

# Project Iris - growing hope

## FAQs

October 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 if not attending school. 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)

## **Policy, Procedure, Risk Assessment, and DBS Checks**

We have these documents readily available. If you need access to any of them, please don't hesitate to request them at your earliest convenience.

## **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, self-harm, thoughts of hopelessness, feeling a burden and not wanting to carry on.

## **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 sessions will be held at Greenfingers at Mencap Elizabeth Road Basingstoke RG22 6AX or Equine -Danny's Place Watley Farm Locks Lane Sparsholt SO21 2LU.

## **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 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.

## FAQ's

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### **How do you prevent 'group thinking' or negative impacts of sharing suicidal thoughts and ideation within groups?**

Our group selection for attendees will be carefully considered based upon the needs of the young people and how we keep everyone safe.

Our Mental Health Support staff are aware of potential warning signs and triggers and our safeguarding approach will take this into account. Group sizes will remain small, allowing staff intervention if any concerns noted and will be acted on support this in a positive way.

### **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. This is a bespoke outcome measurement tool designed for the programme that reflects mood. We also collate feedback forms.

### **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.

### **Information sharing**

Given the sensitive nature of our service, no information will be shared, and no external staff or support will be invited. However, please be aware that any safeguarding concerns will be reported.