







To investigate the mental health status of children and young people receiving interventions, we merged the 'who got what' data with the annual WMF data. However, not all young people who received an intervention completed the WMF survey, as the WMF was carried out with specific year groups only. The data we present here is therefore from a subset of young people for whom both 'who got what' and WMF data were available, meaning that our analysis of these merged data is limited.

### *Description of the 10 HeadStart intervention groups:*

This group consists of 19 interventions aimed at children and young people in group settings, to build their coping and resilience skills with peers, family and carers, those in the community, or professionals. Two examples of interventions that belong to this group are described, below and on the next page.



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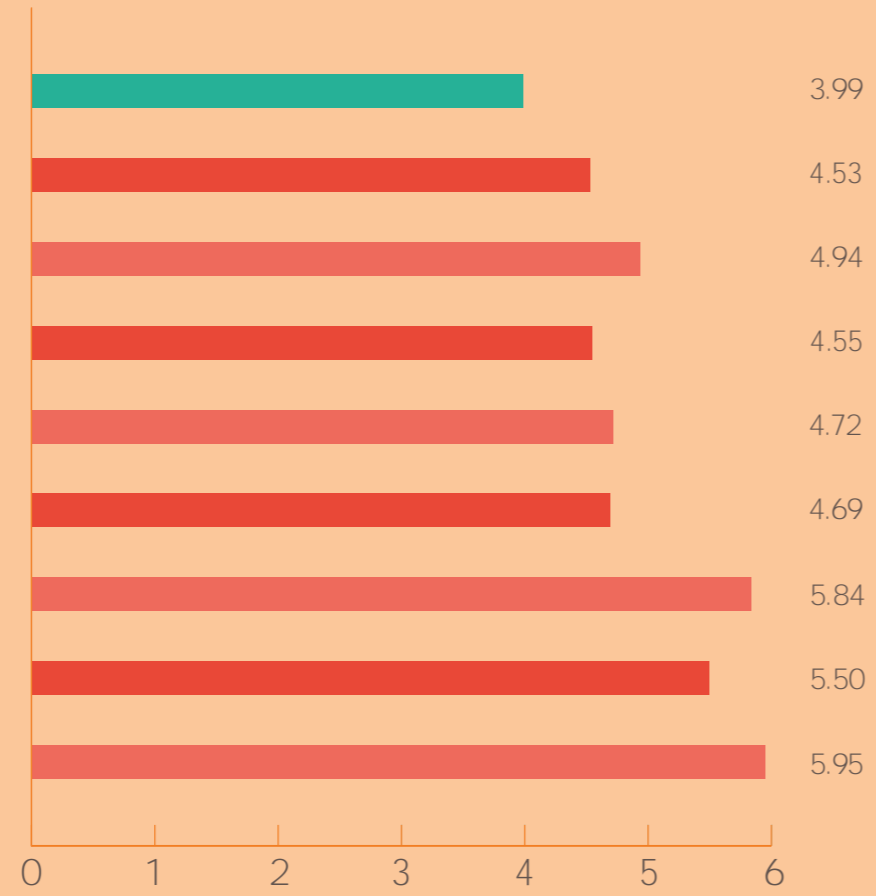
Getting Ahead of ers a series of interventions taking place outside h







Those who didn't receive a targeted intervention



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Those who didn't receive a targeted intervention

Any professionally led resilience training/therapy/counselling (group)

Developing a relationship with a person in community or school

Any professionally led resilience training/therapy/counselling (individual)

Creative and physical activity to improve mental health

Parent and carer support

Online support

Assessment

Ref ective spaces

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Between 2016/17 and 2020/21, the HeadStart programme has reached over 212,000 children and young people through universal provision and over 24,500 children and young people through targeted support. In addition, HeadStart provided training and support to 3,900 parents and carers and over 19,000 professionals during this period.

Between 2016/17 and 2018/19, the programme implemented 76 targeted interventions across six HeadStart partnerships. The findings presented in this briefing show that HeadStart supported young people in a wide variety of ways. We grouped targeted interventions into 10 different categories. Some (for example, professionally-led resilience training) have been more common than others (for example, reflective spaces).

Interventions offered through HeadStart are aimed at young people with different levels of need, with universal interventions aiming to promote wellbeing and better mental health for everyone, and targeted

# Table 1

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