationship building approach by recruiting the Young Adults Carers Co-ordinator. This resulted in young adult carers proactively reaching out for support before reaching crisis points. We initiated a Young Adult Carers forum, appointed Young Adult Carer ambassadors to lead peer support groups, and engaged young carers in activities like the Archery Group.

## Building partnerships

We continue to build connections with CAMHS teams to ensure cross-referrals and raise awareness of young adult carers. Harrow Carers has also established relationships with mental health services at Northwick Park Hospital, attended carers support groups regularly, collaborated with Bentley House, and strengthened ties with social prescribers in GP practices, resulting in increased referrals. We ran a workshop during Young Carers Action Week to educate professionals on identifying and supporting young carers, and presented to Harrow's IAPT service, sharing a booklet on young adult carers and accessing available support services.

## Achieved outcomes

Harrow Carers exceeded our target of working with 40 beneficiaries by 26 young people. All planned outcomes were met except two that were slightly under delivered;

1. Improved equality of access to early intervention was met by 13 participants as planned (one session per person).
2. Addressed inequalities and identified unmet needs was met by 17 participants compared to 19 planned (three sessions per person).
3. Improved access and quality of mental health provision was met by 13 participants as planned (10 sessions per person).
4. Improved engagement and navigation of support was met by 17 participants compared to 19 planned (one session per person).



# Harrow Carers

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## **Case study 1: JE (20yrs), a young carer for his mother, rebuilding his confidence and gaining employment**

JE was presenting with emotional anxiety due to caring for his mother and also trying to find employment after being released from his football club where he was playing professional football. This further impacted his mental wellbeing and confidence. He started to put on weight resulting in feeling down and anxious and not knowing who to turn to for support. Our Young Adult Carer Coordinator and part-time football coach became aware of JE, and through conversation found out that he was caring for his mother and had been released from his club.

Our Young Adult Carer Coordinator informed JE of our service and began to develop a positive relationship. He focused on motivational support, confidence building and gym work/exercise. JE was informed of our counselling service and how it could help him with his emotional wellbeing. Overcoming the stigma of mental health support, JE started to attend counselling. JE was further supported with his CV and seeking employment.

JE has now been receiving support since February 2023. In March 2023, our Young Adult Carer Coordinator approached staff at Wenzel's to see if there were any vacancies at the North Harrow branch. The manager forwarded an email for application and induction day. This was sent to JE who was supported to complete the application. In April 2023, JE was informed that he had been successful and would need to attend a two-day training prior to starting his first shift at Wenzel's.

The support from Harrow Carers has been pivotal in increasing JE's confidence, improving his emotional wellbeing and further understanding his caring responsibilities for his mother. Gaining employment has also given JE financial independence to cover his bills and expenses plus funds towards hobbies and social connection.

## **Case study 2: DH (22yrs) a young carer struggling with mental health**

DH is a young adult female carer struggling with her mental health, having had recent suicidal thoughts. She was advised by her university that she drop out of her master's course as she was struggling with stress, anxiety, depression and was quite heavily medicated. We worked very closely with DH around her caring responsibilities, her studies and emotional state before she considered accessing counselling. Through conversations we helped remove the stigma of counselling so that she could see the potential benefits counselling for herself. DH eventually accessed counselling which has proven to be beneficial for her mental and emotional wellbeing. She has successfully completed her studies graduating with master's degree and actively participates in our young adult carer activities programme.

The above illustrates Harrow Carers' approach to building trust-based relationships. We have observed an increase in uptake for our counselling services using this approach. This has been further enhanced since recruiting our Young Adult Carers Co-ordinator. Although initially we faced recruitment challenges, once he was onboard he quickly developed a plan to reach out to young adult carers. The Co-ordinator has instrumental in developing positive and constructive connections with young adult carers through forums and activities like boxercise and archery. We have observed a remarkable shift with our young adult carers. Young Adult Carers are now more likely to ask for support before they reach a crisis point.



