

An Introduction

# About myHappymind

- myHappymind is an award winning program for schools & nurseries, families and organisations.
- It teaches preventative habits that support positive mental health, resilience and self esteem.
- All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology.
- Our program is delivered via an innovative technology platform making learning easy, convenient and fun.
- We're proud to be working with 7 CCG's/ICS's.

Working with



# Our Philosophy

- **Proactive not reactive**

Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it is also important to support individuals in building their resilience, self esteem proactively.

- **Stigma reversing**

Ensuring that individuals understand the science behind how their brains work and how to impact their self esteem and resilience is at the heart of what we do. When people get the why, they take action.

- **A systemic approach**

We believe that to impact the child we need to impact the whole system around the child. That's why our programs supports parents and teachers as well as children.

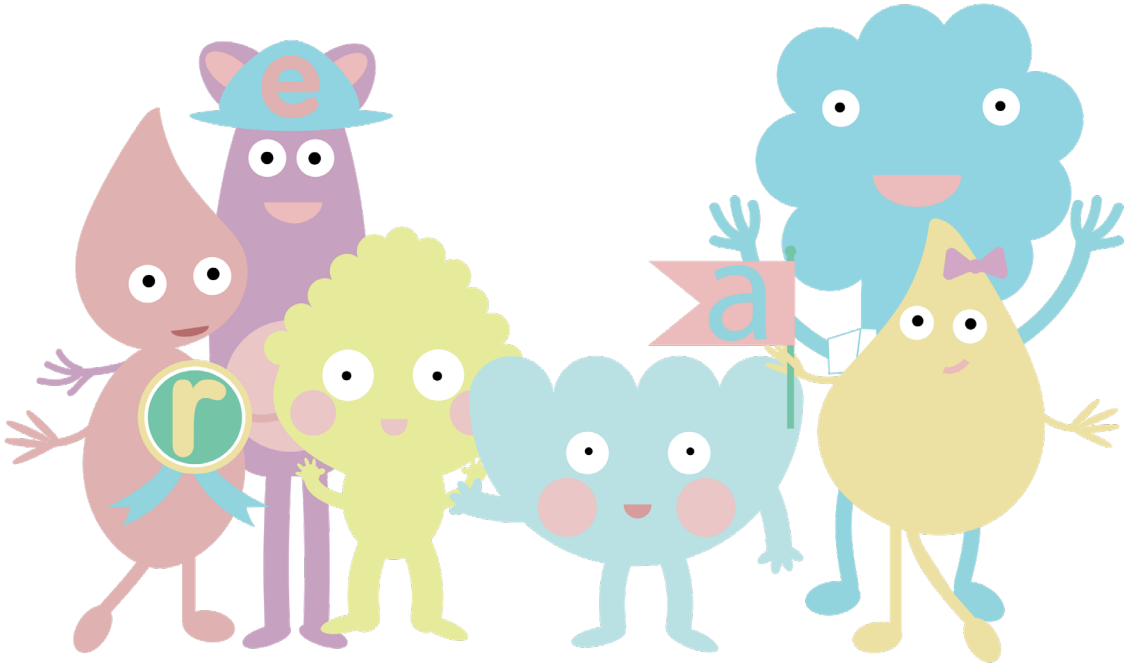
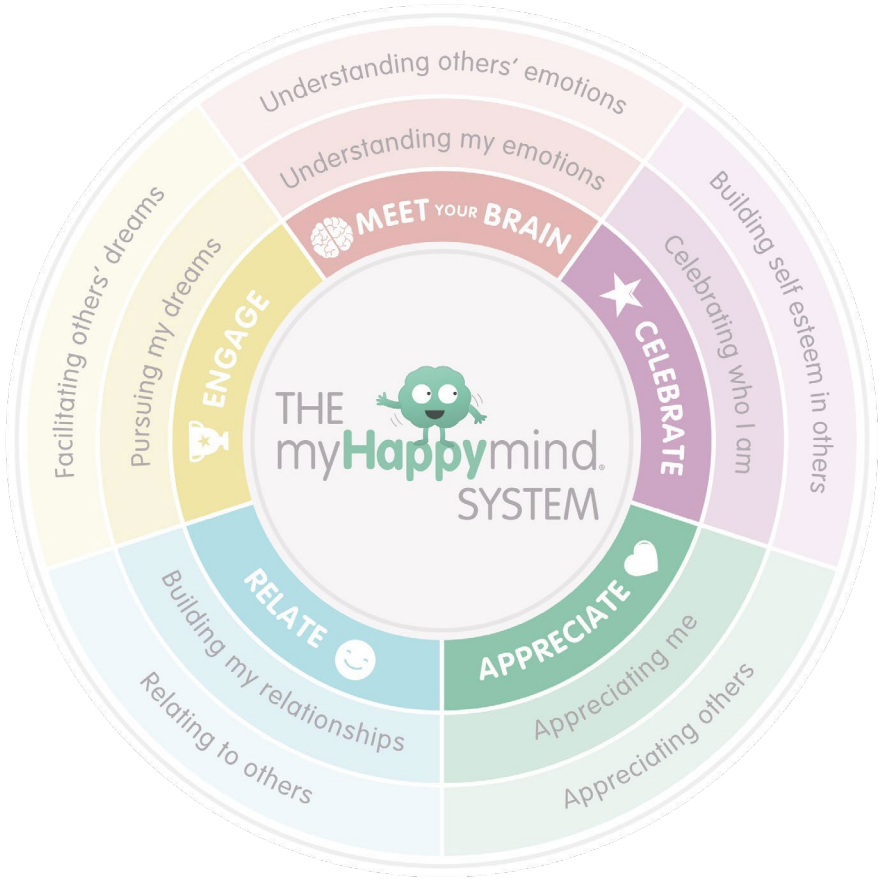
- **Fun & Easy to learn**

All of our content is enabled by technology, making the learning fun, easy and low preparation.

