

# The Sandbox

## An Introduction



**HSJ** DIGITAL  
AWARDS 2023  
WINNER: Reducing Health Inequalities  
COMMENDED: Improving Mental Health

Proud to be an



# An Introduction To The Sandbox

## Tiered Care Offer

Getting  
**More Help**

Getting **Help**

Getting **Advice**



**24 h**

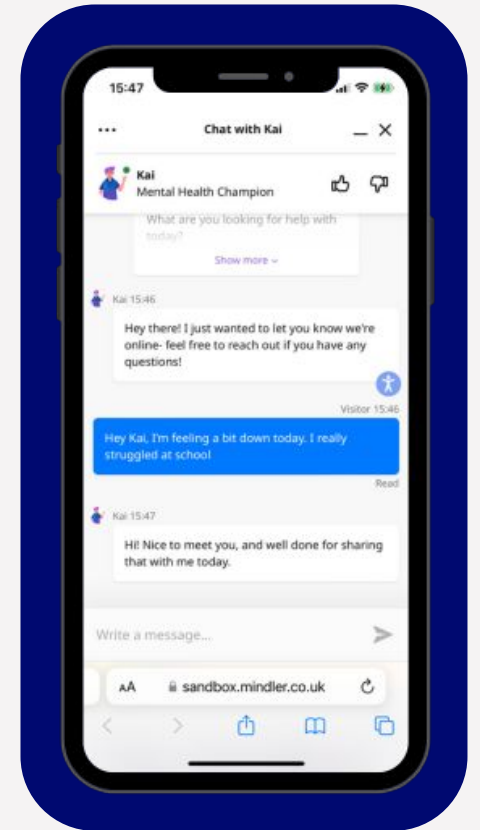
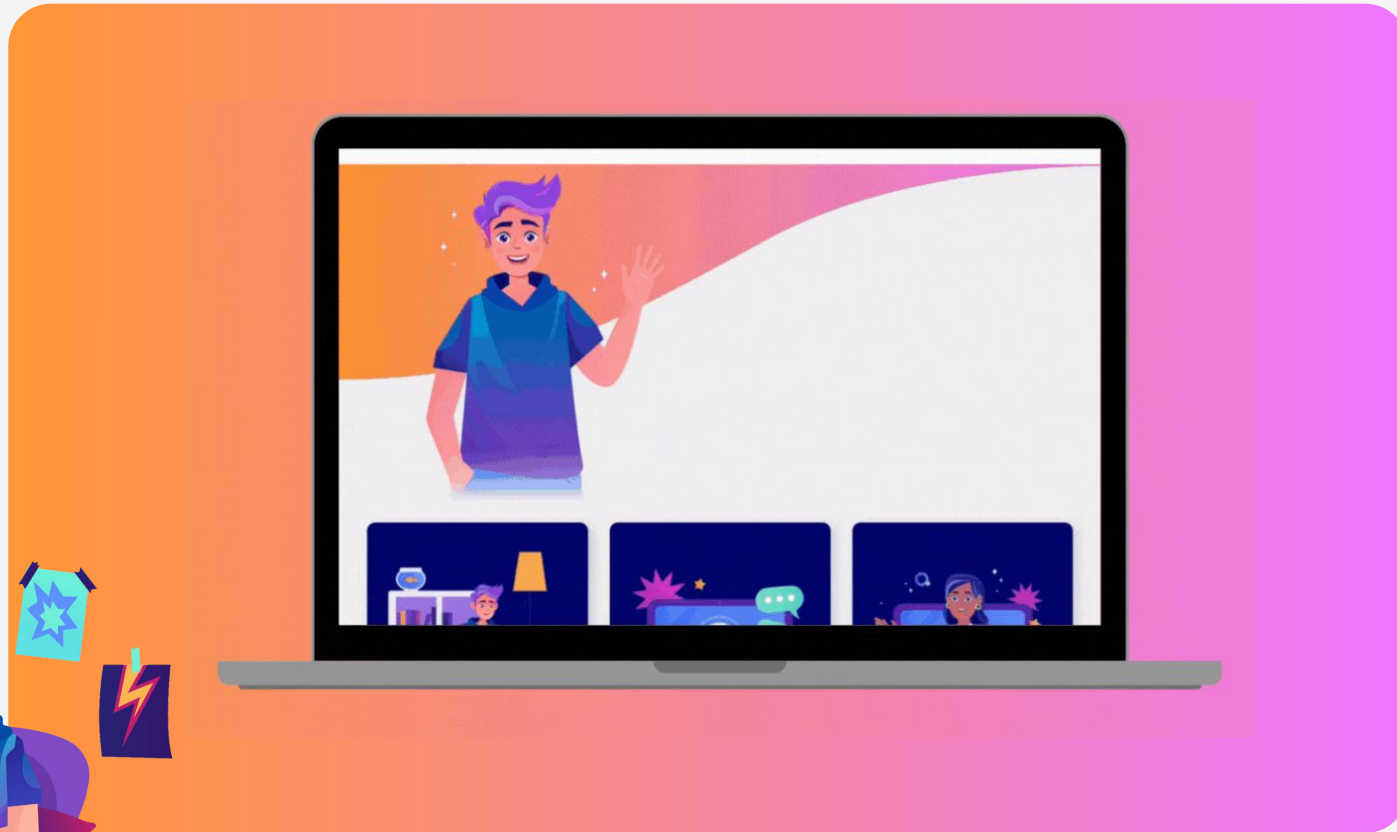
**Zero Wait List**  
Maximum wait  
from sign up to first  
contact

