

# STEP COVID Impact Survey Response



## What are we making better?

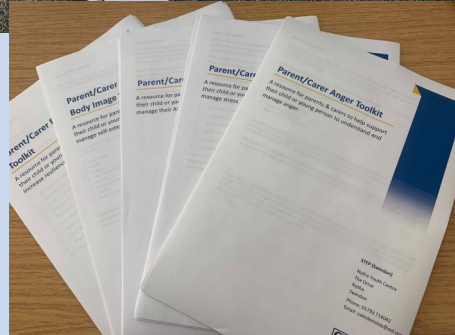
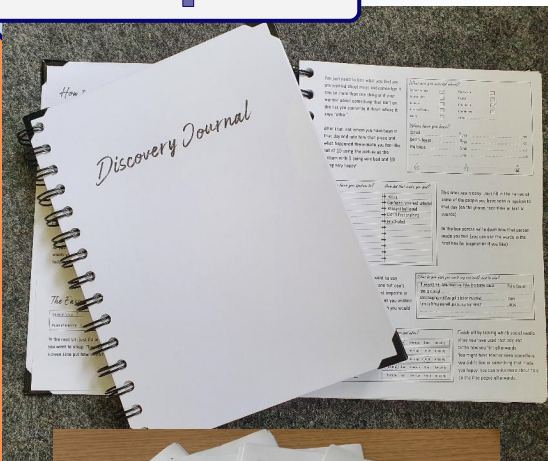
In July 2020 STEP conducted a Survey with current / historical / future cohort involved in STEP to understand need and respond appropriately using alternatives types of support. From those that were happy to respond **47** young people and **64** families gave their views. **75%** of young people stated that their mental health and wellbeing had worsened or stayed the same, and over half were struggling more with family and relationships due to usual support mechanisms being removed or moving to online support.

## What have we done?

In response to the survey STEP created a suite of resources to support children and young people (both hard copies and activities on social media). Parent/carer 'toolkits were created (as additional resource). The resource split into 'needs' categories highlighted within the survey; Anxiety, Anger, Stress Management, Communication, Relationships/Friendships (not exclusive list). Each section including guides, information, practical activities, and useful links. Parent/carer guides created (bespoke) for each of our families to meet the specific/identified needs of the child. Findings from the survey informed service design and delivery for online support (September 2021) and face to face support resuming (April 2021)

## What has been the Impact?

- 56 young people have sent bespoke activity workbooks.
- 37 resource packs sent out to underpin virtual support for service users.
- 13 families sent parental guides as additional support.
- 60 parental guides sent out to families.
- 30 Discovery Journals to help the young people develop awareness of their moods and understand their feelings. Bespoke designed / commissioned for STEP young people.



## What has been the evidence?

Q4 Feedback received: *I love my discovery journal'. (Young person)*

*'Dad has been trying to do the activities you sent him, it's alright but he's not as good as Hayley'. (Young person).*

*'The toolkit has helped me understand and support her to cope with all the changes. (Parent).*

*'Remote support is good as it provides foster child with another person to communicate with other than us. (Foster Carer).*

*'the discovery book has helped \*\*\*\*\* talk about how she feels tome, thanks for the anxiety & anger toolkits; i've not been brave enough to use them yet, but I will' (Parent).*

*'STEP are offering a bit of a lifeline in times when consistency is vital'. (Parent).*

*'I'm learning loads from the toolkits'. (Parent)*

*'She likes receiving the letter/ worksheets from her worker every week and has completed tasks sent voluntarily which is brilliant and helps us all as a family'. (Parent).*

*'I loved getting my worksheets and letters, they made me feel special, I enjoyed completing the sheets then talking about what I had put with my worker'. (Young person).*