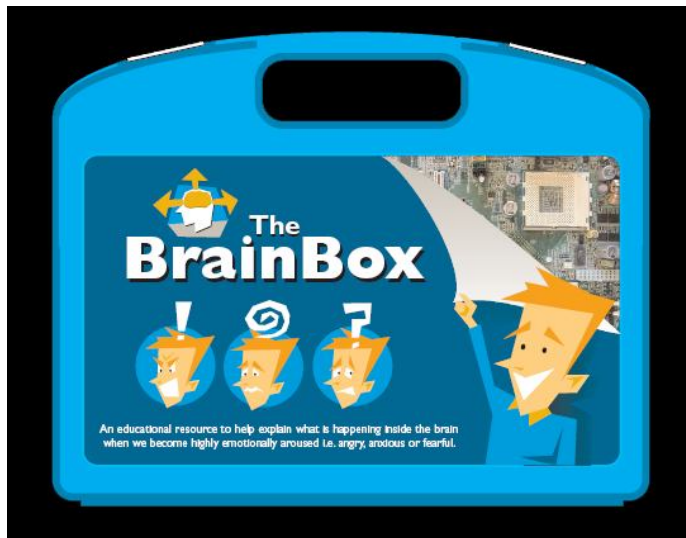


Bright Stars & BrainBoxes



Deborah Bone & Allison McNaught

Step2 Early Intervention Child & Adolescent Mental Health Service



MacQueen Award

"Excellence in Practice" 2007



Mental Health Award 2011

To work in partnership with you to improve the mental health and emotional wellbeing of children and young people in Hertfordshire



The BrainBox

A kinesthetic tool for improving mental health & emotional wellbeing.

A means for promoting good mental health and reducing the stigma of accessing specialist mental health services if required

An innovative resource that involves the user in their recovery.

Knowledge + Understanding = Empowerment



Bright Stars

A 6 week programme for developing self esteem and confidence

"The massage was really calming"

Aged 7

Involving education providers, parents, carer's and young people in making a difference to mental health & emotional wellbeing

"It made us feel nice about each other and our selves"

Aged 8

"Working alongside someone who runs the programme will give me the additional skills to work with groups in the future"

Teaching Assistant

"By the end the children were happy to speak about themselves, boosting their confidence and self esteem"

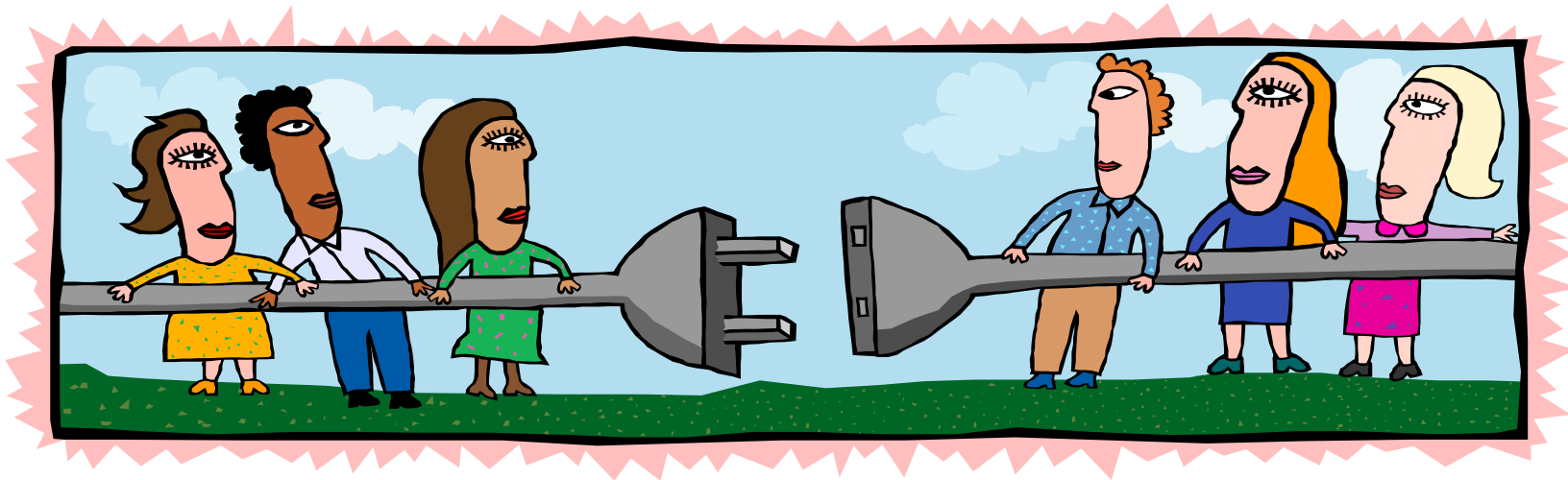
Teacher

"I felt afraid at first and happy by the end of Bright Stars"

Aged 9



Never underestimate.....



Thank You

the difference YOU make