**10-25**

**Age Range**  
Ages supported  
by The Sandbox  
currently

# The Sandbox Website

A free to use website that allows CYP to engage at a pace that works for them.



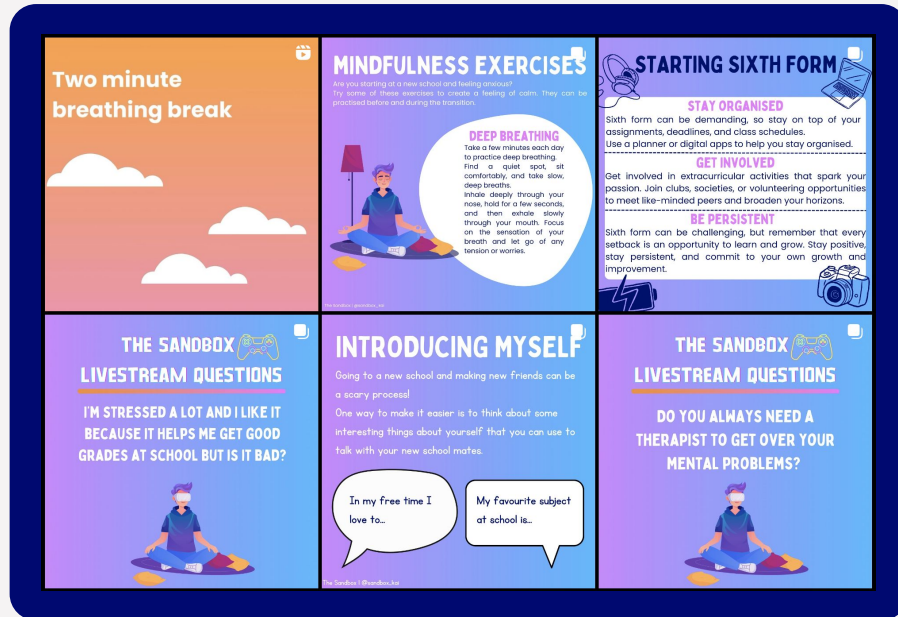
Live Chat

# The Sandbox Website

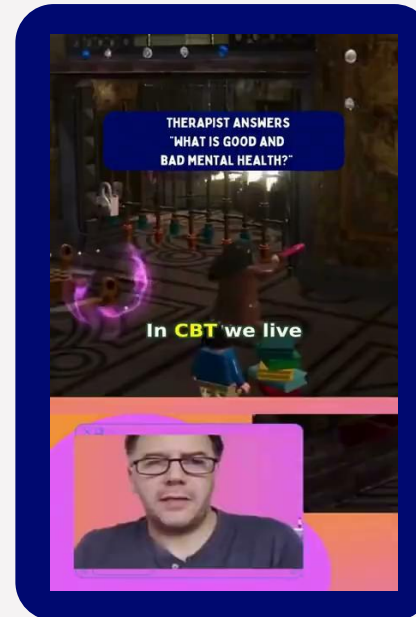
The Sandbox goes to CYP where they are – **online**

I liked how easy it was to access compared to other services. Things like CAMHS have waitlists of up to a year but with this I was seen almost immediately and didn't have to wait a long time.