# Our Content

- The program is delivered by class teachers across 5 modules, all designed to develop critical knowledge and habits that support children's mental health.
- All of our content is grounded in the latest science and research about what it takes to create positive mental wellbeing. Our focus is on building knowledge and teaching habits, so that children develop a toolkit of resources to use when they need to.
- myHappymind is a whole school and every child approach, it's not just reserved for those at the point of need.
- There is a myHappymind curriculum for every year group from Early Years to Year 6. The Year 6 focus is around transition to high school. We also have a Year 7 transition program.

# Our Content

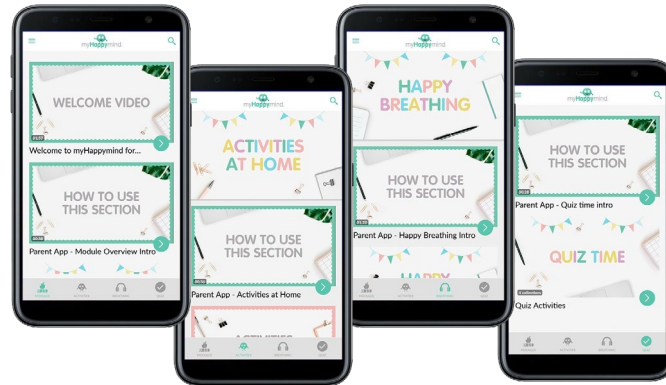


# The Schools Program

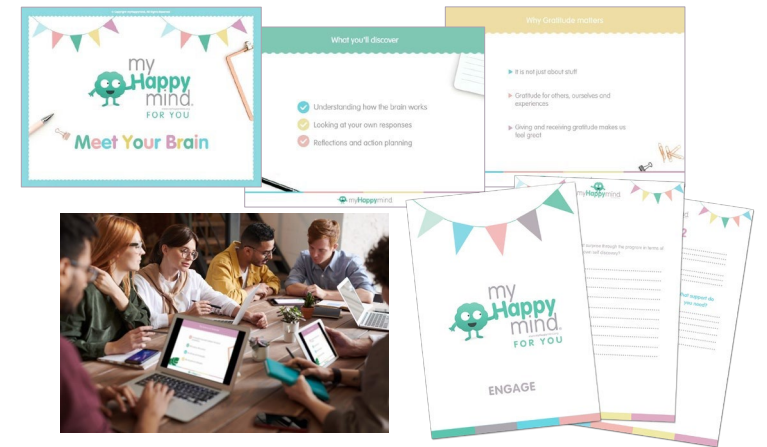


CHILDREN'S CONTENT

RSE Curriculum



PARENT APP



TEACHER PROGRAM

# The case for early intervention and prevention

There is much in the literature to support an early help and preventative approach to mental health in children, especially in the Primary and Early Years.

Yet, according to a report from BASW\* the overwhelming majority of NHS funding goes to those with the most significant need. This is despite the fact that early intervention is far cheaper to deliver.

A 2017 report\* states that the average cost of a CAMHS referral and 6 counselling sessions for a child is £2567. With an adjustment made for inflation (estimated at 12% in this timeframe) this cost is likely now closer to £3000.

The cost of a program like myHappymind for an average school is £1680. So even just preventing one child needing a CAMHS referral would save the NHS approximately £1300, reduce pressure on the system and upskill children, parents and teachers.

Our data shows that after just one year the program reduced CAMHS referrals by approximately 43%, there is a clear case for a systemic approach like myHappymind in not only preventing mental health issues but supporting a reduction in the pressure on CAMHS.

\*The association of social work and social workers.

# Our Impact

The following impact data is based on a pilot of myHappyMind in 25 schools, in a highly deprived area of the North West. Note this is pre-Covid data.

## Exclusion, support and referral statistics

	<b>% decrease</b>
Internal exclusions	44%
Fixed term exclusions	60%
Children requiring ELSA support	19%
Children requiring SENco support	67%
CAMHS referrals made (or required but no capacity available)	43%



## How we work with CCG's

- We tend to engage with a 12-month pilot to allow CCG's to get up and running and measure impact.
- These pilots typically include a large sample of primary schools and nurseries.
- In year 1 all schools are fully funded by the CCG.
- In year 2 and beyond we move to co-funded models.

### CCG's we work with...

**NHS**  
**Wirral**  
Clinical Commissioning Group

**NHS**  
**Bury**  
Clinical Commissioning Group

**NHS**  
**Cheshire**  
Clinical Commissioning Group

**NHS**  
**West Cheshire**  
Clinical Commissioning Group

**NHS**  
**Chorley and South Ribble**  
Clinical Commissioning Group

**NHS**  
**Portsmouth**  
Clinical Commissioning Group

**NHS**  
**Greater Preston**  
Clinical Commissioning Group