

## **With YOUTh**

Children & Young People's Digital Wellbeing  
Service

0208 189 8400

[withyouth@hertfordshiremind.org](mailto:withyouth@hertfordshiremind.org)

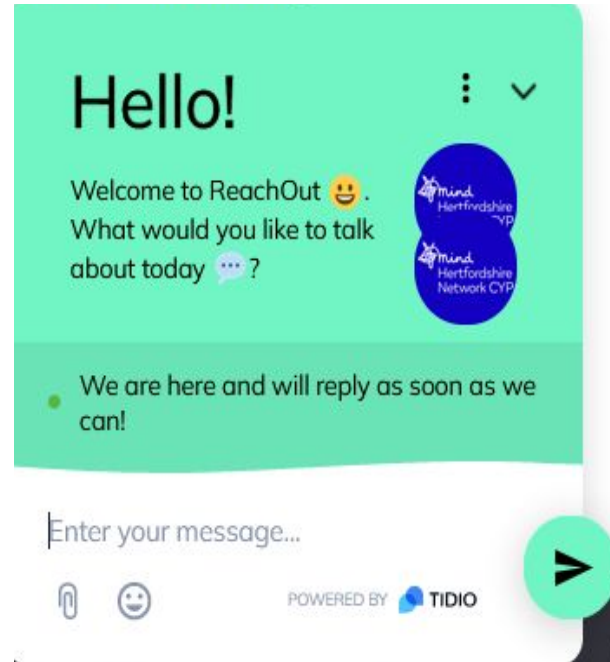
[www.withyouth.org](http://www.withyouth.org)

# The offer

- Early intervention for 5-18 year olds, and their families, registered with a Hertfordshire GP
- Mild to moderate mental health needs e.g. anxiety, low mood, relationship breakdown, confidence, coping strategies
- Wider family input when supporting children holistically
- Digital CBT and Solution Focused interventions
- 2pm-10pm Monday-Friday (with future expansion to weekends)
- Open access through instant messaging and/or a digital therapeutic intervention, Lumi Nova
- Scheduled one to one support and group workshops

# With YOUTh Instant Messaging

- Instant messaging service supporting individuals ad-hoc, in a timely response and when they want to access it
- Open access
- Digital facility to complete goal based worksheets, share resources, guided self-help and provide psychoeducation



# 1:1 support

- Online one to one support (teams, zoom, skype) for young people with mild to moderate mental health needs.
- Working with young people to identify actions, goals and/or strategies using Cognitive Behavioural Therapy (CBT) and/or solution focused principles.
- Building life skills, coping strategies, confidence and self-esteem
- Live sharing of resources, goal based worksheets, information booklets, videos etc.
- Information about how and where to access other support and community groups
- Tailored, holistic support that is both practical and focused around the individual's wellbeing.

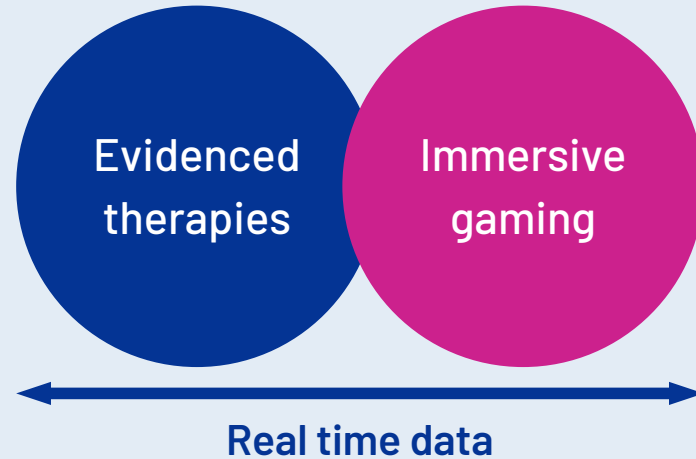


# Digital Therapeutic Interventions for better youth mental health

Bfb-labs.com  
@Bfb\_labs



**BFB Labs provides digital therapeutic interventions co-created with children, parents and professionals for early intervention and resilience building for better youth mental health.**





# Empowering young people to self-manage their worries

CE marked

Medical Device Class 1 (low risk)

Co-developed with young people, families, educators, clinicians & academics





# A fun digital therapeutic intervention via a mobile game app to tackle anxiety

Targeted at 7-12 year olds (not in crisis)

- Facilitates graded exposures & psycho-ed
- Most effective component of Cognitive Behavioural Therapy (gold-standard care)
- Builds resilience & ability to self manage
- Development was funded by NHS England
- **Available in Hertfordshire via With YOUTH in partnership with Herts Mind Network**