F, aged 16



Instagram Feed



LiveStreams



Parents' Podcast

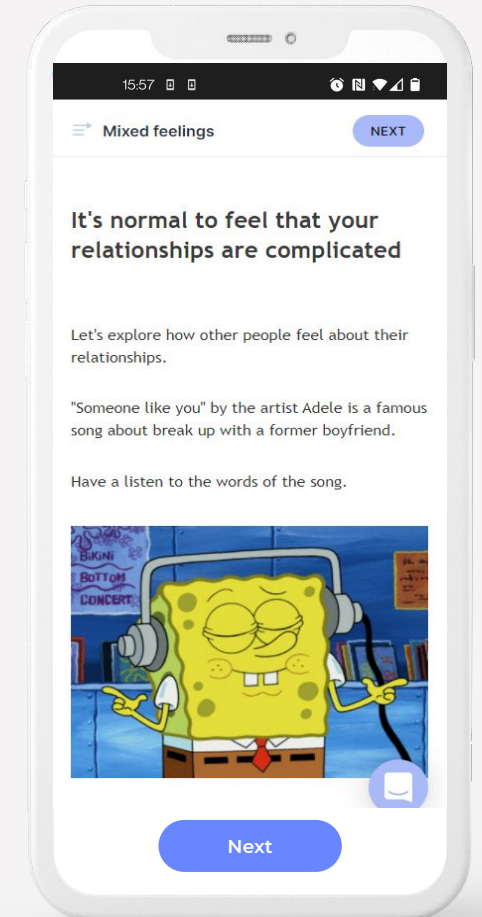
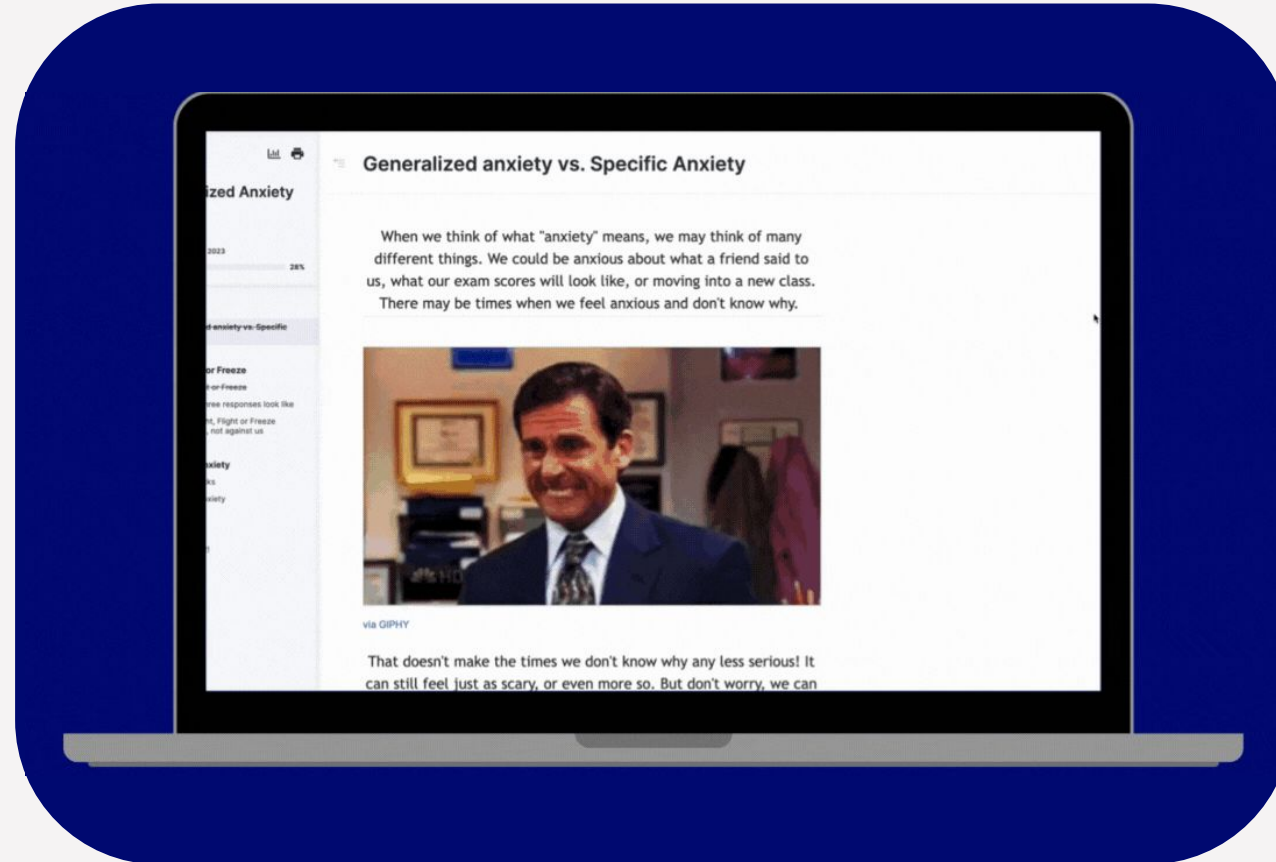
# The Sandbox Academy

