

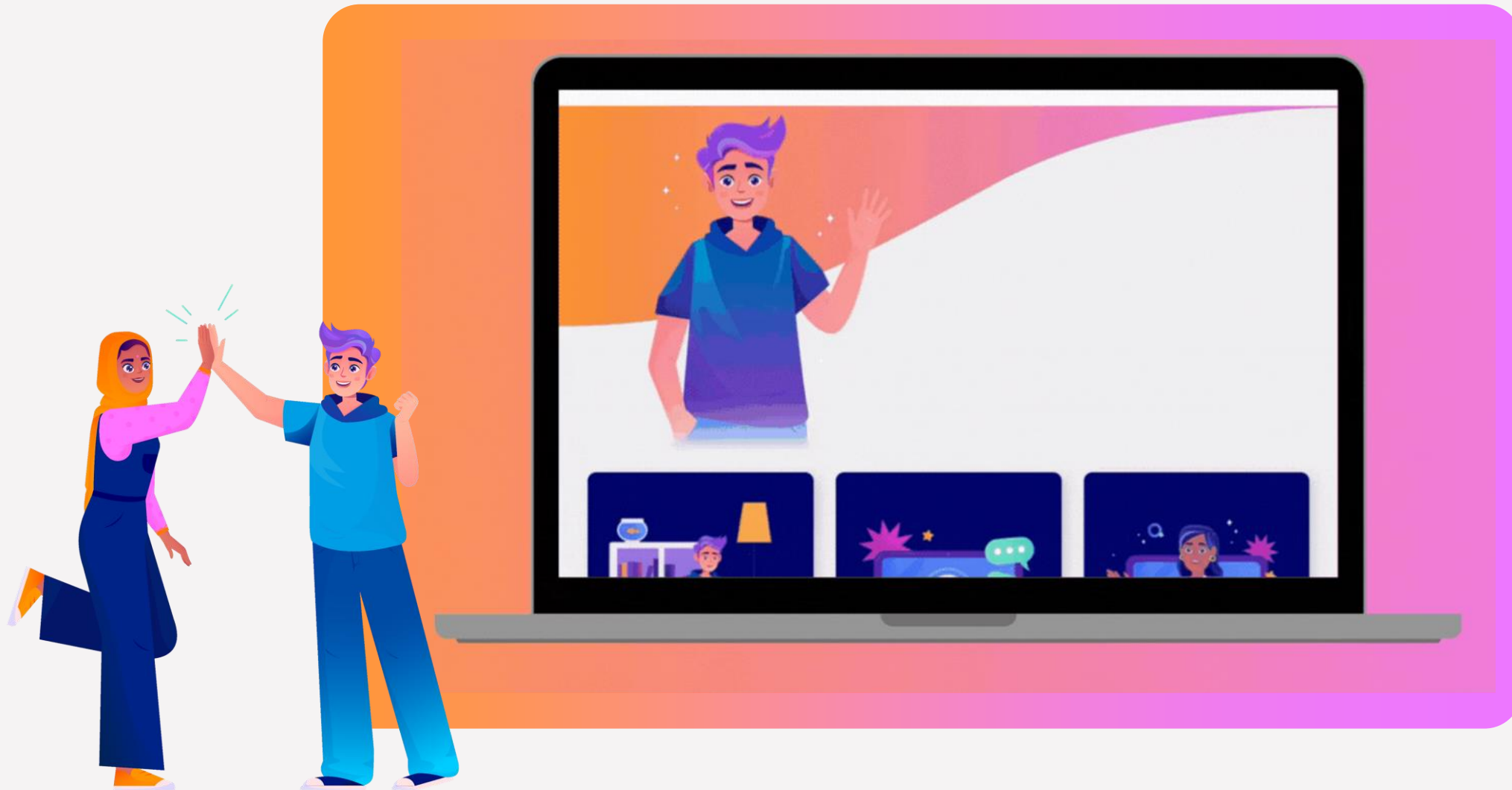
# The Sandbox

HAPpy Learn and Share Event  
21st November, 2024



# The Sandbox

Digital mental health service for Children and Young People



# The THRIVE Model

The THRIVE Model



Stepped Care



Service Specs



# Notes for Slide 3

**The THRIVE Model explanation:** The THRIVE Framework for system change is an integrated, person-centred and needs led approach to delivering mental health services for children, young people and their families that was developed the NHS.

