The peer to peer wellbeing programme

Children and Young People's Mental Health Conference

17/11/12

mLAH

What is m-LAH?

- Motivation for learning and health.
- A simple, yet highly effective peer to peer talking and wellness programme for and by secondary school children.
- Inspired by well established group talking programmes, such as Weight Watchers or AA.
- m-LAH is designed so students can deliver their own solution in person or online.
- Mix of digital and real-world facilitation.
- Funded by Innovate UK.

Focused on motivation

- m-LAH takes inspiration from motivational and behaviour change programmes.
- These motivational programmes are well established, and evidence based.
- These motivational programmes all contain an honest conversation.
- Honest conversation amongst peers is m-LAH's engine of motivation.

Evidenced based

- m-LAH uses The Warwick-Edinburgh Mental Wellbeing Scales – WEMWBS
- Results from Sacred Heart School, London (2022)

Evidenced based

- We used WEMWBS - the Warwick & Edinburgh Universities' wellbeing scale.
- We measured the boys at the beginning and the end of the m-LAH programme.
- There was a 9% average improvement in scores.
- avg scores % change
- I've been feeling optimistic about the future 3.5 3.9 + 11%
- I've been feeling useful 3.5 3.6 + 3%
- I've been feeling relaxed 2.8 3.3 + 18%
- I've been dealing with problems well 3.4 3.8 + 12%
- I've been thinking clearly 3.5 4 + 14%
- I've been feeling close to other people 3.5 3.9 + 11%
- I've able to make up my own mind about things 4.2 4.1 - 2

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Thank you
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