

Children and Young People Community Mental Health Funding

Thematic and Quantitative Analysis Report

Summary

This analysis draws together intended outcomes, reported qualitative feedback, and quantitative return data from across the 46 funded projects from the CYP Community Mental Health and Wellbeing Fund for the Financial Year 2025/2026 in Highland (see Appendix A for funded projects).

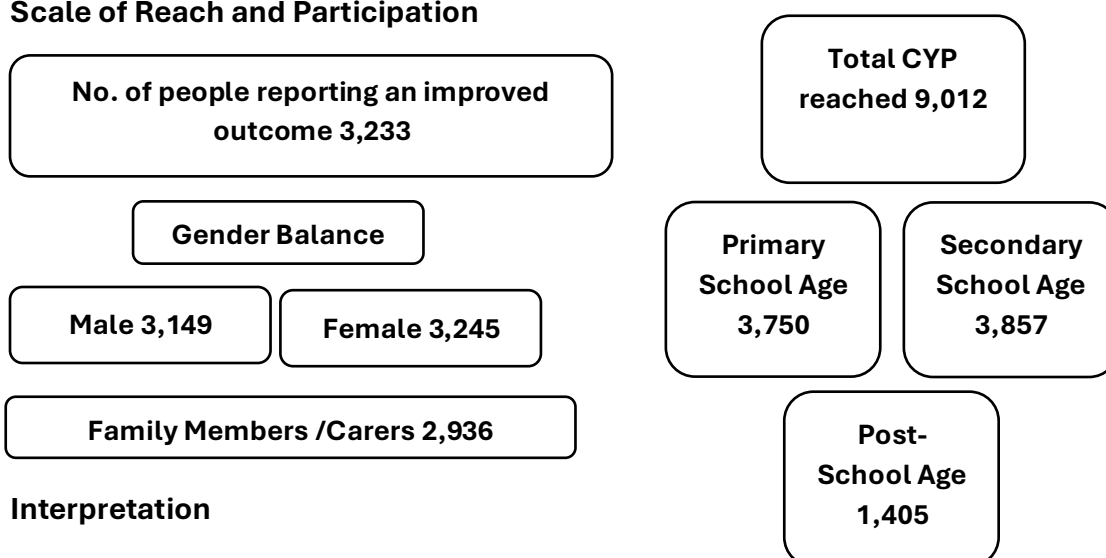
The analysis shows that the CYP Community Mental Health and Wellbeing Funding has delivered strong, consistent, and meaningful impact at scale, particularly in:

- Early intervention and prevention
- Emotional wellbeing and resilience
- Reduction of isolation through social connection
- Confidence, voice, and participation
- Whole-family and community wellbeing

Key Quantitative Highlights

- 9,012 children and young people supported
- Over 3,000 self-referrals, demonstrating accessible services
- High levels of reported improvement in wellbeing outcomes
- Low rates of escalation to specialist services

Scale of Reach and Participation



Interpretation

The funding activity demonstrates:

- Significant scale of delivery across Highland
- Strong engagement of younger children, supporting early intervention
- Balanced and inclusive reach across population groups

Reasons for Presenting

Exam Stress / School Issues	175	Self-Harm	35
Trauma	541	Depression / Low Mood	106
Bereavement	145	Anxiety	291
Gender Identity / Sexuality	44	Emotional / Behavioural Difficulties	134
Substance Use by Self or Family	50	Body Image / Eating Concerns	60
Distress	192	Anger	81
Isolation / Loneliness	231	Family Relationships / Home Issues	138
Emotional Literacy	99	Self-Esteem / Confidence	558
Social Interaction / Peer Relationships	221	Resilience	80
Physical Health	73	Bullying	75
Support for Parents	138	Poverty / Homelessness	135
Learning Support	68	Routine / Boundaries	0
Neurodevelopmental	62	Suicidal Thoughts	26
Sleep	196	Violence / Abuse	18
Fears / Phobias	51	Other (<i>not specified</i>)	49

Thematic Analysis of Outcomes

Theme 1: Emotional Wellbeing and Resilience

Evidence

- Improved mood, reduced anxiety, and increased coping strategies
- Emotional literacy and self-regulation skills developed
- Counselling and group-based support demonstrate measurable improvements

Quantitative Alignment

- High numbers accessing positive mental health and wellbeing services
- High proportion reporting improved outcomes

Insight

Emotional wellbeing improvement is the most consistent outcome across the activity, primarily achieved through non-clinical, relational approaches.

