

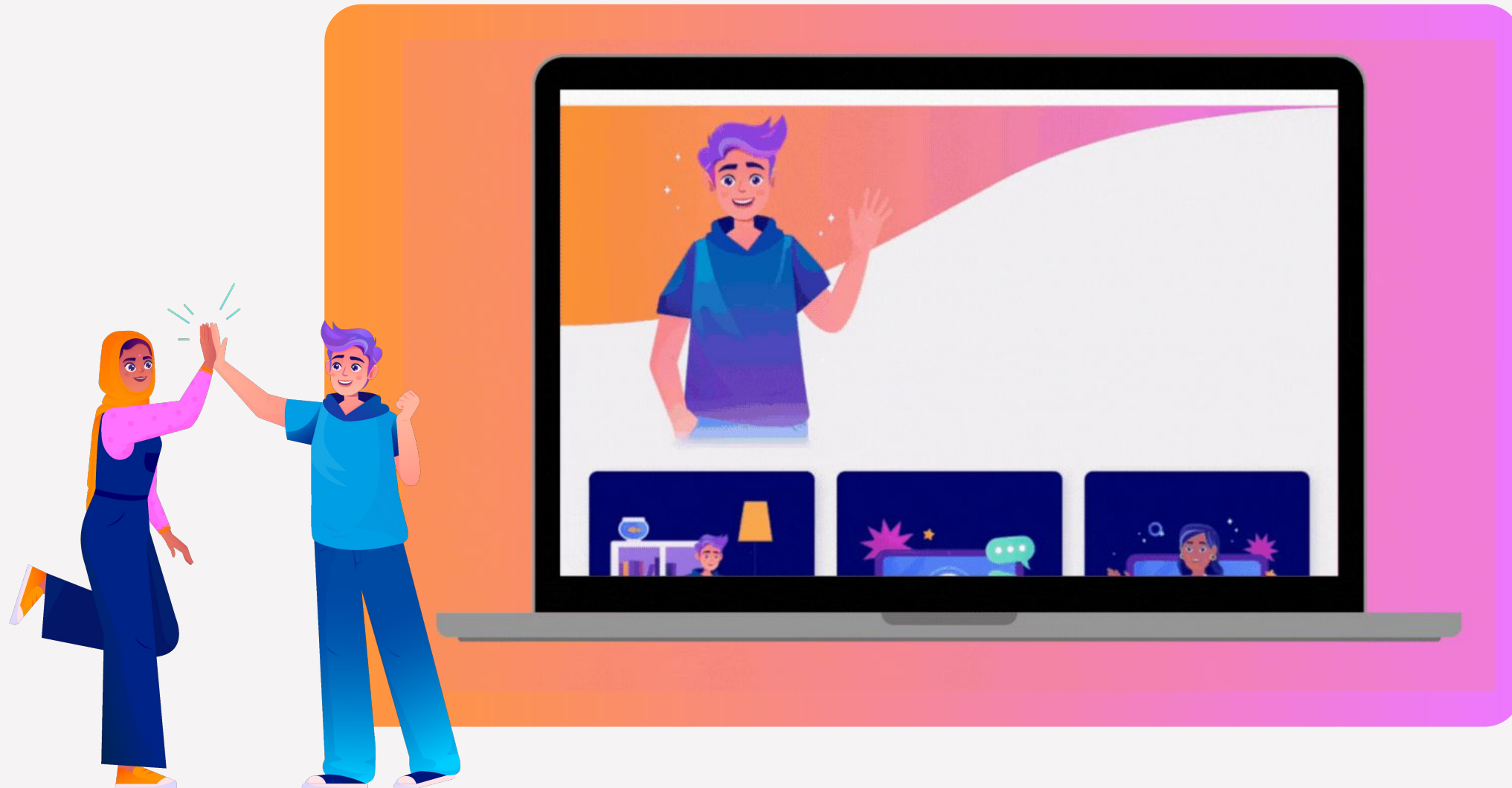
The Sandbox

Mental Health Leads Meeting
October 2025



The Sandbox

Digital mental health service for Children and Young People



The THRIVE Model

The THRIVE Model



Stepped Care



Service Specs



The Sandbox

The Sandbox provides three levels of mental health support for Children and Young People, via the THRIVE stepped care model

