

## ST3: Healthy Body/ Healthy Mind programme

**Geographical Area:** St Helens

**Lead Professional/Organisation:** Michelle Davies- Teenage Pregnancy and TAZ Outreach Team Coordinator.

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**Brief Overview:** The specialist small team are funded by the early intervention grant team and has a total of 4 workers, with a focus on reducing risk and promoting resilience. The team have developed a bespoke programme that is based on delaying early sexual activity and equipping young people with the skills to make healthier sexual health choices. The Healthy Body Healthy Mind programme is usually over 6 weeks covering: Positive and negative relationships, body awareness, delaying sexual activity and parenthood, risk taking and reducing risk (including contraception, STI's, alcohol and Drugs,) dealing with peer pressure around sexual health, making positive choices, raising aspirations and planning for the future.

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**Target Group:** Young people aged 13-18 years including LAC and care leavers, young people in supported housing projects, young people identified as at risk using the risk indicator tool and young people known to the youth offending service.

**Outcomes:** The borough has seen a downward trend since 2010 in teenage conceptions. The LAC population has low numbers of teenage conceptions leading to a live birth: 2010 = 2 and of those 1 was a father, 2011 = no conceptions, 2012 = 4 and of those 3 are fathers.

**Evaluation:** This is completed at the end of the programme in the form of a questionnaire, which is then compiled into a report and is shared with the referring agency. 5 programmes delivered in schools during July report that 91% felt that they had learned about TAZ and where to get help and support and 86% felt they had learned to have healthier relationships.

**Sustainability:** This is currently dependant on delivery by the TAZ outreach Team.

**What made it work?** The branding of the programme was important to engage with schools, especially faith schools and the current branding has enabled delivery within all the high schools within St Helens.