Theme 2: Social Connection and Belonging

Evidence

- Reduced isolation and loneliness across multiple projects
- Formation of friendships and peer support networks
- Strong sense of belonging emerging in group-based environments

Quantitative Alignment

- High reporting of issues relating to:
 - ✓ Isolation / loneliness
 - ✓ Social interaction / peer relationships

Insight

Social connection is both a core outcome and a key mechanism of change, directly improving wellbeing.

Theme 3: Confidence, Voice and Empowerment

Evidence

- Increased confidence, participation, and self-esteem
- Young people more able to:
 - ✓ Express views
 - ✓ Engage in decision-making
 - ✓ Seek support
- Advocacy services show:
 - ✓ Increased understanding of rights
 - ✓ Greater control and involvement in decisions

Quantitative Alignment

- High reporting of issues related to self-esteem/confidence
- High levels of self-referral

Insight

Self-referral levels indicate growing confidence and agency, demonstrating that young people feel able to seek help independently.

Theme 4: Early Intervention and Prevention

Evidence

- Majority of provision delivered at Tier 1 / early intervention level
- Increased awareness of support and earlier help-seeking behaviour

Quantitative Alignment

- Majority accessing wellbeing services vs crisis services
- Lower levels of high-risk issues (e.g. self-harm, substance use)

Insight

The activity is successfully shifting support upstream, preventing escalation and supporting earlier intervention.

Theme 5: Skills Development and Positive Destinations

Evidence

- Young people gaining:
 - ✓ Qualifications (SCQF, Saltire Awards)
 - ✓ Life skills (communication, resilience, leadership)
- Improved engagement in:
 - ✓ Education
 - ✓ Volunteering
 - ✓ Employment pathways

Quantitative Alignment

- High activity in engagement-based services
- Evidence of progression outcomes

Insight

Wellbeing support is directly linked to improved life chances and positive destinations.

Theme 6: Family Relationships and Whole-Family Impact

Evidence

- Parents report increased confidence and improved relationships
- Reduced family stress through:
 - ✓ Structured activities
 - ✓ Safe childcare environments
 - ✓ Practical supports

Quantitative Alignment

- Significant engagement of family members/carers
- High reporting of issues related to family relationships

Insight

The activity demonstrates clear whole-family impact, aligning strongly with Whole Family Wellbeing Programme principles.

Theme 7: Addressing Poverty, Isolation and Inequality

Evidence

- Provision of:
 - ✓ Free meals (holiday hunger)
 - ✓ Accessible activities
 - ✓ Transport solutions
 - ✓ Reduction in financial and social barriers

Quantitative Alignment

- Reporting of issues relating to:
 - ✓ Poverty
 - ✓ Isolation
 - ✓ High engagement in deprived areas

Insight

Practical supports such as food and access are critical enablers of wellbeing outcomes.

Theme 8: Safe Spaces and Trusted Relationships (Cross-Cutting)

Evidence

- Consistent reporting of:
 - ✓ Safe environments
 - ✓ Trusted adults
 - ✓ Informal, non-clinical settings

Insight

Safe, relationship-based environments are the primary driver of success across all outcomes.

