

January 2020 to March 2020 we have...

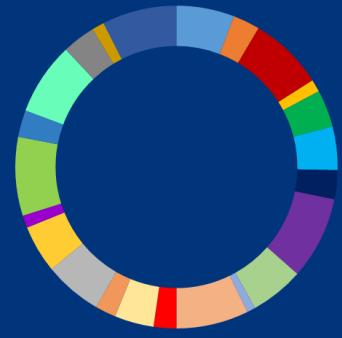
Supported 804 People

299 York Advocacy

505 York Mind

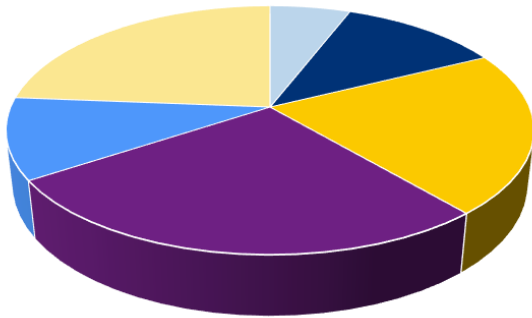


In York and surrounding areas



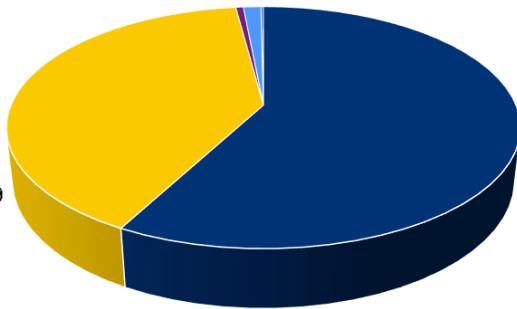
- Acomb
- Derwent
- Fulford
- Heslington
- Holgate
- Micklegate
- Strensall
- Wheldrake
- Bishopthorpe
- Dringhouses & Woodthorpe
- Guildhall
- Heworth
- Hull Road
- Osbaldwick
- Rural West York
- Outside York
- Clifton
- Fishergate
- Haxby & Wigginton
- Heworth Without
- Huntington & New Earswick
- Skelton, Rawcliffe & Clifton Without
- Westfield

Age (of 493 disclosed)



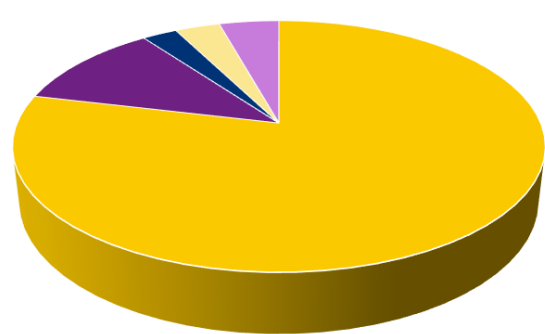
- 8-12
- 13-17
- 18-25
- 26-50
- 51-65
- 66+

Gender (of 531 disclosed)



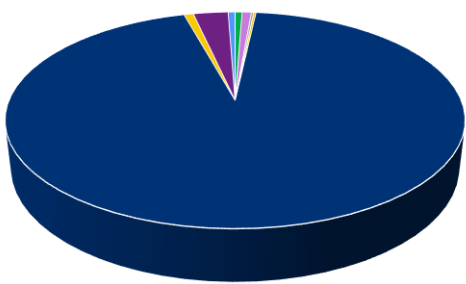
- Female
- Male
- Transgender
- Non-Binary
- Other

Sexual Orientation (of 271 disclosed)



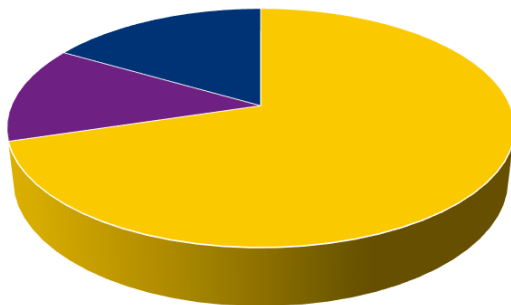
- Heterosexual
- Bisexual
- Gay
- Lesbian
- Other

Ethnicity (of 513 disclosed)