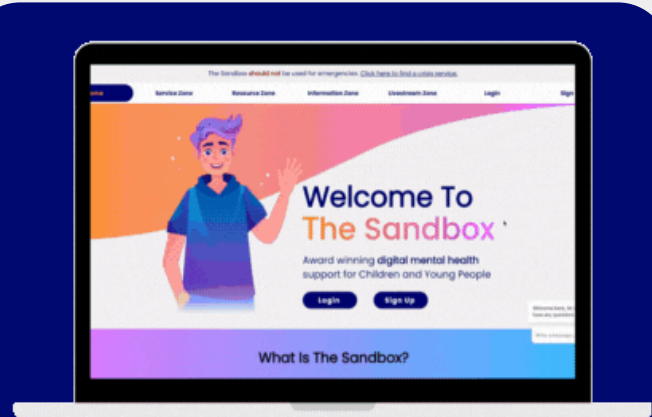
It conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and also the promotion of mental health and wellbeing across the whole population. Children, young people and their families are empowered through active involvement in decisions about their care through shared decision making, which is fundamental to the approach.

**The Sandbox covers all 4 aspects of the THRIVE Model, with risk support being referral to other services with support while they wait.**

# The Sandbox

The Sandbox provides three levels of mental health support for Children and Young People, via the THRIVE stepped care model

## Getting Advice

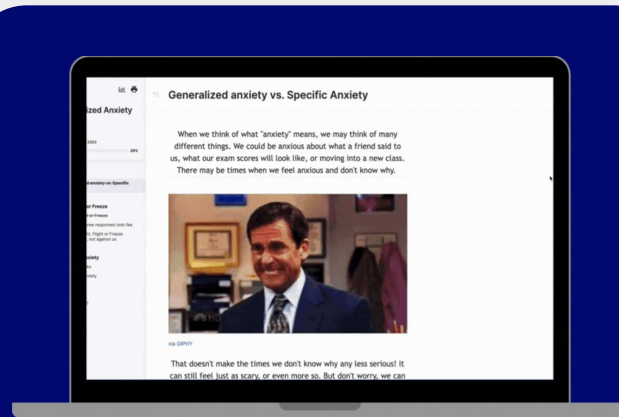


### The Sandbox Website

Downloadable content  
LiveChat  
LiveStreams

(Available to the **whole population** of patients to build resilience)

## Getting More Advice

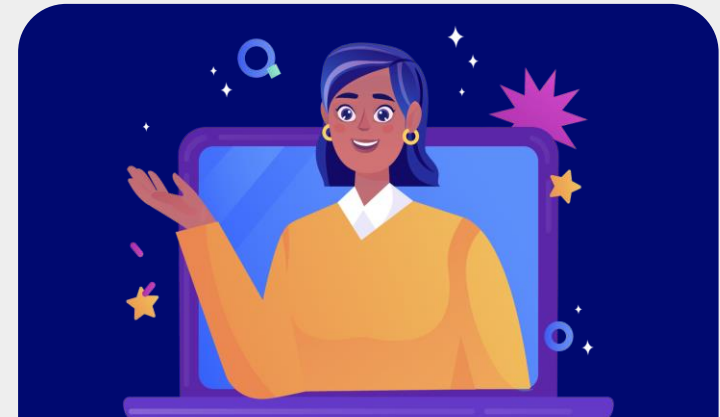


### The Sandbox Academy

8-12 week iCBT course  
Supported by text/LiveChat  
Paired outcome measures

(**Lower-intensity** support via triage, monitored and supported by text chat)