**Interactive CBT**  
Modules (iCBT)

**Continuous module**  
**development based**  
on user feedback

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

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



# The Sandbox 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 **UK qualified therapist** with a range of different **specialisms**

## Presenting Issues

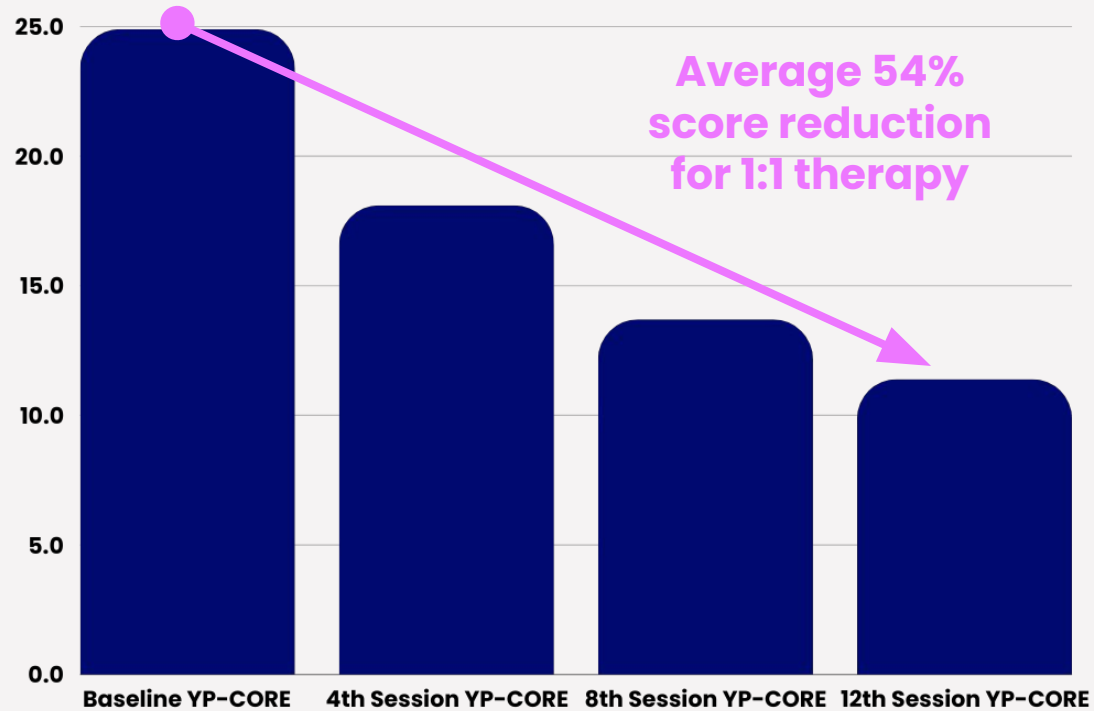
A variety of mental health issues, from mild to moderately severe

## Focus

The main priority are the **child's needs**, including work with parents

# Clinical Outcomes

YP-CORE-10 is completed in session with clinicians every 4 sessions, allowing for a high completion rate.



