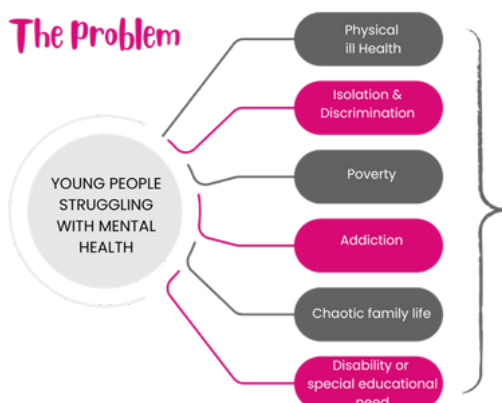


## Background:



Young people in Wales face significant and growing mental health challenges.

Many struggle to access timely and adequate support, with significant gaps in early intervention, trauma-informed care, and family-centred services. Schools, colleges, and community settings are recognised as critical environments for delivering support, yet provision often falls short of meeting demand.

Increasing pressure on already stretched NHS Wales services.

Commissioners have a vital opportunity to address these gaps through innovative, evidence-based solutions like ForMi, which align with the Welsh Government's priorities for early intervention, integrated care, and equitable access to mental health support.

## Aims:

- Improve young people's mental health outcomes by utilising ForMi to:
  1. Amplifying their voice and empower them in their own recovery
  2. Connecting their support around their person centred, strength-based plan
  3. Enable them to visualise and celebrate their progression in a safe space
- Improve Services effectiveness and efficiency around communication, administration and reporting.

## About ForMi:

ForMi is a digital tool that:

- Empowers people to manage their own mental health
- Connects services friends and families so that they get the support and encouragement needed to bring about lasting change
- Available as an App and via a desktop or tablet
- For everyone
- Transcends barriers
- Connects, engages and inspires people.

## Next Steps:

- Secure additional funding to enable ongoing co-production and refinement of the app, to ensure it remains responsive to the needs of young people and their supporters.
- Shift focus to redeveloping the app so that individuals and families can access it directly, without needing to go through an organisation of service.

## Why ForMi?

- By combining evidence-based principles with the objectives of the NEST Framework, ForMi is uniquely positioned to support the mental well-being of young people. The platform empowers individuals to set and track personal goals, reflect on their progress, and engage in meaningful conversations with their Circle of Support. Research shows that goal-setting enhances self-efficacy, while reflection and documentation of achievements foster emotional resilience and a sense of accomplishment.
- ForMi's interactive and supportive features facilitate connection and collaboration, essential elements in promoting mental well-being. By enabling young people to take ownership of their mental health journey, ForMi not only supports individual growth but also contributes to a more connected, efficient, and person-centred approach to mental health care. This makes it an invaluable tool in improving the overall mental well-being of young people, amplifying their voices, and strengthening the networks of support around them.

## Challenges:

Whilst there was unanimous support for ForMi, the short duration of CAMHS interventions coupled with resource limitations meant that it was not possible to conduct a pilot within the CAMHS service.

## Solution:

Through the CAMHS Innovation Programme, we met GISDA and identified an opportunity to use ForMi in their ICAN Service.

A team of young ambassadors at GISDA played a critical role in championing ForMi within the service. They gathered feedback from young people on ForMi. Feedback says ForMi helps people to:

- Set and achieve goals
- Reflect on their progress
- Have positive interactions with their support networks
- Identify and mitigate risks before they escalate

Collaboration with GISDA and the ICAN project has shown how ForMi can support people on their mental health journey.