## Getting Help



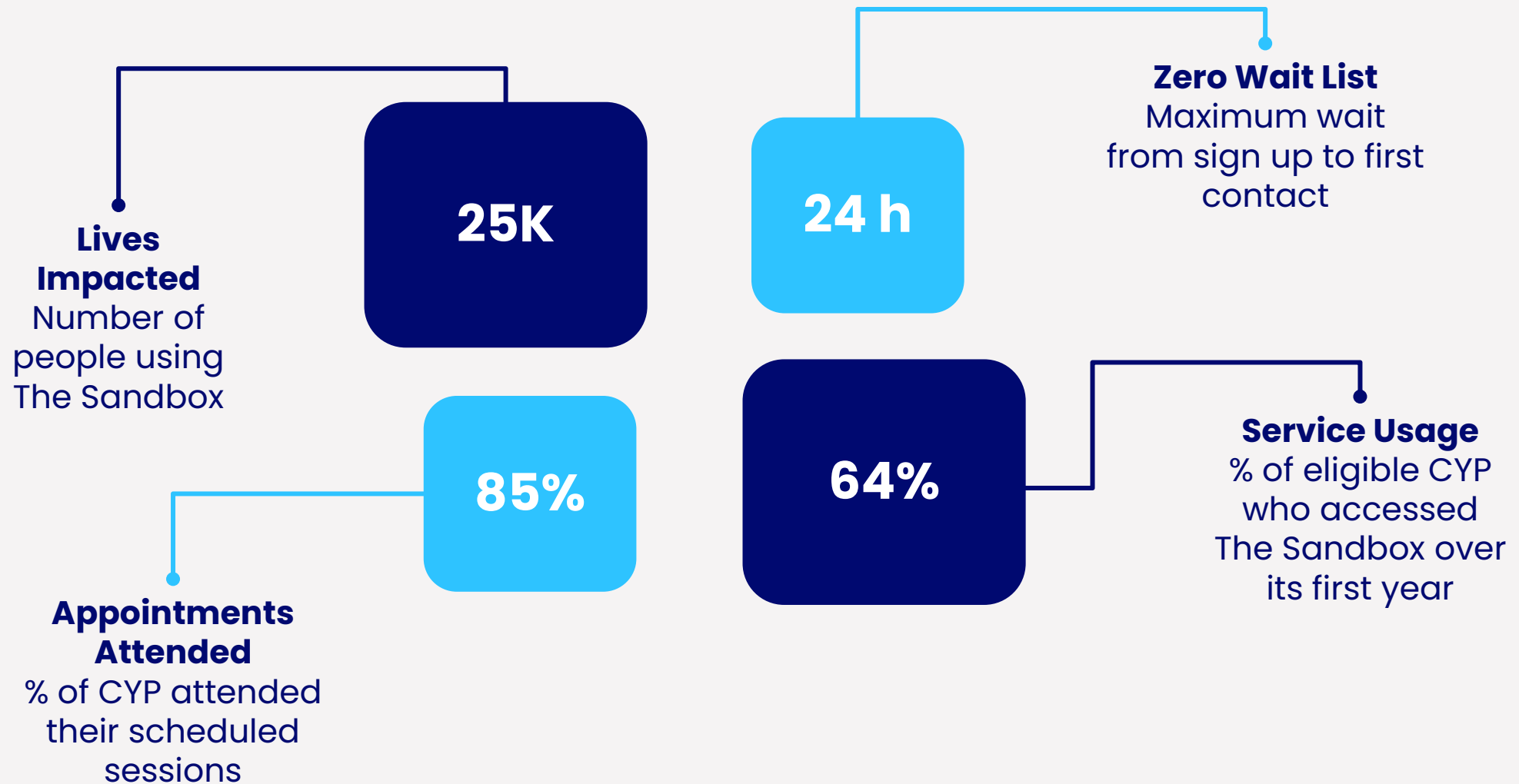
### 1:1 Therapy

Flexible scheduling  
Optimised matching  
Video/Audio/Text Calls

(**Medium/high intensity** support via triage with a therapist or psychologist)

# The Numbers

An effective digital solution



# Getting Advice

# Getting Advice

The Sandbox reduces barriers to **accessing support**.

