**ABOUT THE PILOT PROJECT**

MYPAS has been funded by MEAP (Midlothian Early Action Partnership) to provide a pilot project over 18 months focusing on a universal prevention and targeted early intervention approach for children in Primary 7. The children participating with be offered follow up sessions once they have transitioned to S1.

The pilot project with utilise the following methodology:

* Delivering preventative topic based sessions in schools
* Delivering follow-up group work sessions to children and young people identified as needing further support.
* Delivering follow-up 1:1 sessions to children and young people identified as needing further support.
* Awareness raising and information resources created for cohort and their carers supplementing the sessions given.

The pilot project will be carried out as a small scale test of change. Testing changes helps the partnership build knowledge about what works in a system, and why. Small-scale tests of change help determine whether an idea could result in sustainable improvement.

By testing out a unique and different approach to delivering health and wellbeing education programme to children and young people and by following this up with targeted group support or 1:1 support, will test the efficacy of the project in achieving the following changes:

• improved access to a range of support services for children, young people and their carers,

• provision of a range of easily accessible tools and techniques to help maintain good mental health and wellbeing,

• improved attitudes to and reduced stigma around mental health within schools and their communities.

**ABOUT MEAP**

The Midlothian Early Action Partnership (MEAP) is focused on improving mental health services for children, young people and young adults aged between 5-25 years in Midlothian, with funding until 2024 via the National Lottery Community Fund.

MEAP is a partnership between Midlothian Voluntary Action, Midlothian Sure Start, Midlothian Young People’s Advice Service (MYPAS), Midlothian Youth Platform (MYP), Midlothian Council, Midlothian Health and Social Care Partnership and NHS Lothian. The diversity of this partnership and our commitment to a shared agenda for change, puts us in a strong position to identify how best to improve the delivery of mental health services for children and young people in Midlothian.

The main aim of the work of MEAP is to effect change within local mental health services, so that children and young people in Midlothian get the best possible support with their mental health and wellbeing and are better able to deal with life’s challenges. In particular, we want to strengthen community-based approaches, to enable more timely and appropriate mental health support for a greater number of young people. The partnership adopts a strong co-production orientation and is therefore expected to reflect children’s and young people’s voices and stories, using these as the basis for action.