# Psychoeducation

Learning about and understanding mental health and wellbeing

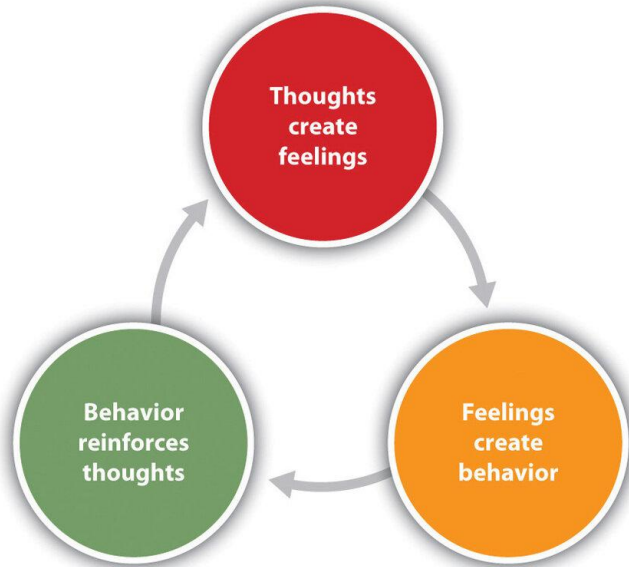
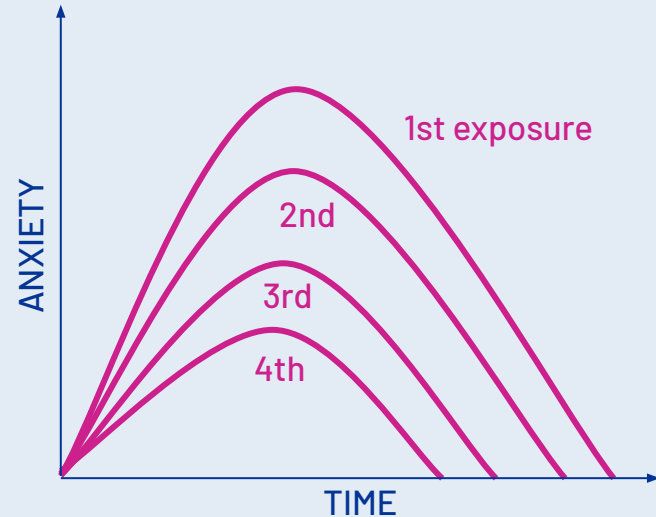


Diagram: <https://cogbtherapy.com/cbt-model-of-emotions>  
<https://www.annafreud.org/on-my-mind/self-care/psychoeducation/>

# Exposure therapy

Practice of exposing oneself to feared situations, which helps young people learn they can cope with the fear they experience.<sup>1</sup>

- active ingredient of CBT<sup>2</sup>
- few children able to access<sup>3</sup>



<https://www.slideshare.net/meducationdotnet/cognitive-behavioural-therapy-a-basic-overview-presentation>  
1 Kaplan & Tolin (2011), Chorpita et al. (2011); 2 Ale et al. (2015); 3 Whiteside et al. (2016), Reid et al. (2017)

**Offers choice of 15 goals related to common fears & worries:**

**Social  
Anxiety**

**Separation  
Anxiety**

**Phobias**



Tap anywhere on the image above to play the video.  
Or, **[click here to watch the video](#) on the BBC website.**

# Key features

- **Psychoeducation**
- **Customised experience based on goals and ladder setting**
- **Voice guided** imagine activities and out of game challenges
- **Positive screen time:** session auto concludes in 30-40 mins. each day
- **Inclusive:** Gender neutral, customisable avatars representing different ethnicities, faiths and disability
- **Internet access:** only required to download app and transmit data to Hub, not required for actual game play
- **SMS alerts & Online guidance** for parents/carers/trusted adults
- **High standards of information security and safety**
- **Real time data:** engagement & health outcomes

# Benefits for Young People

1. Life long skills on how to self manage their worries
2. Learning how to break down big worries into smaller challenges
3. Increased resilience & confidence
4. Facilitates dialogue around mental health (with parent/guardian)
5. Understanding worries & anxieties (psychoeducation)
6. Timely access to evidence based therapy
7. Use at home (own space & own time)





Tap anywhere on the image above to play the video.  
Or, [click here to watch the video](#) in a different browser window



**To find out more:**  
*[www.withyouth.org/lumi-nova](http://www.withyouth.org/lumi-nova)*

**To get access:**  
*<https://hub.bfb-labs.com/signup/herts>*



**Scan QR Code  
to find out more**



Instant access across Hertfordshire in partnership with



# How to access it?

- Any professionals, parents/carers and CYP can refer – via referral form or by using instant messaging platform between 2-10pm

[withyouth@hertfordshiremind.org](mailto:withyouth@hertfordshiremind.org)

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