# Mind in Harrow/Heads Up

Mind in Harrow is a leading mental health charity that helps over 1,000 people each year in Harrow. By providing support in many ways: through its helpline; counselling; befriending; social groups; and education projects.

**14,000**

Grant awarded (£)

**10**

Training sessions delivered

**244**

Total number of attendees, approx. 12% of attendees were NHS professionals

**191**

Professionals who work with CYP in Harrow participated in training

**120**

Organisations participated in training

## Grant impact summary

Our training workshops were designed to increase professionals' awareness and understanding of young people who experience marginalisation and face inequalities in accessing suitable mental health support. The workshops were successful in attracting professionals who work with young people and the feedback received was positive with all outcomes met. All sessions included sections on identifying when a young person has specific needs (i.e. identifying self-harm), and how to support young people to access suitable support including promotion of the HeadsUp therapeutic services. The success of and interest in HeadsUp consortium's training demonstrates need for this support in Harrow. We faced some barriers during online trainings (Zoom), and in the future would like to transition some sessions to in-person format but this would likely require a larger grant to cover additional staff, venue expenses, etc.

## Building partnerships

Through this project, we have been able to connect with various professionals across the NHS, Voluntary & Community Sector (VCS), and statutory organisations that support young adults and their mental health. Our outcomes show we have had a significant increase in professionals who know more about the HeadsUp consortium and are more likely to refer to us. The training sessions facilitated conversation between the professionals in attendance and supported connections outside our consortium. We were also successful in reaching professionals and organisations we have not worked with in the past, through a wide-net promotion of the offer (e.g. Voluntary Action Harrow (VAH) and YHF introducing new organisations to HeadsUp).

## Achieved outcomes

Mind in Harrow planned to run 11 workshops and at the time of this monitoring submission we have delivered 10 workshops with one planned. We aimed for at least a 75% achievement rate among workshop participants for the below outcomes, but the feedback reveals that we surpassed this target:

- 1.93% of participants have an increased understanding of specific issues that young people face.
- 2.86% of participants are better equipped to identify when a young person has specific needs.
- 3.91% of participants are better equipped to communicate and engage effectively with young people.
- 4.87% of participants have increased awareness/understanding of HeadsUp offer and more likely to refer further.



# Mind in Harrow/Heads Up

## Feedback from workshop attendees

Mind in Harrow did not work directly with young people in this work, apart from our volunteers and service users who have helped us design and deliver training. Rather, the below quotes from the practitioners who attended training highlight the impact it has made to their practice and how they will support children and young people:

"Information given today regarding Mental health issues especially practical way how to help children and Yong [sic] People made me more confident in using my knowledge in my curent [sic] work place but also in general in every day life"

Participant

"I now know more about gender expressions, I better understand the "belonging" framework, the Genderbread person really helped me gain a better understanding, I am now better equipped with the knowledge of the services that Mosaic provide, I loved the learning pyramids too"

Participant

"People with ADHD or who are autistic may struggle or perceive the world differently to others, but they are just as capable and deserving of succeeding and living a good life with the right level of support and understanding that is tailored to their specific needs."

Participant

## Case study 3: Enhancing social prescribing through targeted training

UA, a local Social Prescriber attended two of the training sessions; on working with young refugees and people seeking asylum (Paiwand), and supporting LGBT+ young persons (Mosaic). She enjoyed both training sessions, saying they were delivered in an engaging way. UA explained that the training has bought substance to her role; she feels better informed, more confident in the support she is providing to marginalised communities, and has improved knowledge of where she can signpost and access support. Thanks to the training, she now also knows the people behind more services in Harrow and so can pick up the phone to connect with them when she has questions. UA shared her learnings from the session with her colleagues.



# The WISH Centre

WISH prevents self harm, abuse and exploitation of young people.