Getting Advice

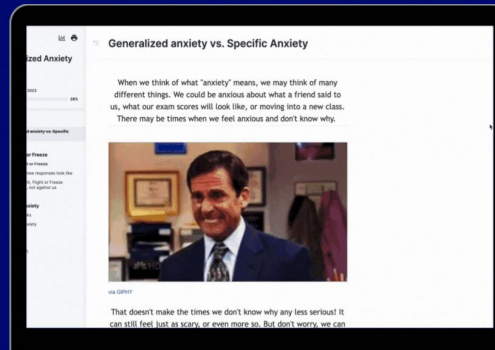


The Sandbox Website

Downloadable content
LiveChat
LiveStreams

*(Available to the **whole population** of patients to build resilience)*

Getting More Advice



The Sandbox Academy

8-12 week iCBT course
Supported by text/LiveChat
Paired outcome measures

*(**Lower-intensity** support via triage, monitored and supported by text chat)*

Getting Help



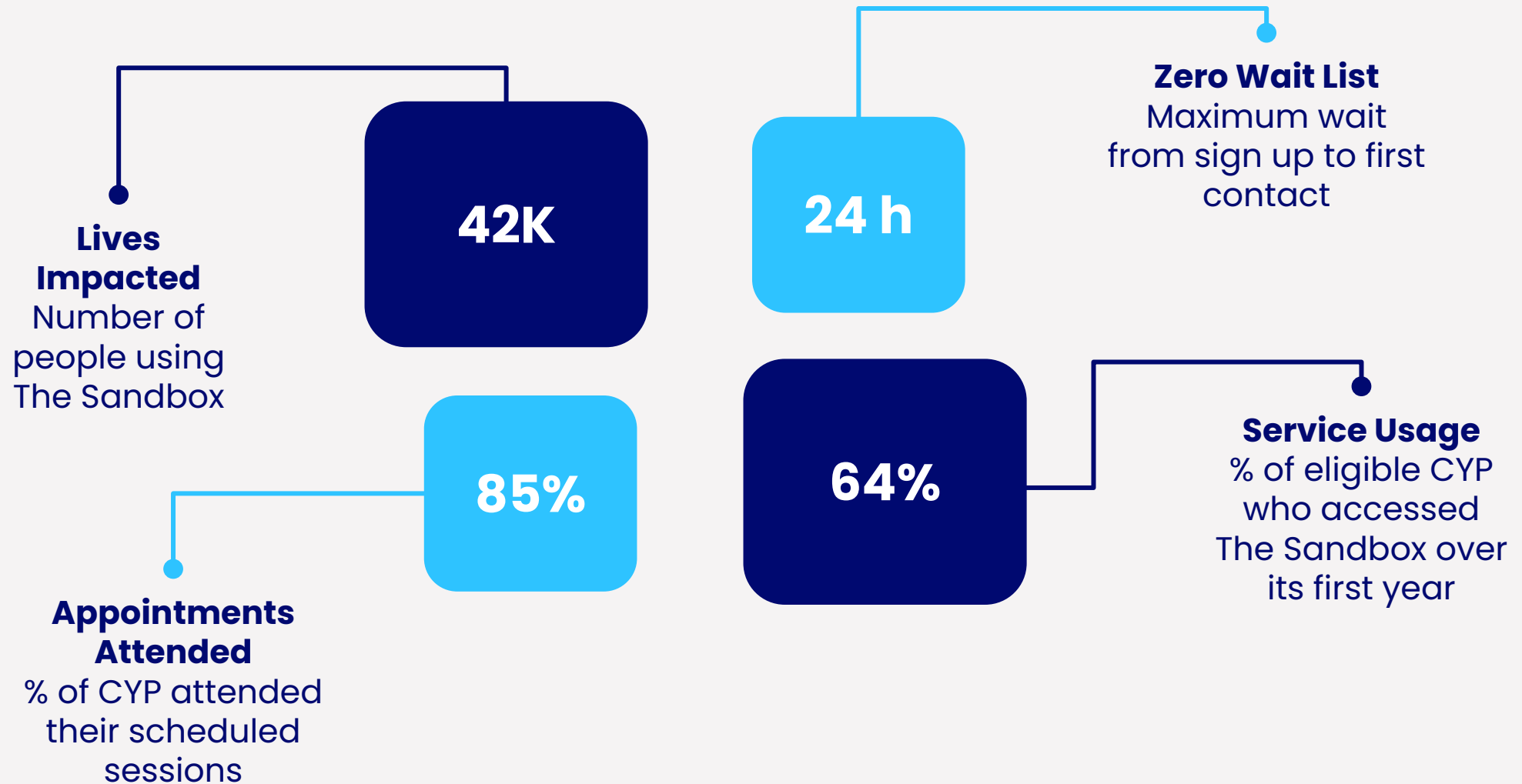
1:1 Therapy

Flexible scheduling
Optimised matching
Video/Audio/Text Calls

*(**Medium/high intensity** support via triage with a therapist or psychologist)*

The Numbers

An effective digital solution



Getting Advice

Getting Advice

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

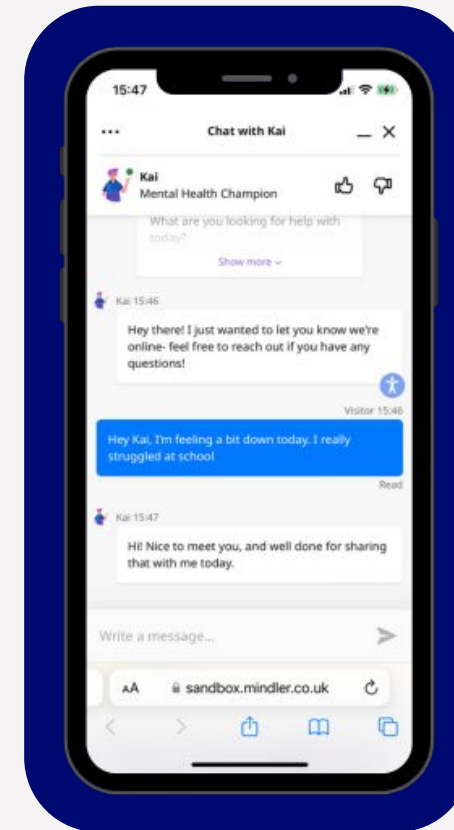
It can be accessed on **any device** – phone, tablet, or PC/Mac



**Downloadable Content
(Resource Zone)**

Resource Zone Topics:

ADHD
Autism
Body Image
Anxiety
Back To School
Grief and Loss
Anger
Sleep Health
Exam Stress
Bullying
& many more



**Live Chat
(8am - 10pm)**

The Toolbox


Resources for CYP with or suspected of having Autism and ADHD



ADHD In Girls ✨

