

MAPS Elevate – Final Report Summary

18 November 2025

The six-month **MAPS Elevate Peer Support Programme** aimed to reduce self-harm and suicidal ideation among young people (13–16) through a peer-led, trauma-informed approach. Eleven sessions blended CBT-guided self-help principles with creative, practical activities like journalling, self-care boxes, music and animal therapy. Attendance fluctuated (3–10 per session), but engagement was excellent overall.

Key Outcomes:

- **Safety & Engagement:** 97% of feedback said participants felt safe; 85% would attend again. Average overall session rating: 4/5.

- **Wellbeing Gains:** 71% reported better peer connections; 57% felt more positive about their future. Parents echoed this - **100% saw improved wellbeing**, two-thirds calling it “significant.”

“He seems a lot more happier. He rushes home to make the session.” (Parent of B)

- **Mood and Behaviour:** All parents noted improved mood and behaviour; Referrers concurred, with up to 67% rating changes as significant.

“We can see a big change to his confidence, social interactions and how he now controls himself.” (Parent of C)

- **Practical Tools:** Every parent said their child used strategies outside sessions—journalling, self-care boxes, creative activities.

“I liked making the self-care box. I have used some things from it.” (A)

- **Risk Reduction:** 65% of parents reported reduced self-harm or suicidal thoughts; professionals saw a “significant reduction” in crisis indicators.
- **Social Connection:** 100% of parents/referrers said young people felt supported and connected.

“I’m so glad I went to MAPS otherwise I wouldn’t have met my friends.” (C)

Learnings:

- Peer-led, creative sessions work - young people valued the power to choose.
- Consistent MAPS Practitioner presence and parent liaison were critical.
- Attendance was the main challenge; future models should include **home visits**, clear **programme outlines**, and **weekly sessions** to build momentum.

Elevate filled a critical gap for early intervention mental health support for young people in Sutton. It empowered young people to manage their own wellbeing, strengthened social connections, and delivered measurable improvements in mood, behaviour, and risk reduction.

“It’s an inviting place. It’s safe – I know everyone here has the same experience.” (M)