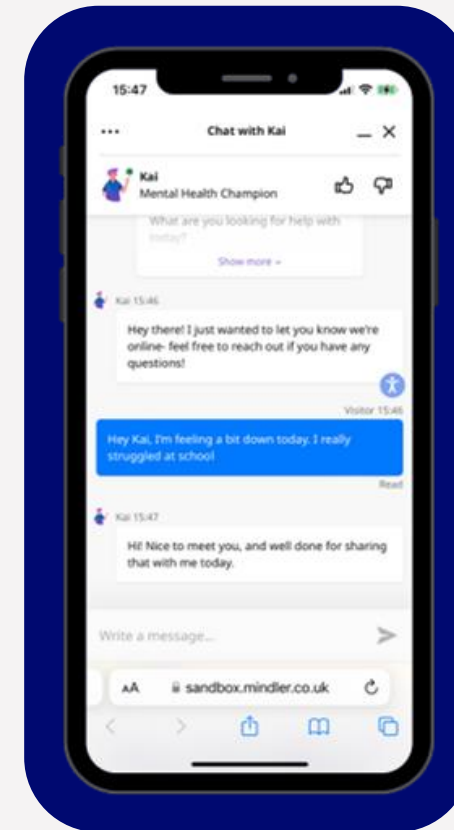
It can be accessed on **any device** – phone, tablet, or PC/Mac



**Downloadable  
Content  
(Resource Zone)**

## Resource Zone Topics:

ADHD  
Autism  
Body Image  
Anxiety  
Back To School  
Grief and Loss  
Anger  
Sleep Health  
Exam Stress  
Bullying  
& many more



**Live Chat  
(8am – 10pm)**



# Notes for slide 8

**Resource Zone** - monthly released content on a specific topic that is relevant to young people. Variety of resources in different formats - video, pdfs, audio, breathing exercises, meditations, etc

**LiveChat** - manned by Care Coordinators as Kai, for CYP to get more information about the service, be referred to other relevant services, any admin questions, follow up on their sessions

Live Chat - staffed for 14 hours of the day, the Live Chat allows young people to speak to one of our Care Coordinators (responding as 'Kai')

# Getting Advice

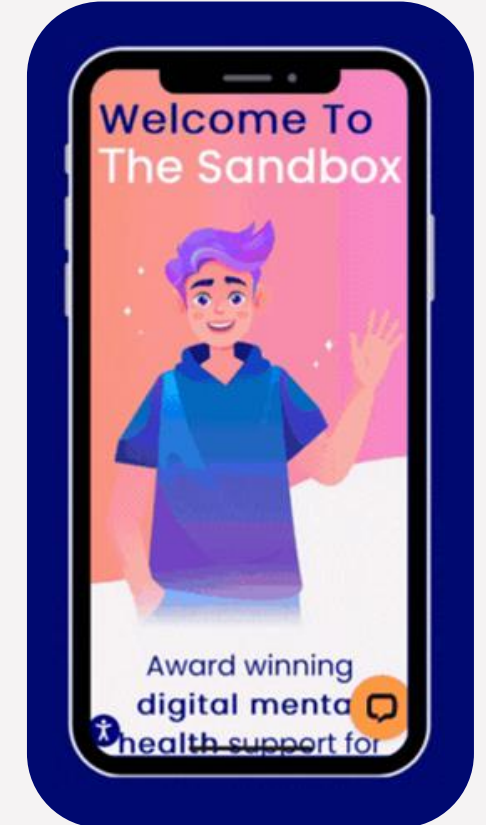
The Sandbox goes to CYP where they are - **online**

# 75%

of CYP play video games online

## Livestream Topics:

ADHD  
Back To School  
Autism  
Anxiety  
Exam Stress  
Sleep Health  
& many more...



**LiveStreams**

**Accessibility**

# Notes for slide 10

**Livestreams** - we host Livestreams on a monthly basis, where we play a popular game with CYP while a therapist answers questions submitted by CYP on the topic of the month. Viewership of about 200 people per stream.

**Accessibility** - website is adaptable to a variety of different profiles - ADHD friendly, colour blind, seizure safe profile, etc

# The Toolbox


## Resources for CYP with or suspected of having Autism and ADHD



**ADHD In Girls** ✨

Rio - The Toolbox


Navigating life with ADHD presents unique challenges.



**Interception in ADHD and Autism**

Rio - The Toolbox

Understanding our body's internal signals plays a key role in how we care for ourselves.



**ADHD and School**

Rio - The Toolbox

For students with ADHD, heading back to school can be a whirlwind of mixed emotions.


## Resources about ADHD and Autism



**Understanding My Autism Primary**

NESSIE  
Neurodivergence: Autism  
Gender: Mixed  
Age range: 8 to 11  
Format: Online  
Day of the week: Wednesday  
Location: Online  
Starting Date: 2 October 2024  
Final Date: 11 December 2024  
Starting Time: 11:15 am  
Ending Time: 12:15 pm  
Drop-in Sessions Allowed: No

Head over to [nessieined.com/my-world-and-me](https://nessieined.com/my-world-and-me) for more information.