Navigationg life with ADHD presents unique challenges.

Rio - The Toolbox



Interoception In ADHD And Autism 🧠

Understanding our body's internal signals plays a key role in how we care for ourselves.

Rio - The Toolbox



ADHD And School 🏫

For students with ADHD, heading back to school can be a whirlwind of mixed emotions.

Rio - The Toolbox


Resources about ADHD and Autism



Understanding My Autism Primary

NESSIE
Neurodivergence: Autism
Gender: Mixed
Age range: 8 to 11
Format: Online
Day of the week: Wednesday
Location: Online
Starting Date: 2 October 2024
Final Date: 11 December 2024
Starting Time: 11:15 am
Ending Time: 12:15 pm
Drop-in Sessions Allowed: No

Head over to nessieined.com/my-world-and-me for more information.



Understanding my ADHD - Primary

ADD-vance **Fully Booked**
Neurodivergence: ADHD
Gender: Mixed
Age range: 7 to 11
Format: In Person
Day of the week: Tuesday
Location: Hemel Hempstead
Starting Date: 5 November 2024
Final Date: 10 December 2024
Starting Time: 4:30 pm
Ending Time: 5:30 pm
Drop-in Sessions Allowed: No

A transformative 6-week group course designed to empower children and young teens with ADHD, Autism, or both.

