

1.
LANDED Peer Education Service

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Primary target group. Vulnerable young people aged 16-22 with a range of personal, mental and social issues

Objectives. To encourage young people to take responsibility for their own health and learning, and to become more active citizens.

Methods. Peer education, based on drugs education but with a wide agenda. Young people meet at least once a week. Work is also done with a range of other partners, eg training staff who will have contact with the young people so that there is a network of people who can support them.

Setting. Community

Starting date. 2002

2.
Mindspacepk Counselling Service

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Primary Target Group. Young people aged 12-25, especially those affected by poverty, being looked after, affected by family break up, mental health problems

Objectives. To provide therapeutic counselling which would promote good mental health and give hope for recovery

Methods. Counselling provided by qualified counsellors experienced in working with this age group. Partnership of NHS, Local Authority and voluntary sector.

Setting. Community, schools

Starting date. 2004

**3.
Protective Behaviours**

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**4.
Just Boys**

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Primary target group. Children and young people

Objectives. To raise self-esteem and self-confidence among children and young people, and enable them to develop skills that would make abuse less likely.

Methods. Two-day training course

Setting. School, community,

Starting date. 1992 in UK; 1980 in Australia; 1975 in US

Primary target group. Boys aged 11-13

Objectives. To give boys the opportunity to explore a range of health issues through performance and video

Methods. Exploring issues through storytelling, dance, movement, drama. Preparing a performance formed from the exploration of issues and art forms

Setting. School, in term time and during holidays

Starting date. 2003

**5.
Mental Health Link Workers**

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**6.
MIDAS
Moray Interagency Developmental
Assessment and Support**

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Primary target group. Children and young people 5-16

Objectives. To provide a comprehensive service which will promote mental health, prevent mental health problems, make early identification of children at risk and provide early intervention, and offer support in recovery

Methods. Mental health link workers are employed by Child and Adolescent Mental Health Services, and are located in schools.

Setting. School, community, home

Starting date. 2002

Primary target group. Children 0-5 and their families and carers

Objectives. To provide an interagency assessment and support service for children with special developmental, medical or educational needs

Methods. Multi-professional assessment, treatment and care of children with the most complex and/or severe disabilities.

Setting. NHS

Starting date. 2002

7.
Learning Disability – Child and Adolescent Mental Health Service

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Primary target group. Children and young people 5-17 with learning disabilities and who also have mental health problems

Objectives. To design, develop and implement a mental health service for this population.

Methods. Assessment and treatment of mental health disorders; the service works in close co-operation with colleagues in education, social work and the voluntary sector

Setting. NHS, community, home

Starting date. 1999

8.
Primary Mental Health Work

Lynn Cuddihy
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Primary target group. Children 0-18 with less complex or severe mental health problems, and their families

Objectives. To establish a service that provides early intervention in primary health care settings; to offer support to Tier 1 workers in the setting

Starting date. 2004

Peer Support Development

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Primary target group. Young people in secondary schools (12-17)

Objectives. To develop a multi-agency peer support network project for Glasgow schools

Methods. Providing training for school peer support project teams; liaising with national and local organisations; helping schools organise and facilitate training for peer supporters

Setting. Schools

Starting date. 2005

Peer Research Project Young People and Mental Health

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Primary target group. Young people 13-18 in North Glasgow

Objectives. To establish a peer research project to explore mental health issues for young people

Methods. Recruiting and training young people from local schools and youth projects in mental health issues and research skills; using the results of the research to inform the future development of health promoting initiatives and support interventions for young people

Setting. Schools, community

Starting date. 2004

11.
Give Kids a Chance

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Primary target group. Vulnerable young people aged 10-18

Objectives. To encourage and support these young people to develop and sustain hobbies and interests that will divert them from negative activities, such as drug and alcohol misuse

Methods. Building on strengths, skills and abilities to promote confidence and self-esteem; providing a variety of activities that can be developed into adulthood; promoting chances of employment

Setting. Community

Starting date. 1996