**Understanding my ADHD - Primary**

ADD-vance **Fully Booked**  
Neurodivergence: ADHD  
Gender: Mixed  
Age range: 7 to 11  
Format: In Person  
Day of the week: Tuesday  
Location: Hemel Hempstead  
Starting Date: 5 November 2024  
Final Date: 10 December 2024  
Starting Time: 4:30 pm  
Ending Time: 5:30 pm  
Drop-in Sessions Allowed: No

A transformative 6-week group course designed to empower children and young teens with ADHD, Autism, or both.

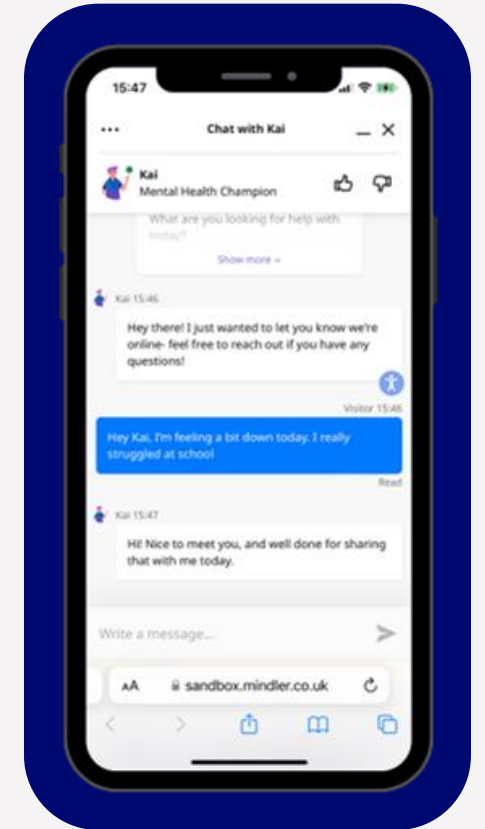


**Understanding my Autism - Primary**

ADD-vance **Fully Booked**  
Neurodivergence: Autism  
Gender: Mixed  
Age range: 7 to 11  
Format: Online  
Day of the week: Wednesday  
Location: Online  
Starting Date: 6 November 2024  
Final Date: 11 December 2024  
Starting Time: 4:30 pm  
Ending Time: 5:30 pm  
Drop-in Sessions Allowed: No

A transformative 6-week group course designed to empower children and young teens with ADHD, Autism, or both.