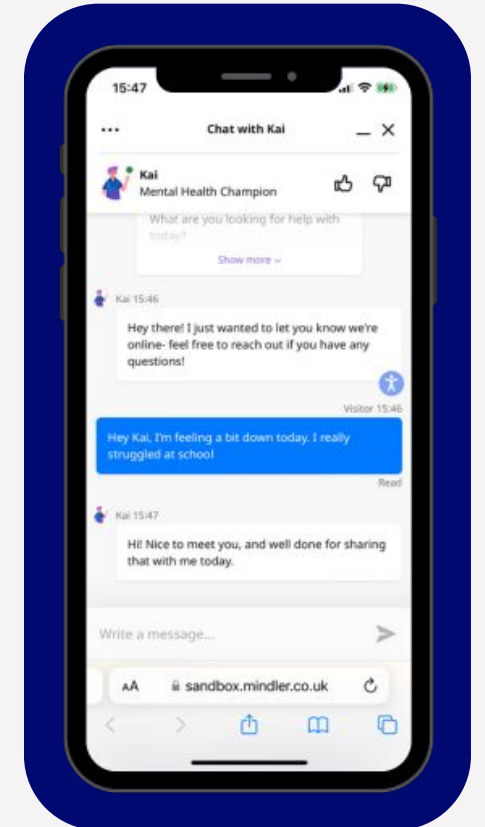


Understanding my Autism - Primary

ADD-vance **Fully Booked**
Neurodivergence: Autism
Gender: Mixed
Age range: 7 to 11
Format: Online
Day of the week: Wednesday
Location: Online
Starting Date: 6 November 2024
Final Date: 11 December 2024
Starting Time: 4:30 pm
Ending Time: 5:30 pm
Drop-in Sessions Allowed: No

A transformative 6-week group course designed to empower children and young teens with ADHD, Autism, or both.

List of local workshops



Live Chat (hours vary)

Getting Help

Getting Help

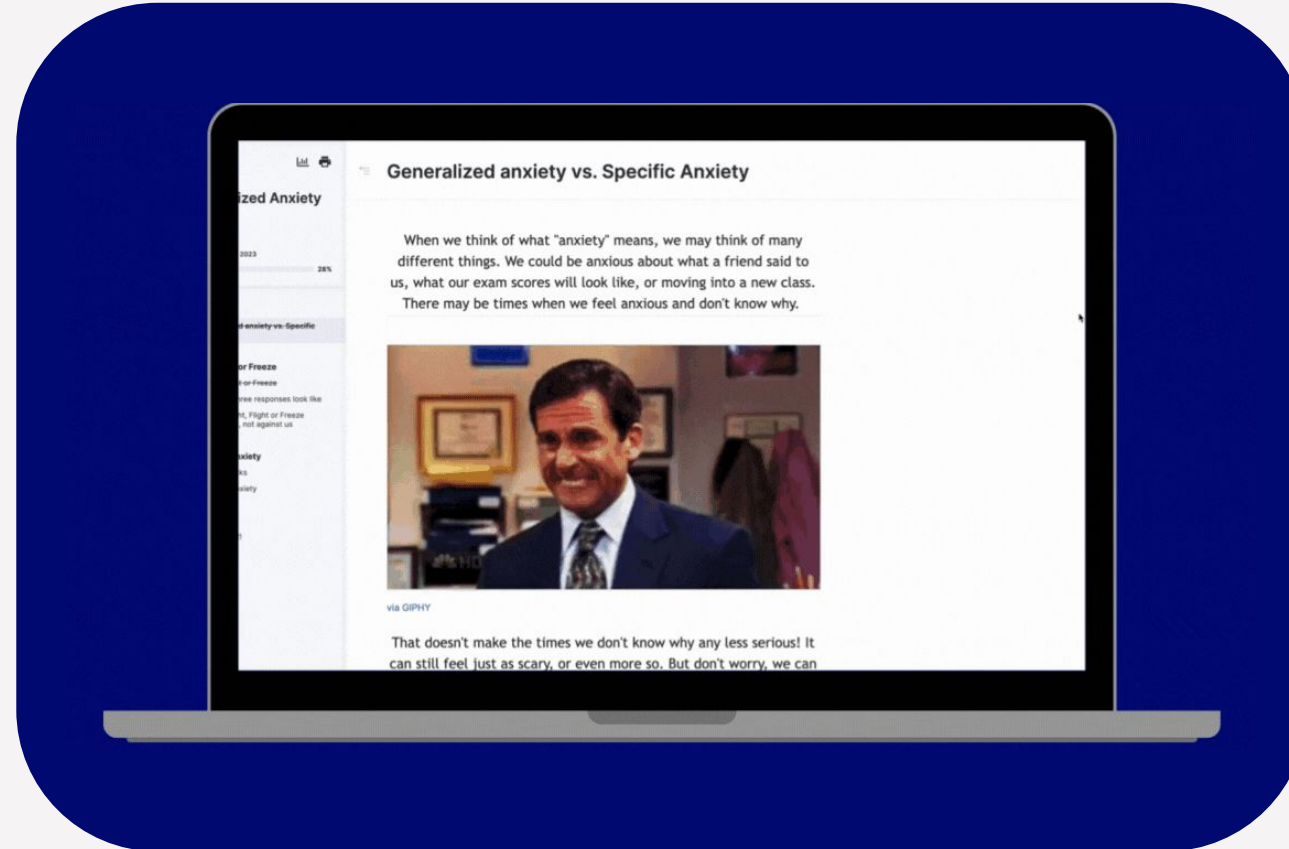
The Sandbox Academy – Guided iCBT Course