Quantitative Analysis of Service Activity

Access Pathways

- Self-referrals: ~3,041 (one of the highest categories)
- Additional referral routes:
 - ✓ Schools
 - ✓ Families/carers
 - ✓ Social work and community partners

Interpretation

- High self-referral indicates:
 - ✓ Increased awareness
 - ✓ Reduced stigma
 - ✓ Accessible service design

Onward Referrals (System Impact)

- Relatively low numbers of onward referrals to:
 - ✓ CAMHS
 - ✓ Specialist services

Interpretation

Most needs are successfully met within community provision

Suggests:

- Reduced pressure on statutory services
- Effective early intervention

Needs Profile (Presenting Issues)

- Most frequently reported:
 - ✓ Self-esteem / confidence
 - ✓ Isolation / loneliness
 - ✓ Emotional distress
 - ✓ Social relationships
 - ✓ Anxiety
- Moderate:
 - ✓ Trauma
 - ✓ Behavioural issues
 - ✓ Depression
- Lower frequency:
 - ✓ Self-harm
 - ✓ Substance use
 - ✓ High-risk mental health issues

Interpretation

The activity is effectively targeting early-stage needs, preventing escalation into more complex mental health issues.

System-Level Impact

What is Working:

Across projects, the most effective delivery approaches are:

- Relationship-based practice
- Group and peer-led engagement
- Creative and activity-based interventions
- Flexible, community-based models
- Whole-family approaches

System Benefits

- Increased early help and prevention
- Reduced escalation to specialist services
- Improved navigation of support pathways
- Strengthened partnerships and community capacity

Data Quality Considerations

- Some inconsistency in data capture across projects
- Variability in interpretation of measures
- Some services (e.g. early years, non-clinical) unable to capture all metrics

However, patterns are clear, consistent, and robust across datasets.

Strategic Conclusion

The CYP Community Mental Health and Wellbeing Funding is:

- Delivering large-scale reach across Highland
- Providing effective early intervention and prevention
- Improving mental wellbeing, confidence, and social connection
- Supporting families as well as individuals
- Reducing demand on statutory and crisis services

The activity demonstrates strong alignment with Whole Family Wellbeing and GIRFEC principles, delivering accessible, community-based early intervention support that improves emotional wellbeing, strengthens relationships, and enables children, young people and families to thrive.