**15,000**

Grant awarded (£)

**66**

CYP supported, ages 16-25yrs

**29**

Referral directly through NHS services

**25**

Self/parent/carer referrals

**34**

Referrals from other sources

## Grant impact summary

This funding enabled WISH to achieve several key aims. We successfully targeted young people from BAME communities, especially non-binary and trans youth, providing them with a safe and supportive environment, particularly in art therapy groups. The project also effectively identified unmet needs by engaging young people who had not previously accessed services through outreach efforts, including poster campaigns and self-referral codes. This improved equality of access to early intervention and wellbeing support, leading to positive outcomes such as a 78% reduction in self-harm, an 86% reduction in suicide ideation, and a 92% improvement in emotional wellbeing and coping strategies, as measured by Young Persons Core. The project offered a comprehensive service, including outreach, digital support, peer support, art therapy, and individual psychotherapy, and also facilitated youth involvement in service improvement and supported young people in education and employment endeavors after being NEET. The level of need meant we received more self-referrals than we were able to support.

## Building partnerships

WISH is involved in the YAP Panel and working closely with Community Navigators. We have also formed connections with social prescribers, which has led to referrals. We have improved communication with Bentley House/CMHT, which has resulted in increased referrals. At CAMHS we have begun liaising with case managers and psychiatrists regarding medication, safeguarding, and risk for young individuals. Additionally, our leaflets are now available at CAMHS, leading to referrals and self-referrals from young people aged 16-19. We are also working closely with the Eating Disorders Unit/St. Vincent's on several cases and have identified the need for collaboration with Talking Therapies on thresholds and referrals.

## Achieved outcomes

We exceeded our target of working with 50 beneficiaries by 16 more participants. All planned outcomes were exceeded;

1. 22 participants (compared to planned 16) reported improved wellbeing support and early intervention and reduction in social isolation by accessing Art Therapy Peer Support Groups (10 sessions per person).
2. 24 participants (compared to planned 20) who self harm, experience suicide ideation or trauma improved wellbeing through access to individual open ended psychotherapy (20 sessions per person).
3. 29 participants (compared to planned 15) who had not previously engaged with mental health services were engaged through Outreach support to identify unmet needs and access appropriate interventions at WISH and elsewhere (6 sessions per person).





# The WISH Centre

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## Feedback from beneficiaries

The feedback from participants demonstrates that therapy at WISH was highly effective, with participants expressing gratitude for the healing journey facilitated by the therapy. The comfortable and non-judgmental environment, coupled with opportunities for group interactions and creative expression, contributed to a positive experience for participants, even for those who preferred individual therapy.

"There were check-ups every certain amount of sessions which helped me think properly about my feelings. It was always made into a comfortable environment, if felt like drawing or playing with something my therapist would provide for that which is helpful. I enjoy the fact that you're able to speak about anything without being/feeling judged."

Participant

"I found group to be really helpful and found that by meeting people who were a similar age and had similar issues helped me feel less alone. I always really enjoyed group and found it beneficial."

Participant

## Case study 4: Chantelle's (18yrs) journey from foster care to single motherhood and higher education through psychotherapy

Chantelle is a Black British young woman who was a 'Looked after child' and had been in foster care since the age of 8. Her referral was made following concerns about her low mood, trauma in the form of sexual violence, Child sexual exploitation, Child Criminal Exploitation and unprocessed feelings about being placed into foster care.

Chantelle's one-to-one psychotherapy started in April 2022. Following an initial consultation she shared that she was due to have a baby in the coming weeks. She decided to postpone her support with The WISH Centre until after her child was born. In September 2022, Chantelle began to engage in weekly psychotherapy in person at our centre and on occasion digitally.

Chantelle's child is subject to a child protection (CP) plan under the category of neglect. Her new role as a single mother has been the starting point of our therapy. Due to the CP plan, there are restrictions on where Chantelle can take her child as well as who she can meet. This has been especially difficult for Chantelle to cope with as at times she has felt extremely isolated, watched and alone. She has likened the experience to being 'on tag'.