Interactive CBT
Modules (iCBT)

Modules assigned
based on **individual**
needs

Developed by
therapists based on
3rd wave CBT

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



Gamification of the
process (award
badges)

Users **supported** by
Kai throughout

Continuous **module**
development

Extensive **range**
of modules

Getting Help

The Sandbox Academy works really for CYP who...



Prefer to engage **online**



Would like to get support **right away**



Aren't sure **what** would make them feel better



May need **ongoing support** over time



Might not want to involve their **parents**



Have **social anxiety** or just prefer texting to talking



Have a diagnosed or suspected **neurodiversity**



Getting More Help

Getting More Help

The Sandbox 1:1 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

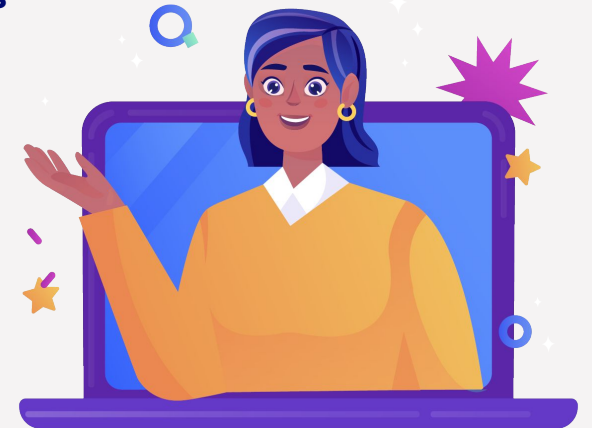
Choice of **video or phone** appointments at a **frequency** of their choosing

