

# Project Iris - growing hope

## FAQs

March 2024



# Frequently asked questions

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**We've put together a list of some of the most often asked questions. This list may develop as our project does so please do not hesitate to get in touch with us for any other information.**

**You can find out further details on the programme outline in our placement criteria and outline**

## **How do you refer?**

We are taking referrals from schools, colleges, youth groups, services and community groups. You can also self-refer into the programme.

The first step is to complete a referral/ application form (available on our website or by contacting us) and send in to us at [ProjectIris@inclusioneducation.org.uk](mailto:ProjectIris@inclusioneducation.org.uk)

## **What are the criteria to join the programme?**

The programme is open to 11 -25 year olds who have experienced or expressed suicidal ideation, thoughts, and self-harm.

## **Where are the sessions held?**

The programme runs for 6 weeks with each group attending once a week for 2 hours.

The sessions run from 10am -12pm and 1pm - 3pm. The groups will be divided by age categories. Participants will be notified about which sessions and dates they will be attending.

The first sessions will be held at Greenfingers at Basingstoke Mencap.

## **Who is running the project?**

Project Iris is part of Inclusion Education. The project will have a Mental Health Lead and Mental Health support worker on site and support from the Inclusion Education Social Impact team.

The DSL will be Marie Greenhalgh, Innovation and Development Director.

Project funding is from the Department of Health and Social Care Suicide Prevention Fund.

## **How are you assessing the project?**

Assessment tools will be used throughout the programme to measure the mental health and well-being and mood of participants. A PHQ-9 assessment will be taken at the start and end of the programme and Mood assessors used throughout. Boxall Profiling will be used to support engagement and participation. Participant, parent/carer and refer feedback will also be taken.

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## **How long is Project Iris running?**

Our current funding will cover a years running of the project – with 8 6-week block programmes running throughout the year.

## **What do I wear/ what equipment do I need? do I need?**

The sessions will be held outside so please ensure weather appropriate clothing and footwear is worn.

Please bring a water bottle

Everything else will be provided on the day.

Please note, although will have first aid, we will not have ibuprofen or paracetamol on site or have it distributed.

Please note:

- Due to the need for everyone to be safe, we can not accept anyone who is likely to actively attempt any injurious behaviour during sessions. Please note, if we feel level of risk has escalated then attendance to the project may be re-assessed
- The School or referring agency must seek parental permission and consent to share student information
- The use and consumption of drugs or alcohol on site will not be permitted and could lead to attendance of the project being re-assessed.