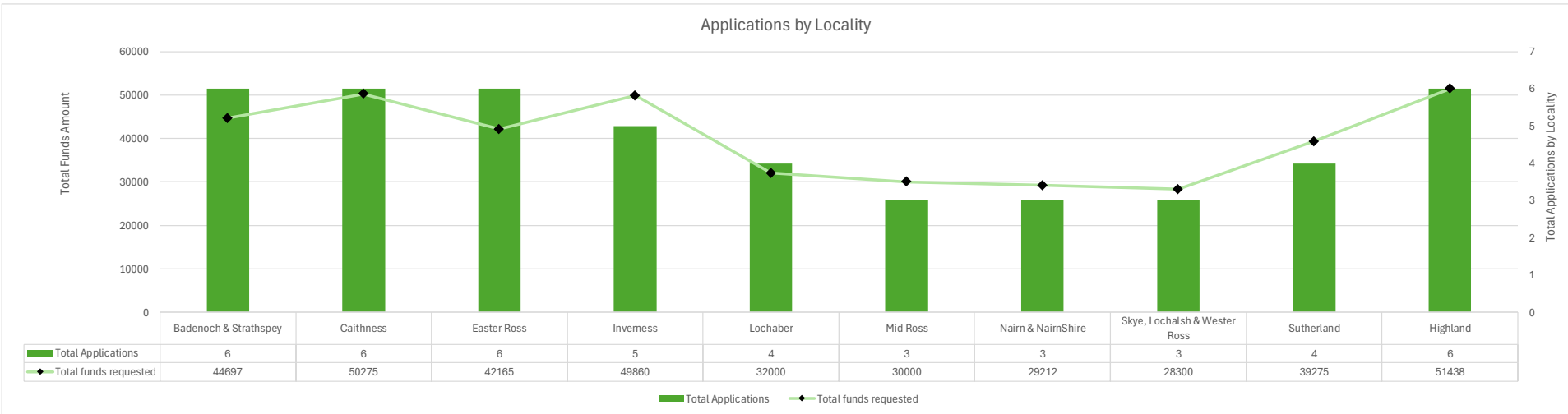
Funded Projects 2025/2026

Project Name	Organisation
Youth Recovery Inverness	Addictions Counselling Inverness
ACI Northern Lights	Addictions Counselling Inverness
On Your Side – Young People’s Advocacy (Caithness)	Advocacy Highland - Caithness
On Your Side – Young People’s Advocacy (Inverness)	Advocacy Highland - Inverness
On Your Side – Young People’s Advocacy (Mid & Easter Ross)	Advocacy Highland - Mid & East Ross
On Your Side – Young People’s Advocacy (Sutherland)	Advocacy Highland - Sutherland
Mindful Melodies	Arts Play
Together, Kind & Responsive: Expanding Youth-Led Mental Health Support	Avoch Sea Scouts
Balintore & District Residents' Group	Balintore and District Residents' Group
Blue Space Explorers	Blue Space Highland
Staying Connected	Broadford and Strath Development Company
CASWA CYP Wellbeing Project	Caithness and Sutherland Women's Aid
Vision 2026	CALA
Club Artysans Partnership Activity	Calman Trust
Happy Healthy Active Black Islers	Cromarty Youth Cafe
Family Club and Mental Wellbeing at Dalneigh	Dalneigh Primary
Trail Therapy	Ewen's Room
Wellbeing Champions	Ewen's Room
Youth Rangers Programme	Friends of Merkinch Local Nature Reserve
Wellbeing Fusion Badenoch & Strathspey	Fusion B&S
Holiday Youth Club	Golspie Youth Action Project
Prom Dress Swap Initiative	Grantown Grammar
Grantown Summer Programme 2025	Grantown YMCA
Growing2gether Nursery Mentoring Programme	Growing2gether
Highland Action for Little Ones	HALO
Helmsdale Youth Club - Special Activities and Events	Helmsdale Youth Club
Wellbeing Fusion Badenoch & Strathspey (Dec 2025-June 2026)	Highlife Highland
Home Start Caithness	Home Start Caithness
Artivism for Mental Health	Inspiring Young Voices
Art for All – Creative and Therapeutic Activities for children and families	Kinlochlovin
LGBT Youth Scotland - Highlands	LGBT Youth Scotland
Ewans Room	Lochaber Care and Protection - Summer Programme
Neurodiverse Youth Wellness	Marsco Neurodiversity Support and Wellbeing
Enhancing Outdoor Activity Opportunities in Highland Secondary Schools for Vulnerable Young People on the MCR Pathways Programme	MCR Pathways
Mikeysline Mental Fitness	Mikeysline Caithness
Mikeysline Mental Fitness	Mikeysline Sutherland
The World through our eyes	NAS Moray, Nairn and Strathspey
Holiday Support Programme October 2025	Tain YMCA
Holiday Support Programme Summer 2025	Tain YMCA
The Place Group Work	The Place Youth Club
Chick Chat	The Place Youth Club
The Place Playscheme - Summer Programme 2025	The Place Youth Club
Inclusion	Ullapool Active Schools - Late Bus
Maintain and increase staffing of the Youth Space	Ullapool Youth Club
Mind & Motion Holiday Hub at Rosebank	Wick Community Hub
Wild Minds	Wild in Mind

Locality Allocation of Funds 2025/2026

CYP Community Mental Health & Wellbeing Fund Successful Applications

Locality	Badenoch & Strathspey	Caithness	Easter Ross	Inverness	Lochaber	Mid Ross	Nairn & NairnShire	Skye, Lochalsh & Wester Ross	Sutherland	Highland
Total Funded Applications	6	6	6	5	4	3	3	3	4	6
Total Funds Requested	£44,697.00	£50,275.00	£42,165.00	£49,860.00	£32,000.00	£30,000.00	£29,212.00	£28,300.00	£39,275.00	£51,438.00



TOTAL SPEND: £397,222.00