

MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 22

Date of report	24/07/19
Date of last report	
Project end date	14/02/22 stop go point with potential to 02/23
Action Number	22
Action Owner (s)	Cathy Richards
Action Link	Ally Winford
Action Text	Support development of a digital tool to support young people with eating disorders.

Progress Update from Previous report	RAG
The previous TEC project was completed in August 2018 this is a relaunch of the online peer support element. www.caredscotland.com , an online resource supporting parents and carers of a young person with a recent diagnosis of an eating disorder, a key part of the previous project and aligned with Action 22, has now been accessed by 3950 users, with international users but due to continued promotion within Scottish services and via cared Scotland social media sites (twitter and now Facebook) 6/10 of the top cities are from Scotland. The website has recently been recommended nationally within BEAT's guidelines on supporting parents and carers, and the parents who co-produced the resource recently received an Edinburgh Volunteer Award in June 2019.	Green
The relaunch of online peer support took place in February 2019 in eating disorder awareness week and was supported by Dr Catherine Calderwood, Chief Medical Officer and a social media campaign by NHS Lothian CAMHS, BEAT and the Scottish Government Health twitter account. There is ongoing promotion for volunteers and users and development of promotional material including posters and leaflets which have been distributed across Scotland.	Green
Ongoing recruitment of volunteers and service users for the project, currently on target. Data collection process and outcome measures agreed with the University of Edinburgh, research approval given and outcome collection has started.	Green

Key Deliverables in next 6 months (include estimated date for each deliverable)	RAG
Ongoing use and promotion of online peer support. Will include the development of videos discussing the benefits of peer support to be used as promotional material via social media and to be hosted on CARED Scotland website: ongoing.	Green
Meeting annual recruitment targets of 15 parents and carers and 45 young people recruited to receive the service: February 2020.	Green
Preliminary data analysis of the first year's outcomes in partnership with Edinburgh University: February 2020.	Green

What does success look like?

- Meeting annual recruitment targets.
- Collection of outcomes measures and associated analysis and reports,
- Production of promotional materials including videos to be uploaded to website and social media.
- Managing within allocated budget and timeframe, with clear reporting structure in place prior to the 2 year stop/go point.

What data (if any) can evidence delivery?

Young person email peer support (1-3 emails a week) commenced on the 8th July 2019. So far we have recruited 22 volunteers of which 16 have received peer support training by BEAT. We have 19 Scottish young people signed up to receive the service, 14 of which have been paired up and started the peer support service. 29 emails have been sent and moderated within the last 3 weeks of the service being fully active.

ECHO telephone peer support for parents and carers using carers skills training commenced on 25th March 2019. We are using and recruiting to a UK pool of volunteers via BEAT (total of 41 ECHO coaches, to support more targeted demographic matching according to service user preference e.g. partners, fathers, mothers etc.) 32 volunteers have been trained nationally with a further 9 to be trained in August. 14 Scottish carers have signed up to receive telephone support (13 mums and one partner), 10 of which have started, one due to start support next week and 3 currently being matched. There has been a total of 90 calls made since the start of the project, a total of 2849 minutes.

Any other comments