

### What is HeadStart Hull School based group work?

Humber NHS Foundation Trust is delivering targeted group work in secondary schools across the East of the city. SMASH (Social Mediation and Self Help) is an innovative person centred group work programme that works by boosting young people's self-esteem, confidence, communication and their social, emotional and behavioural self-management skills; to promote positive mental health and wellbeing for now and into adulthood.

### What do we do?

We deliver therapeutic group and individual interventions using elements of talking therapies, CBT, Restorative practice and conflict resolution. The group work is one day per week, which requires the young person to come out of school for the day. We work with young people and their families to increase their;

- Emotional resilience and ability to understand their own and others thoughts, feelings and behaviours
- Positive communication and sense of belonging
- Confidence and self-esteem
- Their social, emotional and behavioural self-management skills

Engagement with schools, the community and their peers, is part of the programme; as is additional 1:1 work. This enables young people to explore and develop their thoughts, feelings and behaviours by accessing a combined offer of support.

SMASH includes family outreach and the programme supports families in addressing issues around overall family wellbeing and resilience. An integral part of SMASH outreach is pathway setting and support to access other agencies and organisations if needed, to create a holistic offer of support.

### Who do we work with?

We work with young people across the ages of 11-15 years in Malet Lambert School, Archbishop Sentamu Academy and The Marvell College.

Referrals from other organisations into the project are made through the HeadStart Hull checklist which should be completed and returned to [emma.train-sullivan@nhs.net](mailto:emma.train-sullivan@nhs.net)

Young people (or their parents) can self-refer by calling **07891 383929**.

# HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"