Experienced Therapists

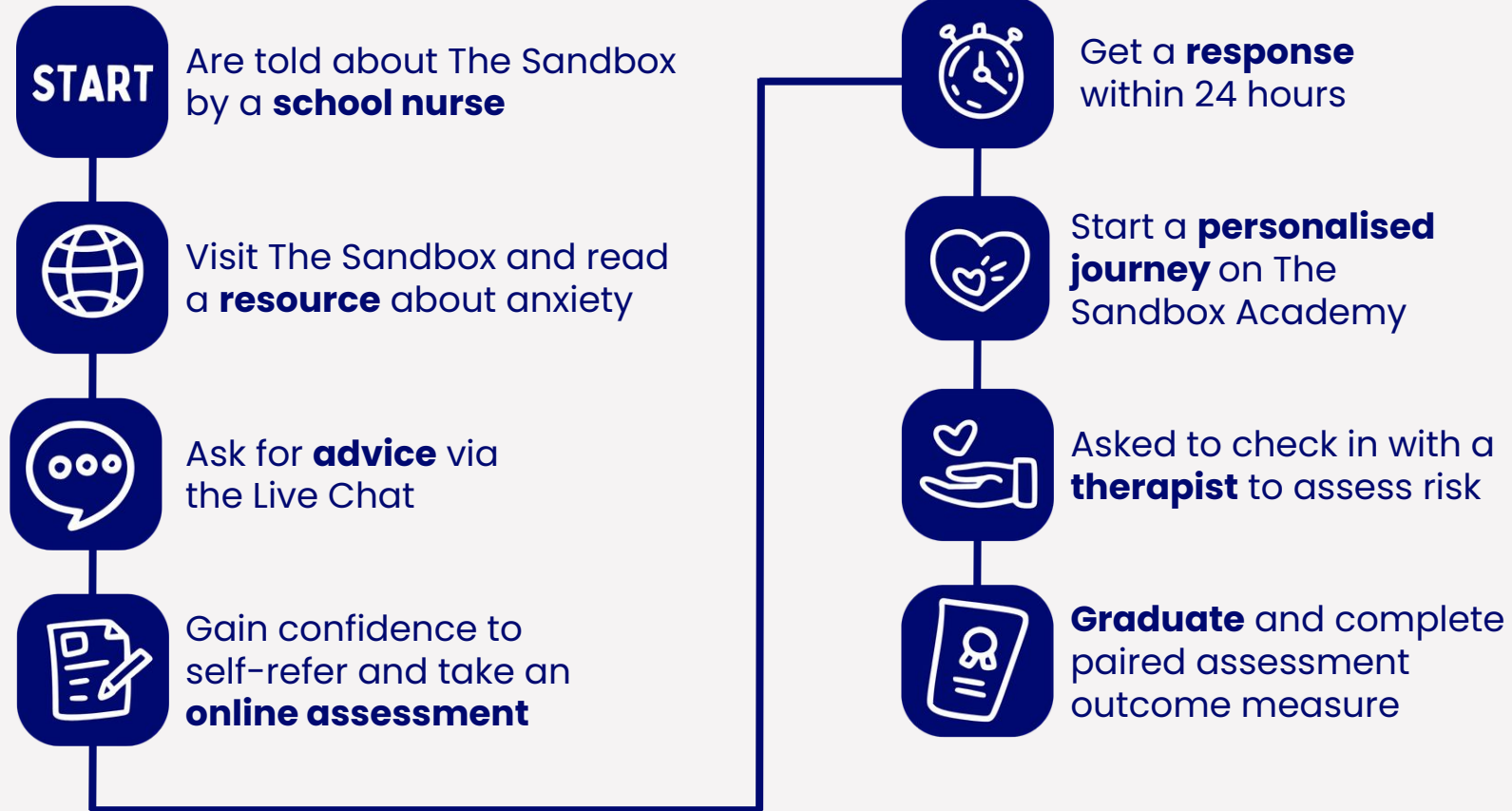
Choice of **country qualified therapist** with a range of different **specialisms**

I'm very impressed with everything our therapist has done so far and I can't thank her enough for helping my little girl. **I don't feel as stressed** at bedtime if we have a bad day as I can remain **calmer** now knowing we got **support** and remind her of some of the things she's learnt.