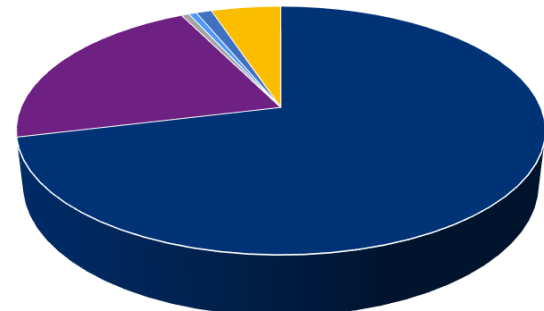
- Asian Pakistani
- Asian Other
- Black African
- Black Caribbean
- White British
- White Irish
- White Other
- Other

Disability (of 259 disclosed)



- Mental Disability
- Physical Disability
- Learning Disability

Religion (of 177 disclosed)



- No Religion
- Christian
- Jewish
- Buddhist
- Muslim
- Other

Delivered

45 ATI 1-1 sessions



34 Staying OK coaching sessions & **12** group sessions



71 YP mentoring sessions & **86** Group Sessions



101 group activities



16 awareness events to **663** people



372 counselling sessions



132 hours of training to **321** people



236 YP counselling sessions



206 new advocacy cases



Achieved

227 people completed York Mind support and left the service. *Of whom...*

144 people
Completed resilience questionnaires.
82% made an overall improvement

	% of improvements
Overall I feel emotionally well	60
I can deal with the pressures and challenges that life throws at me and bounce back from any setbacks	57
I am confident in my own abilities	49
I can meet new people and get involved in new situations	40
I have acquired the skills and knowledge I need to improve my situation and can apply them	61
I am able to improve, manage and maintain my emotional wellbeing	65

60% of people have exceeded or fully met personal goals

- Personal Goals
- “To develop the confidence to recognise and assert personal boundaries, to maintain well-being in difficult situations.”
 - “To feel balanced, stable and settled regardless of external influences”
 - “To feel more positive in myself; to care less what others think.”
 - “To be less fearful of situations and be able to do more”
 - “To learn ways to deal with anxiety”
 - “To develop a range of employability skills by enrolling for IT courses and research potential opportunities for volunteering.”

Feedback

“Counselling was fantastic, the person cantered approach has enabled me to manage my life better. My counsellor has been so supportive and has really helped me, Thank you.”

“It’s all been useful; I don’t feel there are any areas I haven’t benefited from.”

“I was going through a big crisis. This service was a life line, it kept me focused on what was important. “






“I loved performing to an audience and being accepted for who I am and where I have come from”

“ Everything was great and helpful.”

[The 13-16 peer group was] “the perfect balance between talking and learning skills.”

“The support has enabled me to get my worries of my chest, which helped me realise that my anxieties were ‘normal’”

“[Advocate] support helped confirm I had a legitimate complaint she explained the process and always checked if I was happy.”

- Positive Changes
-  A young person who had previously been in an inpatient unit used mentoring to support her in engaging in college and planning for her future.
 -  One person built self-confidence by reducing alcohol consumption and walking at least 5km every day.
 -  One person has been able to expand her social spaces and go for walks in new areas, after previously only feeling confident to walk to and from York Mind.
 -  One young person reported that they have started journaling most days and have become much more mindful of their emotions and how to support themselves.
 -  One person reported that they now have awareness of their tendency to react, thinking in a different way and not jumping to first instinct. As a result they feel more at ease with themselves and can let things go

Ebony attended the Staying OK course on the advice of her tutor after struggling with the stresses of uni life and work. She engaged well in the group sessions and expressed she has no outlet when she does not feel ok. She felt under pressure with uni work and expectations and felt she had ‘no choice’ but to keep going but found things difficult.

Ebony then engaged in coaching. At her initial session, she spoke about a pressure she felt to be ‘OK’ and to ‘be happy’, especially from her parents. She described feeling ‘not good enough’ and acknowledged her strong self-criticism. During her first coaching session, Ebony set goals around being able to accept herself, including her achievements and accomplishments, and being comfortable saying that she wasn’t OK.

Through coaching Ebony explored the negative impact of her self-criticism and how to become more self-compassionate . After the third session, she reported being able to ‘take a step back’ and started to take time for herself, go out with friends and let herself enjoy things.

During her final session, Ebony reported she had partly met her goal around self-acceptance and exceeded her goal in being able to say when she wasn’t OK. She recognised an unexpected goal had been achieved in that she was now able to recognise her self-criticism and had learned to ‘stand-up’ to this critical part. Ebony described how she was now able to say how she felt when things were getting to her. She also described herself as more ‘genuine’ and more accepting of herself. She reported that by taking the pressure off herself and doing one thing at a time, she was enjoying things more as a result. Ebony said that by now being able to take a step back, she was creating space for different things aside from work which was creating more of a balance. Ebony reporting feeling ‘happier’ and more ‘confident’.