## List of local workshops



## Live Chat (hours vary)

# Getting Help

# Getting Help

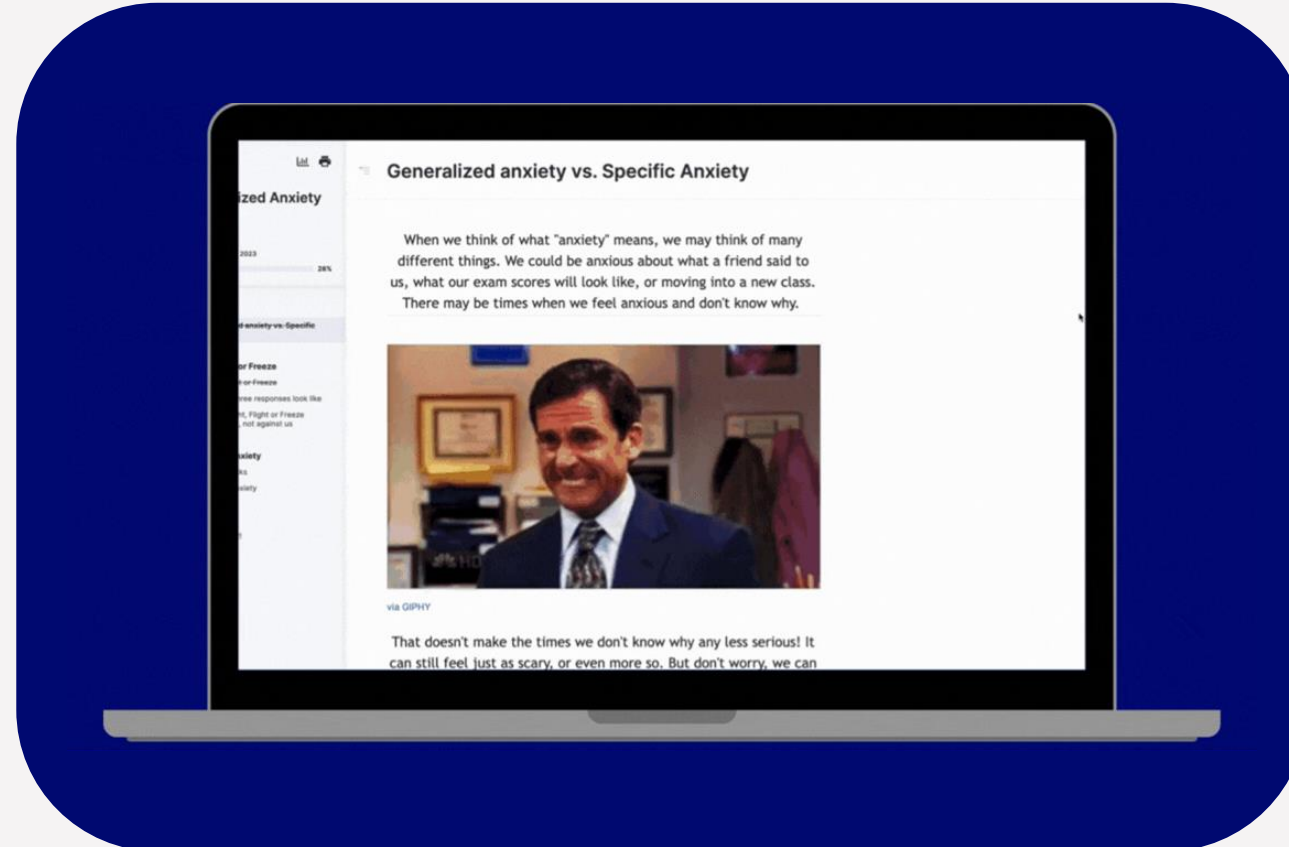
## The Sandbox Academy – Guided iCBT Course

**Interactive** CBT  
Modules (iCBT)

Modules assigned  
based on **individual**  
**needs**

Developed by  
therapists based on  
**3rd wave CBT**

Highly **interactive**  
(gifs, games,  
videos)



**Gamification** of the  
process (award  
badges)

Users **supported** by  
Kai throughout

Continuous **module**  
**development**

Extensive **range**  
of modules

# Notes for slide 14

For CYP who prefer to engage **online**, would like to get support **right away**, Have **social anxiety** or just prefer texting to talking, who: Have a diagnosed or suspected **neurodiversity**

**Topics available:** Examples include:

- Anxiety
- Depression
- Relationships
- Growing up
- Managing stress

# Getting More Help



# Getting More Help

## The Sandbox 1:1 Therapy

### Flexible Scheduling

Appointments available **throughout the day**, including evenings and weekends

### Optimised Matching

Therapist matching by need and **preference** plus the ability to **switch** therapists