Parent of F, aged 7, with sleep issues



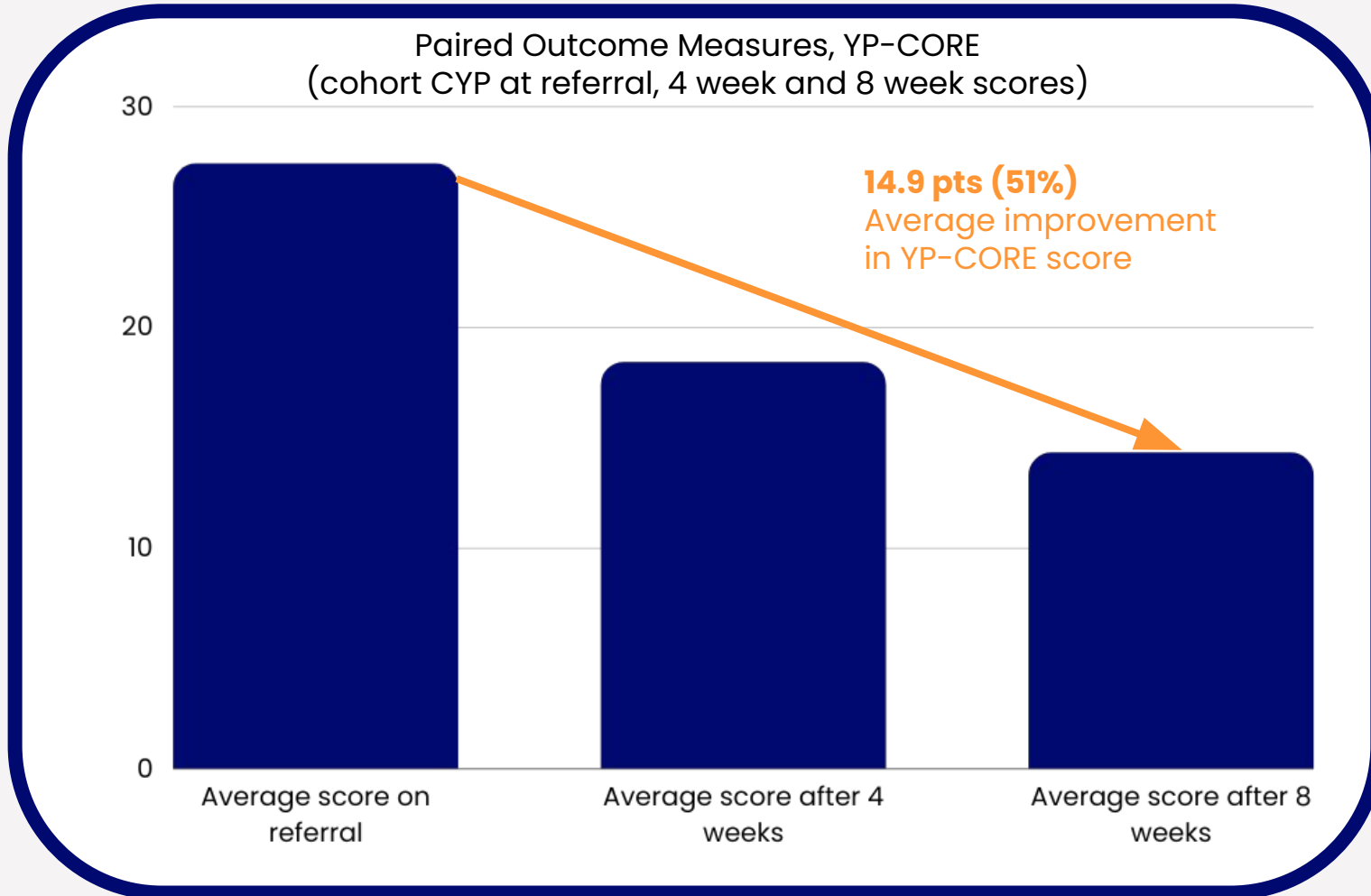
Case Study - A CYP Journey



Results & Recognition

Clinical Outcomes

Meaningful Improvement For CYP And Their Families



Awards & Recognition

Market Leading Solution

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 promises to deliver.

HSJ Digital Judges comments on
The Sandbox



Nominations & Awards

HSJ DIGITAL AWARDS 2023

WE ARE PROUD WINNERS

Reducing Health Inequalities through Digital

HSJ DIGITAL AWARDS 2023

WE ARE PROUD TO BE HIGHLY COMMENDED

Improving Mental Health through Digital

HSJ AWARDS 2022

17 NOVEMBER 2022 | EVOLUTION LONDON

WE ARE PROUD TO BE A FINALIST

DIGITISING PATIENT CARE AWARD

Children & Young People Now Awards 2022

Finalist

THE NHS IN THE MIDLANDS
EXCELLENCE IN SUPPLY AWARDS 2022 SHORTLIST

Frequently Asked Questions

Who can use The Sandbox?

The Sandbox is available for all **CYP aged 10 – 25**, who are registered to a GP in **Hertfordshire**.

The Sandbox is **not a good fit** for CYP:

- With **active suicidal thoughts** or who are actively **self-harming** (as we cannot manage them safely online)
- Who are seeking **psychiatry services** or **medication**
- Who prefer to **engage in-person**

Is there support for parents?