**22%**

Average reduction in YP-CORE-10 scores for iCBT

**93%**

Average attendance rate

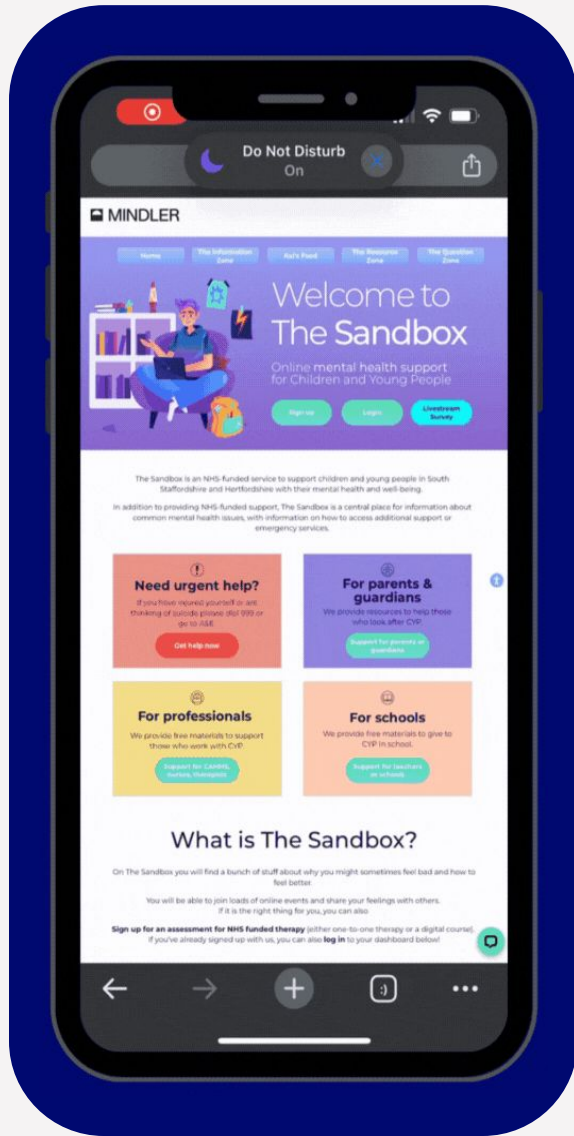
**9**

Average number of sessions once engaged in therapy

Goal-based Outcome Measures

# An Inclusive Service

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



**32%**  
average reduction  
of YP core score for  
ND users

**5%**  
of visitors use  
our accessibility  
features

**19%**  
of users have a  
confirmed or  
suspected ND



**Parent of M, 17 with  
Autism**

'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 promised to deliver.'