As well as parenting, we have supported Chantelle to enroll on a full-time college course so that she can pursue a career that involves working with vulnerable young people. During therapy, we have also begun to explore Chantelle's early upbringing, the parental abuse that she was subjected to and other traumatic life events. She has been courageously juggling her parental responsibilities and full-time study simultaneously. More recently Chantelle has struggled with these two enormous feats as well as bouts of physical illness. These series of life events have in turn led to her feeling quite low at times and struggling emotionally. Chantelle is however committed to continuing with her therapeutic support in the long term.





3

# Evaluation of the partnership by service partners and deliverers

In March 2023, we convened the service partners and deliverers to assess and evaluate the collaborative efforts that occurred during the pilot year of Harrow Young Adult Mental Health Partnership funding. This feedback session aimed to shed light on the strengths of this partnership working, while also delving into the challenges we have encountered, the potential opportunities and threats looming on the horizon.

While the following key themes represent a snapshot of the feedback received during this evaluation, they by no means capture the entirety of all stakeholders experiences. Instead, they serve as a valuable collection of insights that illuminate our ongoing journey of collective impact.





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# Shared Learning

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Shared learning has been a cornerstone of Harrow mental health partnership's impact. Through the pilot year we have fostered a collaborative environment, arranging meetings between service partners and deliverers, where knowledge exchange has flourished. Through open dialogue, our members have shared and harnessed a wealth of insights, experiences, and best practices. This collective learning has allowed us to navigate uncertainties, refine our strategies, and adapt to evolving challenges. It has empowered us to raise issues such as funding continuity, beneficiary motivation, and service thresholds.

Below is a summary of what worked and what could be improved from the perspective of service partners and deliverers. This was collected in the joint meeting and is supplemented by the monitoring submissions from the service deliverers. We hope that this shared learning will cultivate a deeper understanding of the diverse needs of our beneficiaries, enabling us to tailor our services more effectively and make informed decisions that enhance the overall impact of service deliverers in the future.

## **Delivery organisations' and partners' expertise**

Both service partners and deliverers mentioned that the local training opportunities have been very successful. The partnership has contributed to NHS's understanding of young people's (aged 16-25) mental health needs, facilitating more effective support. Furthermore, the partnership worked due to the diverse array of services offered and the wealth of expertise within the network, responding effectively to the high demand for services. However, the journey has also been marked by challenges. One of the notable areas where improvement is needed is the provision of support for families within their homes, highlighting the necessity for more holistic approaches. Additionally, the absence of physically active interventions in the offerings has emerged as a gap that should be addressed. Partners and deliverers highlighted the importance of workforce continuity and leadership, and the importance of more integrated planning between NHS and Harrow Council, aiming for a more seamless and coordinated support system in the future.

## **Quality of work delivered**

This stakeholders in this partnership have been highly responsive to the needs of their beneficiaries, broadening their support to become more young adult-friendly and fostering networking opportunities that have

enhanced service quality. Through this funding deliverers have developed innovative outreach models for young adults, particularly those who are NEET. Again, the sharing of knowledge within our network has played a pivotal role in service enhancement.

The lack of employment opportunities embedded in the support framework hasn't worked well, pointing to an area for improvement. Delivery organisations highlighted that expanding their service offering and increasing outreach is constrained by the need for additional funding. This is further exacerbated by uncertainty of funding.

## **Effective communication and referrals**

Engagement from service deliverers has been a strong point, with partnership meetings and networking opportunities bolstering collaboration and confidence in linking with partners for various initiatives. NHS has a better awareness of services available for young people aged 16-25 and referrals. Building effective communication links, especially with community navigators, is a time-intensive process. The absence of a long-term funding plan raises concerns about sustainability. There was also a sense of isolation among some delivery organisations, prompting questions about whether they feel adequately integrated into a broader service pathway.

5



# Acknowledgment

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On behalf of all delivery organisations, we would like to express our gratitude to Central and North West London NHS Foundation Trust and Harrow Council for their generous support to pilot Harrow Young Adult Mental Health Partnership for young people aged 16-25.

Thank you again for being at the heart of this funding and providing better, sustainable, high quality support services for children and young people in Harrow.

## Delivery organisations funded through this partnership 2022-23:

