

Life Limiting Behaviour Intervention and Support Programme

IMPACT REPORT 2022-2023

01

Summary

02

Overview of organisations that received funding

03

Shared learning

04

Acknowledgement





T



Summary

Young Harrow Foundation (YHF) is delighted to present the Life Limiting Behaviour Intervention and Support Programme Pilot Impact Report 2022–23. The funding from Church of England 6 Crown Street Endowment Fund enabled new early interventions and specialist programmes to be piloted and tested with children and young people in Harrow.

£34,050

Total grants awarded

1147

Children and young people supported in total*

3

Grants awarded

Through the pandemic, we saw evidence and impact of increased substance misuse exposure on young people in Harrow. This funding was in a prime position to improve young people's lives and give them the tools to protect themselves and educate them and their families.

The main aim of this pilot was to establish a collaborative network of local projects involved in the advancement of health and saving lives through a range of preventative and specialist programmes around children and young people engaging in life limiting behaviours. The focus of the programme was on drinking, smoking and drug taking, although the funding recognised that other behaviours are linked to addictions, including anti-social behaviours and crime, missing school, disengaging in family life, young motherhood, among other issues.

The grants were awarded to three local charities in July 2022 (Mind in Harrow and My Yard) and October 2022 (Watford FC Community Trust). In this report, we share the achievements of the three dedicated organisations providing early intervention to drinking, smoking and substance misuse in young people. In addition to featuring the impact of the grants to the beneficiaries, there is a section on shared learning from the insights gathered by our grantees and lessons learned from this pilot. Please note that this report was collated as of June 2023, prior to the completion of all three programmes hence there are notes included which reference future workshops and delivery plans.

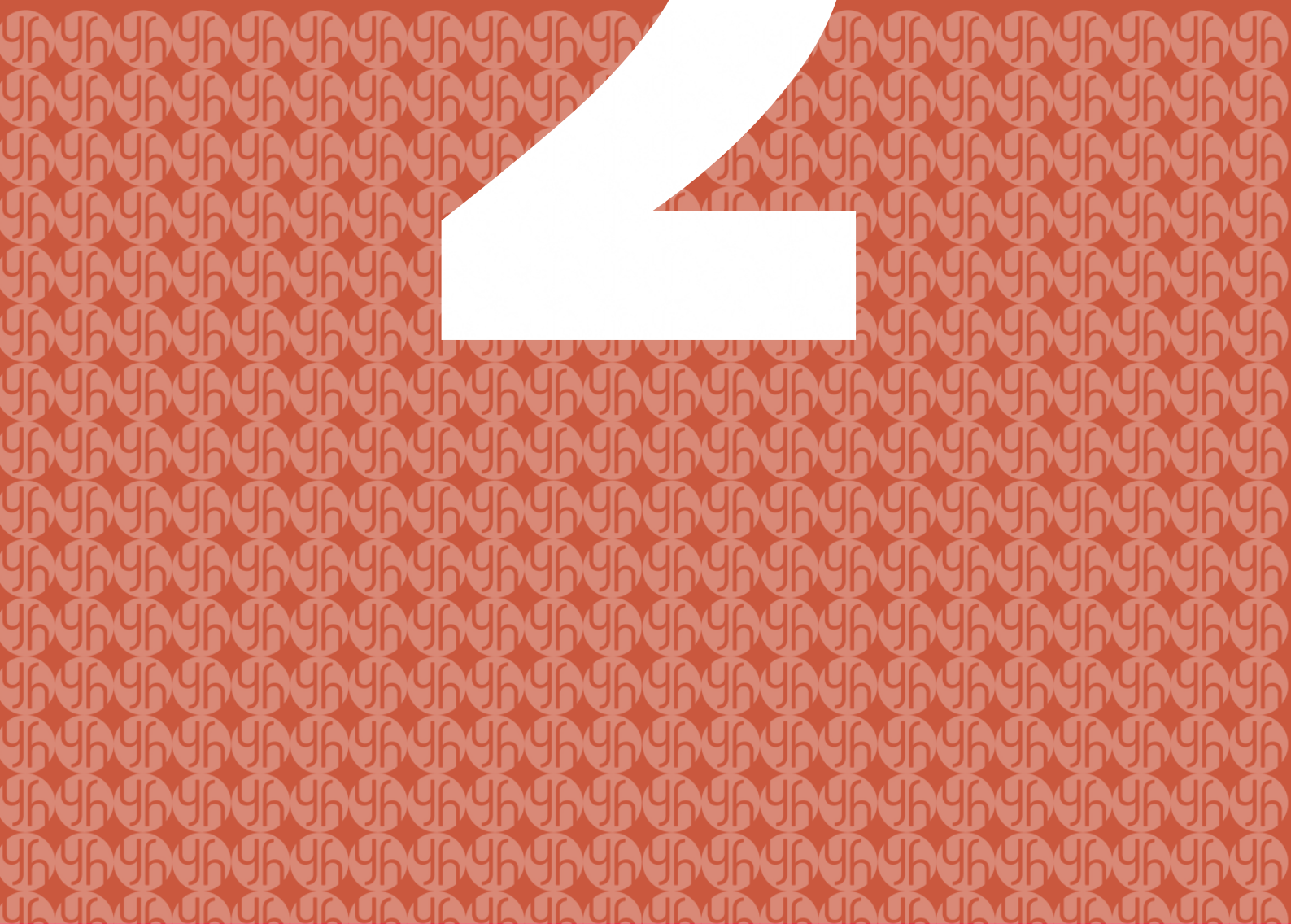
As you will read in this report, the grantees met outcomes through diverse engagement formats, ranging from workshops and one-to-one sessions, and uncovered critical insights into the root causes of substance abuse. This pilot enabled valuable partnerships with specialist youth drug and alcohol organisations, the local police and services. However, challenges arose, highlighting the multifaceted nature of life-limiting behaviors, demanding individualised efforts, additional resources, and adaptability to overcome logistical hurdles and behavioral issues, reinforcing the need for sustained systemic change in Harrow.

We are pleased that all three organisations were awarded continuation funding for a second year. This will focus on how early intervention programmes are raising awareness, increasing knowledge and having a positive impact on the prevention of young people involved in substance misuse. We hope that this report will inspire you and inform you about our work and impact in the substance misuse space.



*As of June 2023 (vs. 830 planned)

2



Mind in Harrow

Mind in Harrow is a leading mental health charity for Harrow residents. MIND in Harrow helps over 1,000 people each year, providing support in many ways: through its Helpline; Counselling; Befriending; Social groups; and education projects.

10,000

Grant awarded (£)

840

CYP supported, aged 13-18*

Project description

This pilot aimed to develop and deliver early intervention workshops for children and young people aged 11-25 in Harrow. The workshops were conducted through our existing and ever-growing network of schools, colleges and youth settings with whom we currently deliver mental wellbeing workshops. The grant allowed us to build on our current workshop format, exploring the relationship between drug and alcohol use and mental wellbeing. We looked at substance use through the lens of mental health, including:

- How drug and alcohol use can be unhealthy coping mechanisms for many young people facing mental health challenges.
- The impact of substance use on mental wellbeing for young people.
- Alternative coping mechanisms to build CYP's resilience and confidence to coping with mental health challenges in healthy ways.

We delivered fewer workshops than originally planned, which has largely been due to schools requesting assemblies rather than smaller workshops. Schools fed back that they want to ensure this important message is shared with all students. They emphasised the potential risk of decreased attendance if we deliver in smaller 'individual workshops' format. In response to this feedback we adapted our approach and in total delivered 9 workshops (including some planned for July 2023), rather than the target of 16.

Impact summary

This grant has made a significant impact on Mind in Harrow through allowing us to establish meaningful connections with youth drug and alcohol charities Daniel Spargo-Mabbs Foundation (DSMF) and Compass, along with the drug and alcohol commission in Harrow Council. We are now on a steering group for a development & review of DSMF's drug education programme and involved in Harrow's drug partnership group, in both positions acting as youth mental health advisors. We are planning to partner with Compass Elevation in future outreach events to highlight the mental health impact of substance misuse.

This grant has also highlighted to us the extent of challenge there is around drugs and alcohol for young people in Harrow (especially regarding vaping), and the mental health impact it is having. We are now much more considerate of this topic in the broader support we provide.

Our collaboration with young volunteers, drawing from their lived experiences with mental health challenges, played a crucial role in designing the workshop. We have been joined by two of our young volunteers during the delivery of workshops so far; one attending multiple sessions and sharing his personal experiences regarding cannabis use and mental health. The impact of his testimony was palpable, creating a profound and silent engagement within the room. Subsequent comments from students indicated that they found his story both relevant and relatable to their own experiences.

*840 (including four sessions planned in July 2023) vs. 600 planned



Mind in Harrow

Achieved outcomes

We aimed to gather meaningful outcomes data from workshop participants, but insufficient students completed the evaluation form. We faced challenges collecting feedback from students in the form of surveys as we only delivered assemblies. Young people are not allowed phones in school and it is a challenge to find time after an assembly when a lesson is timetabled immediately afterwards. Very few participants completed the survey when shared retrospectively. We have instead collected feedback from teachers and included some feedback from participants below. Fortunately, the interactive nature of the workshops we deliver enables us to collect feedback from participants as we go along, for example by taking note of when they become more or less engaged or ask specific questions.

Despite the challenge of insufficient students completing the evaluation form, we endeavored to achieve the following outcomes through our workshops in school assemblies (for at least 75% of the participants) as of June 2023:

1. Increased understanding of link between substance use and mental wellbeing.
2. Increased knowledge & confidence to reduce engagement in drug and alcohol abuse.
3. Increased knowledge of & confidence to use healthy strategies to cope with or care for mental wellbeing.

Feedback from students

"Learnt how to cope with mental [health] issues and how drugs can negatively impact us. Enjoyed the personal stories"

"I know better how to use coping mechanisms"

Feedback from teachers

"The assembly was extremely well received by students from Hatch End 6th Form. This is a topic which has not been discussed with students previously. The students were engaged and feedback from them was that this was an issue which they felt was something that was important to raise to increase awareness around the topic."

"Students found the session highly formative and will like a follow up session just to consolidate the session. My opinion - they were more in tune with the speakers because they were young and so were very attentive."

"As a teacher, I found the assembly really useful. Both speakers were very engaging and I think it resonated with our students because it was very 'real' for them. I am glad the students in year 12 had this assembly because it really helped them understand why people get into drugs as well as the impacts of it on the body (which they will have covered in pastoral lessons). The focus on the emotional impact of drugs and what led to drugs was a refreshing way of approaching the topic."



My Yard

My Yard supports community togetherness in Harrow, Bushey & Barnet. My Yard listens and helps the community, aims to reduce food waste and finds solutions to community issues.

15,000

Grant awarded (£)

25

CYP supported, aged 5-18*

Project description

This funding was to employ a youth worker for three days a week to create personal development plans and deliver diversionary activities (overheads for this programme were covered by another funder). The support structure encompassed three key elements:

- Youth club and life skills opportunities offered to two cohorts through evening sessions (group one aged 11-14 and group two aged 14-19), actively involving participants in the design process and bringing perspectives from their lived experience.
- Mentoring and self-development sessions, including personalised action plans for each young person, addressing topics such as employment, ambition, healthy lifestyle, and reduction in drugs and alcohol. Volunteer mentors provided tailored support when suitable matches are identified. This also included efforts to connect young individuals with work experiences for enhanced confidence and positive impact.
- Saturday positive activities were group-based offering three hours of positive and fun activities.

This pilot was focused on early intervention to alcohol/drug use in young people. It expanded as it became apparent that the root cause often came from the home and without working in a holistic way with the family the outcomes would be unsustainable in the longer term.

Impact summary

This grant allowed us to build stronger relationships, which enabled us to gain trust and a deeper understanding of the external influences and the complexity of the homes and friendship groups of vulnerable young people. We have managed to get to know all the young people individually and start to find external mentors.

For young people, distraction has been key and finding alternative forms of income. Vinted sessions have been used to upskill four of the group and they now report they make 'pocket' money here rather than doing errands and they say this has reduced their smoking as it was due to being bored and being paid with this to run errands. Family engagement has meant we can start conversations around not allowing alcohol consumption and supporting parents to be more disciplined. We found that support around families and housing is key to understanding young people's challenges.

Additionally, we have built stronger partnerships with charities to signpost workshops and sessions around therapeutic art, sports sessions, sponsorship for equipment (e.g. roller skates for weekly lessons for the younger cohort). We established a relationship with UWL and their black science community and also working with Wates Group for work experience days and apprenticeships.

*25 actual vs. 30 planned



My Yard

Insights from young people on risky behaviour

"It's just annoying. I would be okay if I can leave school and work, but having no money is really boring - need to do something outside"

Participant aged 15 on why balloons* and alcohol are fun

"I can't stand being at home, would rather be with anyone that in the house"

Participant aged 14 on why nights out involve smoking and drinking

Achieved outcomes

Overall, My Yard managed to achieve majority of the outcomes set despite working with lower than planned young people (25 actual vs. 30 planned). During delivery of this programme it became apparent that the families and young people needed individual work and a lot more input than envisioned at the start. We realised how important it was to have time and resources for not just the young people but their parent(s), carers and also the people around them (e.g. schools, social services, adults involved either as extra carers or those who are confided in).

We worked very closely with the young people to understand feedback as we went along. We did consultations at the start and also mid-way through. The achieved outcomes as of June 2023 were as follows:

1. All of the participants reported living a healthier lifestyle and acquired skills to make positive life choices (this included sports commitment, e.g. gym memberships, boxing clubs, etc).
2. All of the participants created a tailored personal development plan and followed it. This included regular mentoring held for the older cohort to inform them about higher education, work, apprenticeships and other options available. This included seven trips to universities and nine group work experience days.
3. 12 young people aged 11-16 reported reduction in high levels of risky behaviour, which will lead to a significant reduction in their chances of using drugs and alcohol in the longer term. This included one to one work rather than group work, and included monthly police meetings and commitment to not be involved in crime. The police meetings opened up a lot of conversations about breaking the law, drug sales and also working on further education options or apprenticeships rather than getting entangled in illegal activity.
4. 12 young people aged 4-19 reported reduced levels of drugs and alcohol use. This group reported less drug and alcohol use due to 'distractions' such as sports, employment, concentrating on a career, hobby, etc.
5. An additional soft outcome was also support provided to families. We spent time a lot of time getting to know whole families around the young people and building stronger relationships with three local schools, the police and also neighbours to try understand how to provide more holistic and joined up solutions.

Feedback from young people

"We have been packed waiting to move for 13 months its a bit annoying tbh - I am so happy to get out and do fun stuff with friends to forget about it"

Participant aged 14 during the weekly drop in

"I got to the point I never know who to ask anymore when things go wrong- thanks for always picking up my call even when I am in trouble"

Participant aged 14 on why nights out involve smoking and drinking

"I really enjoyed being in charge of the photography. I plan to make this my career"

Participant aged 13 leading on the photography exhibition in West London



*balloon is a slang term used to describe nitrous oxide/laughing gas.

Watford FC Community Sport and Education Trust

Watford FC runs over 30 different projects. Each project befits one of its five key pillars; Sport Participation, Social Inclusion, Health, Education and Community Facilities and is designed alongside its overarching aim to make a positive difference for all through sport and learning.

9,050

Grant awarded (£)

282

CYP supported, aged 8-18*

Project description

The purpose of this funding was for the advancement of health and saving lives through a range of preventative and specialist programmes around children and young people engaging in life limiting behaviours. A lot of the young people involved in our programmes such as Kicks or Inspires are identified as at risk of drug and alcohol abuse. This is why we delivered workshops in our youth club sessions at the Community Centre (based in Harrow Weald), Holiday Activities and Food camps, and local schools to educate them of the dangers that can arise from this behaviour. We have targeted younger people, ~75% of children and young people supported were aged 8-12yrs, in an attempt to ensure an earlier intervention. We delivered workshops on the below three topics:

- Dangers of drugs and alcohol: in collaboration with Impressionable Minds, this workshop covered legal and illegal drugs, their effects, and risks. It included practical experiences with 'drunk goggles' and discussions on the legal aspects and impact on users and their families.
- First Aid for young people: we provided training on standard first aid, including CPR, treating wounds, and the recovery position. This was crucial for young individuals exposed to life-limiting behaviors like drugs and alcohol, preparing them for potential situations where these skills might be needed.
- Met Police Territorial Support Group: this was conducted by the local High Street Task Force in partnership with the police and addressed community concerns like stop and search, substance abuse, and encouraged youth-led discussions. The aim was to foster dialogue between young people and the police, promoting mutual understanding and awareness of perspectives and approaches.

Impact summary

This grant has allowed us to work in partnership with amazing individuals and charities who were able to educate and share so much with the young people in our community. We developed new partnerships with the local police and schools. This funding enabled us to open young people's minds to the dangers in society and build resilience to these dangers. We delivered workshops to some of the most vulnerable and impressionable young people in Harrow whilst opening up tough conversations with many of our staff and the external providers.

The feedback from young people indicated that the workshops brought about a shift in their mindset. The Met Police sessions had a positive impact, with almost half of the participants reporting a positive shift in perception of the police and over 75% expressing intentions to reconsider choices related to crime and substance use. The Impressionable Minds workshops had a lasting impact on participants as Russell, the founder, shared his personal story to educate young people about the dangers of drugs, providing a safe space for questions and dispelling misconceptions.

*282 actual vs. 200 planned



Watford FC Community Sport and Education Trust

Achieved outcomes

Although Watford faced challenges such as behavioural concerns with some of the session participants and also inconsistent attendance, all the outcomes set for young people are on course to be met*. The behavioural concerns weren't unexpected and as a result, there was reduced engagement from some of the young people and extra effort was needed to ensure that they got the most out of the sessions. We worked to overcome this by ensuring that there were additional staff members in the session to help facilitate but this wasn't part of our original budget. Secondly, attendance can be an issue at the Harrow Weald Community Centre as you can't predict how many young people will visit on a particular evening. We signposted ahead of the sessions but we are unable to force them to attend which can be challenging.

Throughout the workshops we asked young people about what they thought of the sessions. We also used Youth Voice activities at our Community Centre, for example, we would write a word e.g 'drugs' on a board and participants would have to write a word associated with the topic. The achieved outcomes as of June 2023 were as follows:

1. Young people will have a better understanding of the risks and impacts of drug and alcohol use, this outcome comprised three types of workshops;
 - a. The sessions run by the Met Police Territorial Support Group were engaging and well attended. There were a number of role play situations where the participants, when asked to, took part willingly which would have been an unlikely occurrence in a school setting. At the end of the sessions, the groups were asked if their perspective of the police had changed in a positive way; 43% said yes. When asked if they would think twice about their choices relating to crime/drug and alcohol use over 75% said they would. The young people in the sessions said that they benefited from hearing a personal experience from a police officer regarding joining the force and the positive perspectives. We changed the venue unexpectedly to Hatch End High School which expanded our outreach, allowing us to speak to members of the community outside of the young people who attend our youth clubs, further enhancing the positive outcome.
 - b. The sessions run by Impressionable Minds took place in primary school (year six) and at our Community Centre with the objective of early intervention through education. Russell, the founder, talks about his personal story to warn young people of how dangerous drugs can be. 78 participants (vs. 70 planned) reported having better understanding of risks and dangers around drugs.
 - c. First aid for young people sessions at Vaughan Primary School covered both drug and alcohol education and the role and importance of the police as in the outcomes above, but was used for a different target group (this was for young people aged 9-10). Out of the 90 young people who have attended so far*, 84 said that this session helped them recognise the signs of overdosing and was eye opening as many of the young people were shocked that these interventions could be necessary when taking drugs or alcohol.

Feedback from parents and young people

"Just wanted to say thank you to Watford and the visitor who came to talk to year 6 yesterday. Our son was telling us about the guy who spoke and his story and was really moved and educated from the visit. Please extend our thanks to him as well."