### Platform Selection

Choice of **video or phone** appointments at a **frequency** of their choosing

### Experienced Therapists

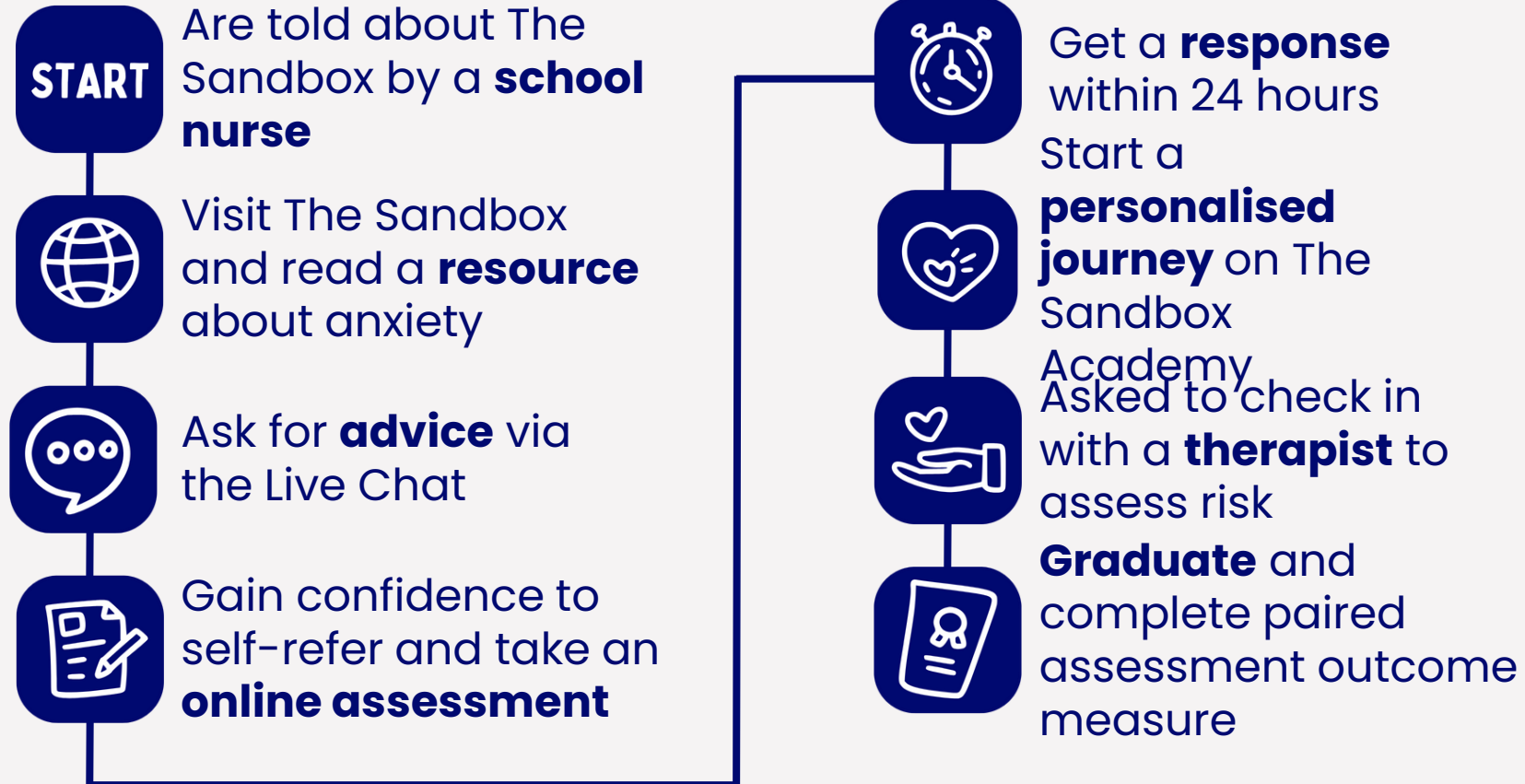
Choice of **country qualified therapist** with a range of different **specialisms**

I'm very impressed with everything our therapist has done so far and I can't thank her enough for helping my little girl. **I don't feel as stressed** at bedtime if we have a bad day as I can remain **calmer** now knowing we got **support** and remind her of some of the things she's learnt.

