

# Mental Health Charter Case study

June 2017



1. **Project name:** Healthy Lifestyles programme
2. **Organisation name:** Start Again Project
3. **Target group:** Young people aged 13-30 years old who have a variety of mental health diagnosis, including some with severe mental illness such as psychosis
4. **Aim of project:** The Healthy Lifestyles programme uses sport and leisure activities to improve the wellbeing of young people who have experienced a first episode of psychosis
5. **Project overview:**

Start Again aims to help young people in their personal, spiritual and social development and enable them to live a full life in their communities. One of the ways it reaches out to young people and helps them develop as individuals is through sport and physical activity.

Start Again has a strong interest in helping people with mental health issues. It was set up eight years ago to use sport and physical activity to help outreach workers connect with people who were suffering from mental ill health. Start Again also provides semi-supported accommodation to over 40 young people who are referred to them by a number of Government agencies or organisations. The young people who Start Again offer rooms in their accommodation are either care leavers, homeless or are newly arrived/claiming asylum.

The Healthy Lifestyles programme was developed in partnership with the Early Intervention Service (EIS) at Forward Thinking Birmingham (which provides mental health services for people up to the age of 25 in Birmingham). The Early Intervention Service provides comprehensive support to people who have experienced a first episode of psychosis and maintains support and recovery throughout the following 3 years. The Service aims to provide timely and youth-sensitive therapeutic engagement and interventions to reduce the debilitating effects of psychotic illness by reducing the duration of undiagnosed psychosis (DUP), reducing hospitalisation and symptoms, and improving client social functioning. It also aims to facilitate employment and employability, improve quality of life and service satisfaction as well as assist with people's recovery and aspirations.





