



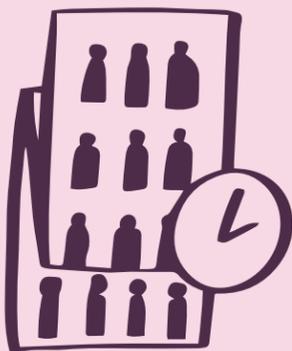
You Are Not Alone (YANA)

YANA is our pioneering, multi-award winning suicide prevention programme for young people aged 16-35, that are most at risk of suicide, not only preventing their needless death but also supporting them to flourish.

Barriers to support

YANA members are some of the most vulnerable young people in our society: they have a range of highly complex needs and are most at risk of suicide. However, too often they are unable to get the support they need, which is why **75% of people who die by suicide each year are unknown to mental health services.**

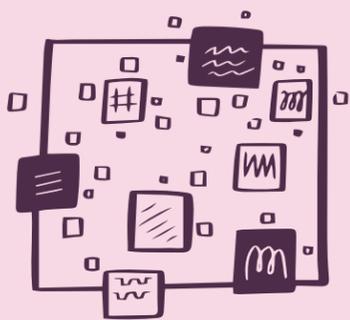
Barriers to support include



Long waiting lists
(e.g. up to 3 years for
CAMHS)



Going to A&E and facing
retraumatising stays on
a secure ward with heavy
medication



Available services
are fragmented and
siloed because of little
collaboration



Limited support
available, either for the
highest risk situations
ie. crisis or support that
is available is generally
unsuitable for suicidality
e.g. talking therapies

Members' conditions are so **acute and enduring**, they are **often a constant drain on statutory mental health services**, which generally treat them reactively, often papering over cracks.

Particularly in the aftermath of the pandemic, **the system seems unable to meet the surge in demand or provide the nuanced support that certain communities disproportionately affected by Covid-19 (e.g. BAME) need.** YANA addresses the cause of suicidality, addressing all forms of trauma and supporting members to achieve stability in their lives, alleviating the burden on the NHS.

Programme Outline

Faced with people who have experienced a diverse range of past and ongoing traumatic experiences, often in very difficult and uncertain circumstances, Body & Soul has always brought a tailored and systemic approach, intervening in whatever ways possible to reduce multiple risk factors and enhance protective factors for that specific individual.

To illustrate how this works in practice, the journey through YANA includes accessing:



Foundational Stabilising

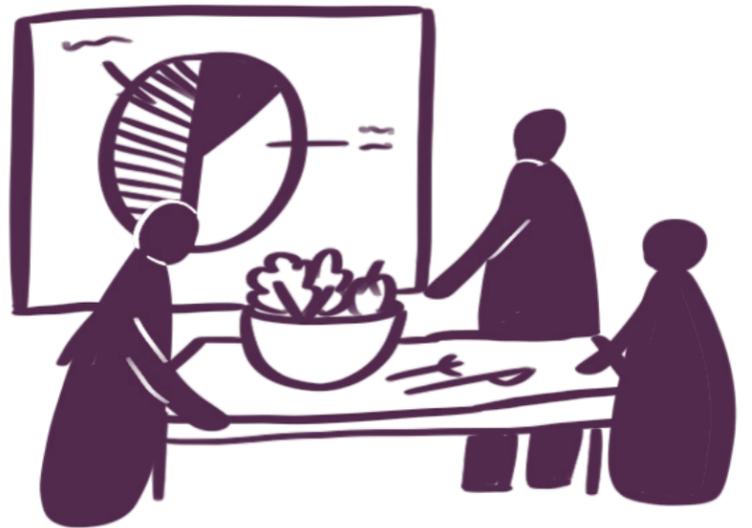
For the first 6-months members can access:

- ♥ **Course of Dialectical Behaviour Therapy Skills Groups**, considered the gold standard for suicide prevention and very well-evidenced in reducing suicidal thoughts and helping people regulate their emotional responses to the world.
- ♥ **Additional holistic support** including 1:1 DBT skills coaching and homework support, nutritional advice, access to legal support, and our casework and advocacy service, around finances, housing, education etc.

Long-term Resilience-Building Transformation Phase

Following completion of the course (occasionally members are invited to repeat some or all modules), members join our graduate programme and access:

- ♥ **A range of therapeutic activities for as long as they wish:** shown to be significant in therapeutic change such as trauma-informed yoga, regular men's/women's groups, creative projects around art/dance/poetry, workshops on nutrition, somatic therapies involving body and breathwork etc
- ♥ **Specialist 1:1 therapies:** in a range of modalities e.g. EMDR, AEDP, Integrative, Somatic Experiencing, CBT and many more
- ♥ **Continued access to our casework and advocacy service** and legal support to meet members' practical needs
- ♥ **A range of opportunities to develop skills** as part of their healing journey as: researchers conducting empirical enquiry with universities and clinical institutions; creatives developing YANA resources; producers leading workshop delivery; consultants shaping programme design.



All of these different interventions or activities have a rich evidence base already but **we always aim to substantiate them within our particular context too.** For instance, we have been involved in a review of creative therapies with UCL over the last two years in an attempt to identify any shared mechanisms of action (to be published).

Outcomes

A snapshot of quantitative outcomes include:

Improved coping mechanisms

95.6%

of members report using more positive coping strategies to manage their emotions

41.2%

of members report using more positive coping strategies to manage their emotions

39.5%

Increase in coping skills use

Improved emotional regulation and a reduction in impulsivity

91.2%

of members feel more proficient at 'recognising' their emotions – i.e. at seeing them coming in advance so they can manage them more effectively

Members have demonstrated a

44.1%

decrease in difficulties managing impulse control.

Improved social connectivity

100%

feel better able to communicate their needs and opinion

91.3%

of members report using more positive coping strategies to manage their emotion

75%

feel more connected to those around them

Improved confidence

86.9%

members feel more confident

Reduction in incidence of self-harm

For 11 of the 16 methods of self-harm identified in the Deliberate Self-Harm Inventory, members demonstrated a

91.2%

decrease in use

Reduced contact with statutory services

100%

decrease in number of presentations to A&E

46%

reduction in contact with other services - eg. housing, police

Even though all of the young people we work with have attempted suicide at least once in the 12 months before starting the programme, and some multiple times (one young woman went to A&E 22 times in the six months prior to joining us)

Zero Suicide

Not a single one

of our YANA members has died by suicide.