REPREZENT | ON THE LEVEL

ON THE LEVEL

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REPREZENT

HSJ AWARDS 2021

The University Of Sheffield.

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On The Level aims…

Reach

Reach large numbers of young people at pace and scale via secondary schools and colleges

Engage

Deliver live, highly interactive, peer-led shows to 11-18 year olds to engage and empower young people to understand and improve their own mental health and access NHS commissioned services e.g. Kooth

Impact

Provide impact data and insights to your area, to your schools and flow data to the **MHSDS**

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HSJ AWARDS 2021 WINNER
Mental Health Innovation of the Year

The package

Interactive TV Show

- baseline surveys
- learning methodologies for self resilience
- introduce digital health partners

Resource Pack

- support for teachers, parents / guardians
- additional content for teachers to continue supporting pupils

Keep Talking

- review show, 7-8 weeks later
- compare against baseline

Feedback Loop

- data informs new show development
- sharing empirical data with individual schools—showing profile of pupils

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The University Of Sheffield.

TRIUMPH

This project has been funded by the TRIUMPH Network – Transdisciplinary Research for the Improvement of Youth Mental Public Health

Reach & Impact

So far over 40,000 young people have been supported by On The Level.

The University of Sheffield's Department of Psychology provides clinical oversight and has conducted research funded by TRIUMPH (Transdisciplinary Research for the Improvement of Youth Mental Public Health). Download the paper: https://psyarxiv.com/n4g89. Some headlines…

89%

of young people reported feeling engaged during the show

84%

reported feeling confident they had the tools to help manage stress & anxiety better

37% → 25%

significant reduction in young people with 'critical' or 'struggling' levels of stress

10%

reported (at 6-8 week follow up) that they had used Kooth once or more since the first show

From post show surveys of schools, 100% would recommend On The Level to other schools and 100% said the information in the show was vital and important for young people.

REPREZENT
ON THE LEVEL
GROWTH
MINDSET

GET YOUR PHONES OUT

GO TO SLIDO.COM

ENTER CODE Rep1

Active poll

Join at

slido.com

#Rep1

How are you doing?

Active poll

Join at

slido.com

#Rep1

My critical voice attacks

all of me 50%

the way I look 25%

trust in others 25%

my personality 0%

whether you're likeable or lovable 0%

my ability to succeed in anything

as much as possible about as many things
as possible, and it grows in size.

IMPLODE

EXPLODE

HAVEN'T TOLD
THEM
So we need a better way.

kooth

18:14
AA
kooth.com
Chat with a Counsellor
a few seconds ago
Maybe you might like to try writing your thoughts down or creating a memory box with lots of lovely and special memories that you have of your nan? Always remember to take things moment by moment, you never have to feel alone in this and Kooth are here for you whenever you need us.
a few seconds ago
Yeah I haven't thought to try that, thank you!
a few seconds ago
Send a message...

Pupils use phones and tablets
to interact with the show
and learn how to recognise their
level of stress
VIDEOS

ENERGY

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Thank you

Please fill out your details on Slido if you'd like to know more...

Any questions now for Bisola, Jordan and Shane?

onthelevel.reprezent.org.uk