

# Beyond Boundaries



The development of a UK-wide 'peer coaching' outreach service reaching young people aged 15 - 30 years in clinic and beyond

# Building on Expertise



Beyond Boundaries is the development of Body & Soul's flagship Brave programme over 18 years. Impact areas in Physical Health

- ↳ Mental health
- ↳ Psychosocial Wellbeing
- ↳ Practical Support
- ↳ Maximising Productivity



We believe that every person living with HIV has the right to high quality, evidence-based and consistent support tailored to their needs.

# Beyond Boundaries Summary

- 🌟 Beyond Boundaries uses free and existing technology
- 🌟 Open to young people aged 15-30 living with or affected by HIV across the country.
- 🌟 Trained and supervised peer coaches and professional support including advocacy, counselling, case work.
- 🌟 Portal into the Brave programme.
- 🌟 Builds on success of in-clinic peer mentoring.
- 🌟 Primary aims of project:
  - ↪ Reduce isolation amongst YPWHIV
  - ↪ Improve long-term mental and physical health outcomes
  - ↪ Increase medication adherence and reduce medication wastage
  - ↪ Reduce missed appointments
  - ↪ Decrease unnecessary incidents of hospitalisation related to poor health management
- 🌟 Can be a pathway into accessing services in-person.

# Rationale

- 🌟 Reach young people on their terms using digital technology.
- 🌟 YP don't need to be physically present to be social.
- 🌟 Increases accessibility and personalisation.
- 🌟 Closer match to behaviour and more cost-effective.
- 🌟 Geographical shift
- 🌟 Not just providing information and advice but about behavioural change.



# Beyond Boundaries: Achievements so far



-  140 unique individuals contacted made since the start of the project in January.
-  21 peer mentors aged 14-28 trained.
-  55 number of boroughs/counties with mentees accessing BB.
-  Currently monitoring demographic data, geographical location, HIV status.
-  Developing wellbeing indicators for mentees and mentors.
-  The programme is being independently evaluated by OPM.

# Our Peer Coaches



-  Peer Coaches selected and trained through Body & Soul.
-  Coaching-based model
-  Similarities in structure/training to Childline and Samaritans
-  Intensive instruction
-  Matched with mentees according to age and life events.
-  Supported throughout the programme.
-  All living with or affected by HIV, from a variety of backgrounds and life experiences.
-  Not just 'perfect patients'

# Lessons Learnt from in-clinic peer mentoring



- ♥ Improved clinical outcomes and positive patient activation
- ♥ Patients accessing peer mentoring in-clinic missed approximately half as many appointment as those who were not participating in this project.
- ♥ 75% of mentees on ARVs reported good adherence compared to 42% of young people not engaging with peer mentors.
- ♥ For two continuous years, participants engaging with our peer mentors achieved a lower viral load than their peers not accessing the service. 78% and 71% achieved a viral load <40 compared to 23% and 46% in 2013 and 2014 respectively
- ♥ Young people accessing the peer support service reported a higher actual median CD4 count of 611 compared to 436 for their peers not accessing peer mentors.
- ♥ High rates of satisfaction for service from mentees – 96% wanted the peer mentoring to continue.

# Next Steps

We understand that the likelihood of engagement with young people is significantly increased if they are present when a clinician refers them. To enable this, we are asking clinicians to:

- ↪ Take a moment to talk through the ideas of peer support with the YPLWH
- ↪ To refer young people to Beyond Boundaries whilst they are present in-clinic.
- ↪ Display information about Beyond Boundaries on a poster/screen in adolescent and adult clinics.
- ↪ Provide postcards for young people to take away providing further detail about programme.
- ↪ Complete a referral form with the young person at: <http://www.bodyandsoulcharity.org/beyond-boundaries/join-us/>
- ↪ For more information please contact **jed@bodyandsoulcharity.org** or call 020 7923 6880



Join Beyond Boundaries | x

www.bodyandsoulcharity.org/beyond-boundaries/join-us/

Home > Beyond Boundaries > Join Us

## Join Us

If you would like to join us, then you can sign up to Beyond Boundaries below. We will aim to get in touch with you within two working days. Remember, everything is free and confidential. We look forward to hearing from you.

### Join Beyond Boundaries: Secure Form

Are you...

- someone aged 15-30 looking to join Beyond Boundaries
- looking to refer someone aged 15-30 to Beyond Boundaries

First Name\*

Surname\*

Gender\*

- Male
- Female

Date of birth\*

DD

MM

YYYY

Postcode\*

Main Phone Number\*

Additional Phone Number

Email Address

# FAQ's

## ↪ Is it confidential?

Beyond Boundaries is covered by the same confidentiality rules as all our other services and we will never pass on a young person's details without their permission. Skype/phone calls are not recorded and Skype is a tried and tested mode of communication which has been risk assessed within the NHS.

## ↪ Is it safe?

All of the calls between peer coaches and mentees occur on-site and are monitored by Body and Soul staff. Any risks or issues are passed on to staff and immediately addressed.

## ↪ My patient does not have Skype/a smart phone or has poor broadband, can they still access the service?

Yes, our peer support is not limited to Skype and can be conducted over the phone and by text, email and WhatsApp.