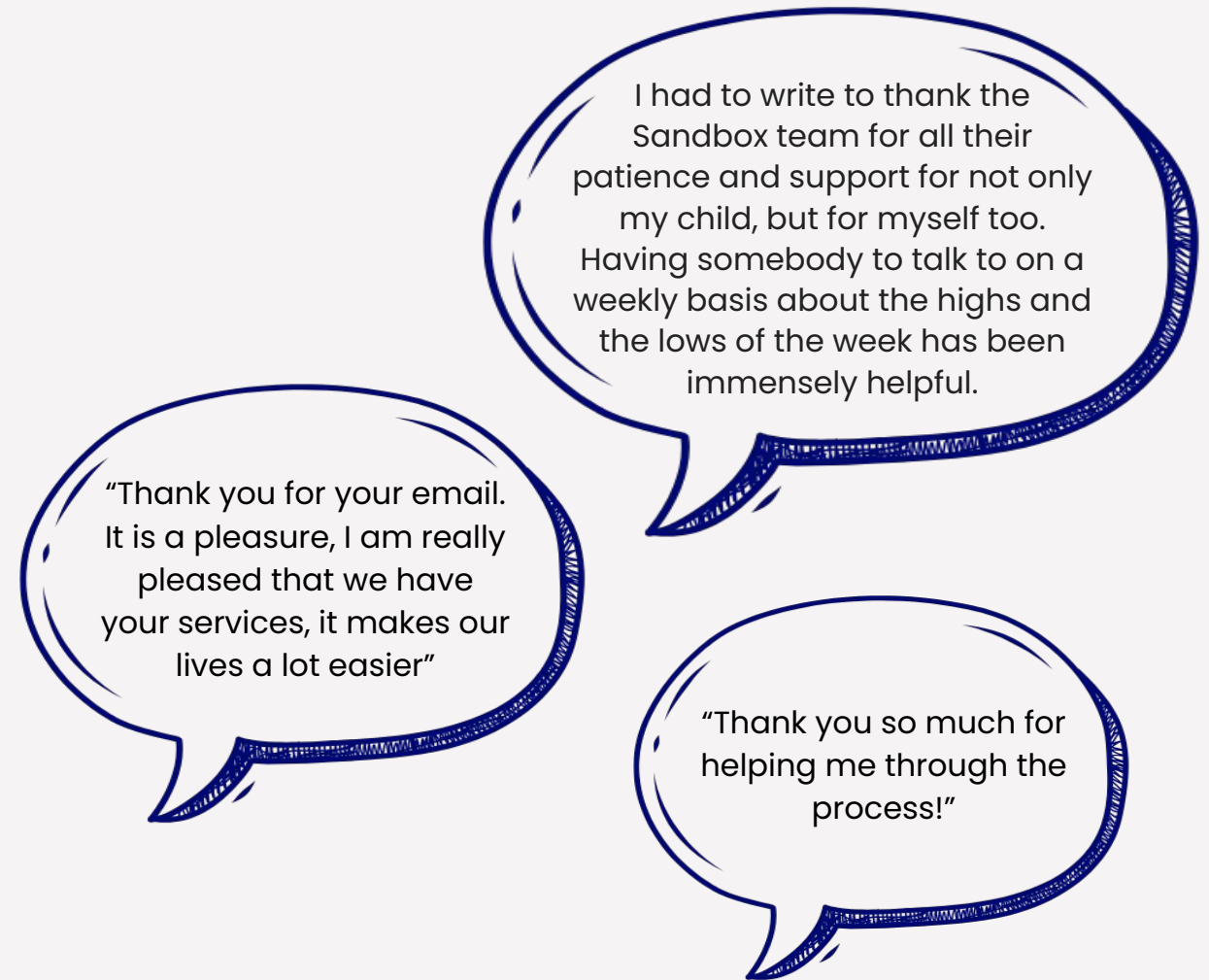
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# Engaging With CYP



At The Sandbox, we believe in: allowing young people to **engage in the ways that work for them**. We also believe that **only being able to engage during sessions can reduce the value of the clinical session and lower the overall patient experience**.



## Patient Feedback for The Sandbox

# Graduation Support

## Example of Therapist Graduation Message

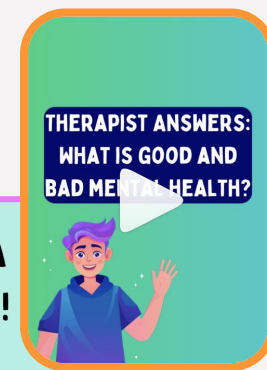
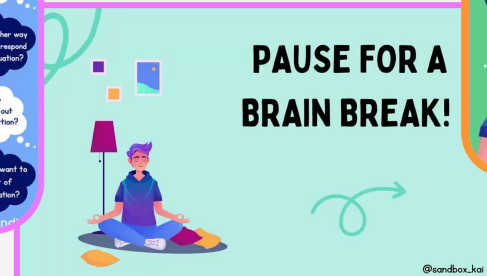
" It has been a pleasure meeting you and working with you over the last few months. You have shown a **great commitment to making a positive change in your life** and although you put a lot of that credit down to your friendship group I would like to remind you of the **challenges you have overcome** in being able to build those friendships in the first instance. It was **great to see your passion** when talking about your final project at college and I hope it goes well. **I would like to wish you the very best for the future.**"

When a young person completes services with The Sandbox, we provide a **Graduation Pack** to ensure continuation of their mental health journey. These packs include:

- A message from their therapist
- Personalised materials for ongoing activities
- Feedback surveys
- Link to local or national services
- Ongoing access to The Sandbox website



## Examples of materials sent with Graduation Pack





# Questions?