Yes.

We don't provide treatment for adults, but we have a wide range of "**Parent's Guides**" to help parents to support a child on their mental health journey.

Can you accept CYP on a waiting list?

Yes, that's no problem.

We just **can't offer** video therapy to a CYP who is receiving (or about to receive) therapy from **another service**, as the therapeutic work could conflict.

Can professionals refer into The Sandbox?

Yes.

It's important to say that The Sandbox is a **self-referral service**, which means that CYP will need to sign up themselves.

However, you can sit and **do this with them** (it takes less than 10 minutes), or alternatively you can **send us** the CYP's contact details and we will follow up with them to encourage them to access support.

Frequently Asked Questions

Can CYP stay anonymous on The Sandbox?

Yes, some aspects of our service, such as the **Live Chat and online resources**, can be accessed while remaining anonymous. This reduces barriers to accessing support online.

If a Young Person self-refers for **therapeutic support**, we will ask for their name and contact details so we can treat them safely.

What support will CYP receive?

At The Sandbox, we understand that everyone's needs are different. On self-referral, CYP complete a **self-assessment**, and we will use this – together with any other information that we have – to decide what **treatment** can be offered them.

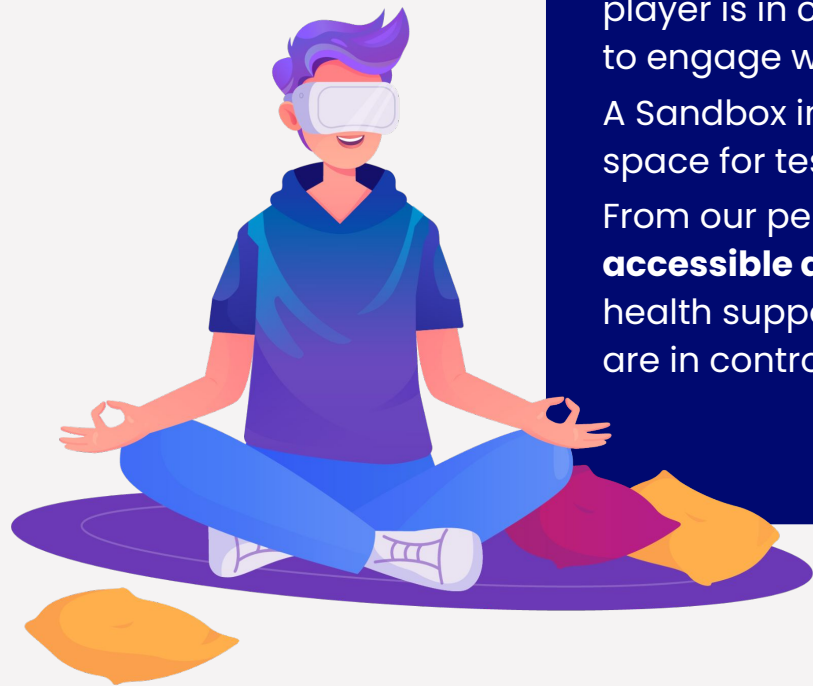
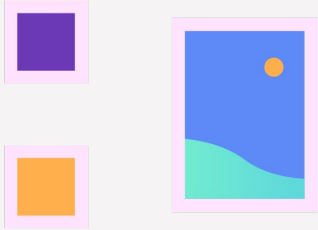
We also ask the Young Person their view on how they would most like to **engage** with support.

How long do interventions take?

Most CYP take between **8 and 12 weeks** to graduate from the Sandbox, whether they are doing the Academy or one-to-one video therapy.

After receiving support CYP can still use The Sandbox and access the **resources** they have used.

Frequently Asked Questions



Why is it called The Sandbox?

Sandbox is a **gaming term** for a world where the player is in control and can **choose how** they want to engage with the game.

A Sandbox in **software terms** is a safe, secure space for testing and trialling new things.

From our perspective, The Sandbox is a **fun, accessible and safe space** to engage with mental health support, and importantly one where CYP are in control and can choose their own path.



How To Contact The Sandbox



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Thank you.