Parent of F, aged 7, with sleep issues



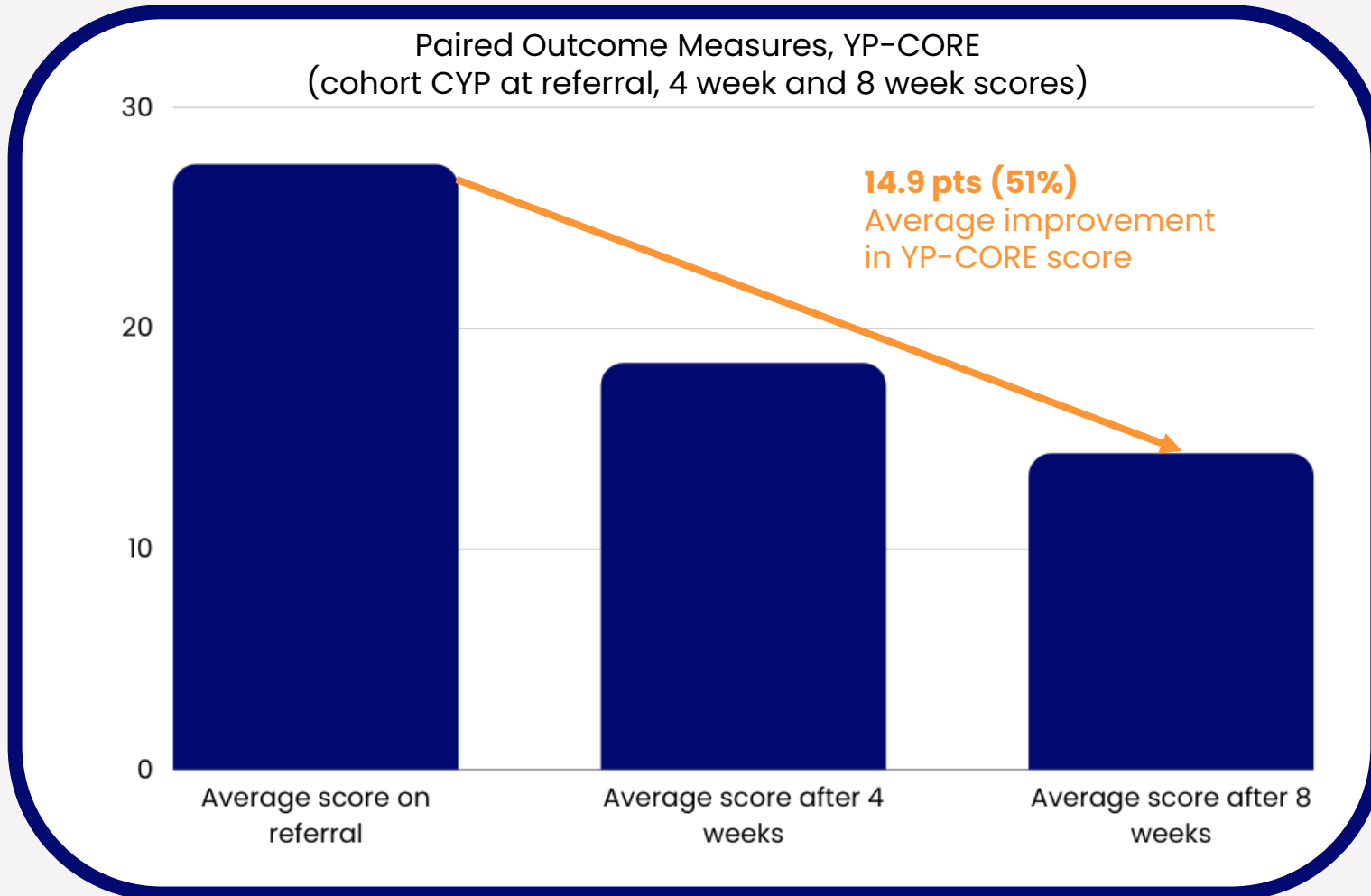
# Case Study - A CYP Journey



# Results & Recognition

# Clinical Outcomes

Meaningful Improvement For CYP And Their Families



# Awards & Recognition

## Market Leading Solution

This is a **remarkable digital solution** to a complex healthcare problem, impactfully reaching those affected by **health inequalities**. The judges were captivated by the evident **wider benefits** that this initiative promises to deliver.

HSJ Digital Judges comments on  
The Sandbox



## Nominations & Awards

**HSJ** DIGITAL  
AWARDS 2023

WE ARE PROUD WINNERS

Reducing Health Inequalities through Digital

**HSJ** DIGITAL  
AWARDS 2023

WE ARE PROUD TO BE HIGHLY COMMENDED

Improving Mental Health through Digital

**HSJ** AWARDS 2022

17 NOVEMBER 2022 | EVOLUTION LONDON

WE ARE PROUD TO BE A FINALIST

**DIGITISING PATIENT  
CARE AWARD**

**Children &  
Young People Now**  
Awards 2022

**Finalist**

THE NHS IN THE MIDLANDS  
**EXCELLENCE  
IN SUPPLY  
AWARDS 2022**  
SHORTLIST

# How To Contact The Sandbox



[sandbox.mindler.co.uk](https://sandbox.mindler.co.uk)



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[sandbox@mindler.co.uk](mailto:sandbox@mindler.co.uk)



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Thank you.