



EBPU
Evidence Based
Practice Unit

A partnership of



Learning from HeadStart

Update #1: 1st November 2017

The first of a series of updates on the evaluation of HeadStart

HeadStart

HeadStart is a five-year programme set up by Big Lottery Fund which aims to improve the mental wellbeing of 10 to 16 year olds and prevent serious mental health issues before they develop.

Using National Lottery funding, HeadStart partnerships in Blackpool, Cornwall, Hull, Kent, Newham and Wolverhampton are piloting new approaches to build young people's emotional resilience.

A wide range of interventions are being trialled in schools and the community at each site.



School interventions include whole school, year group and class level support, such as education around what mental health is and what to do when experiencing a mental health problem.

Other interventions, such as one-to-one counselling sessions, are for particular groups of young people e.g. those who are at higher risk of developing a mental health problem.

Find out more:

www.annafreud.org/about-us/partnerships-collaborations/headstart

The Learning Team

Dr Jessica Deighton at the Evidence Based Practice Unit (EBPU) is leading a consortium of partners to evaluate and share learning from HeadStart between 2016-23.



Partners include Common Room, The University of Manchester, the Child Outcomes Research Consortium (CORC) and LSE.

The team is using a mixture of questionnaire and interview methods.

Young people complete questionnaires every year to help track changes in how they are feeling and behaving over time. Professionals provide information regularly about what is being offered.

Professionals and young people take part in interviews annually to explore challenges and opportunities around delivery and what young people find helpful.

Key progress to date

- **Measuring young people's mental health and wellbeing:** Questionnaires completed by 30,848 young people in years 7 and 9 at 115 secondary schools.
- **Capturing what is being offered:** Information about the interventions being offered has been provided by the sites using the standardised template. There are around 50 interventions being trialled.
- **Learning from experience of implementation:** Interviews with professionals have identified challenges faced and solutions found during year 1 of the programme. Further details to follow in update #2.
- **Capturing young people's experience:** Interviews have been carried out across the sites with 63 young people. These young people will be interviewed annually.