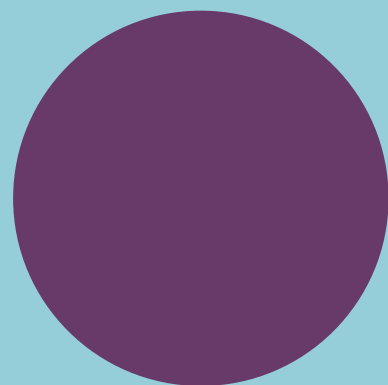
Parent of a participant from Vaughan School

"I really enjoyed the workshops at school. They opened my eyes to how devastating drugs can be on your friends, family and most importantly yourself"

Participant, year 6, at Vaughan Primary School



3



Shared learning

Learning is essential for achieving our mission and maximising our impact. In this section, we highlight some of the things that have worked well during this pilot and things that we have learned for the future from monitoring reports.

What worked well with our grantees?

The pilot has been instrumental in driving successful outcomes through a range of formats, for example workshops, youth clubs, regular drop-ins and one-to-one engagements. The biggest success has been collecting and interpreting the learning our grantees gained from children and young people with lived experience. Specialist intervention helped us recognise that the root causes of substance misuse often originated from beneficiaries' family dynamics and social environment (including aspects such as housing, school, etc). The grant has shed light on the significant challenges related to substance misuse, especially the prevalence of vaping, among young people in Harrow according to Mind in Harrow. The insights garnered from these initiatives have prompted a more nuanced and considerate approach to these issues in the broader support provided by our grantees. For example, My Yard expanded their project scope to incorporate comprehensive support for families and also adapted their delivery to facilitate smaller groups and one-to-one to start creating sustained behaviour change. They also found that support for the younger age group is easier to manage but for young people aged 13+ support around families and housing is key. Equally impactful has been the revelation from early intervention workshops conducted in schools, within community settings (e.g. housing estates) and community center's. Our grantees have managed to engage and build relationships with some of the most vulnerable and impressionable young people in Harrow.

This pilot facilitated the development of valuable partnerships. Mind in Harrow found their collaboration with Daniel Spargo-Mabbs Foundation (DSMF) and Compass Elevation invaluable as the partnership enabled them to share expertise in drug and alcohol education, and enhance their engagement with young people. Mind in Harrow is also now on a steering group for a development and review of DSMF's drug education programme and involved in Harrow's drug partnership group, in both positions acting as youth mental health advisors. Additionally, My Yard and Watford have highlighted that they highly regard partnerships they have established with other local charities, the local police force and schools.



Shared learning

What challenges and barriers did our grantees face?

The main learning for YHF is that life limiting behaviours linked to substance misuse are multifaceted and to make a sustained systemic change it requires significant investment from all stakeholders in Harrow. My Yard highlighted that it became apparent that the families and young people needed individual work and a lot more input than envisioned at the start and connecting with different services across Harrow.

My Yard and Watford highlighted behavioural issues and also challenges of influencing young people. For example, My Yard realised a group activity for the older young people could become more detrimental than do good. Therefore, had to adapt their approach to engage them more one-to-one. Watford had to spend more resources in overcoming behavioural issues faced and to ensure the young people got the most out of the sessions. They did this by having additional staff members in the session to help facilitate but this meant exceeding the original budget.

Mind in Harrow and Watford had to also work around school requirements when delivering workshops there. For example, Mind in Harrow had to adapt their workshop delivery to address assemblies rather than smaller workshops, and Watford had to make last minute changes to original plans as couldn't engage two schools due to organisations issues on the school's side.



4

Acknowledgment

On behalf of all delivery organisations and YHF, we would like to express our heartfelt gratitude to CofE 6 Crown Street Endowment Fund for their generous and continuous support. This pilot would not have been possible without your kindness and generosity.

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:



youngharrowfoundation.org



@youngharrowf



@theyoungharrowfoundation



@youngharrowfoundation

27 High Street, Harrow-on-the-Hill, HA1 3HT

Charity No. 1163589

