

THE AWARDS 2020

Outstanding Support for Students

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| Institution name | Solent University |
| Submission title or project name | Changing mindsets: How a radical new approach to therapy drastically reduced waiting times, empowered students and encouraged therapists to do things differently |
| Nominee/key personnel | |
| URL | |
| Submission | <p>Student mental health is a sector-wide priority. Recognising the need to continue to develop and extend the breadth of support available to the student body, and make it more accessible, Solent University's Therapy and Mental Health Team introduced their own interpretation of the radical Single Session Therapy (SST) model. This resulted in a 68% increase in the number of students accessing the service, alongside a 62% decrease in waiting times. Meaning more students are getting help when they need it.</p> <p>An unexpected result of the introduction of this model has been a shift in the team's mindset towards change. This has led to the team introducing additional flexible models of therapy, including 'Fiction Prescription' (a 'pop up' bibliotherapy model) and looking to introduce Nature Therapy. It has also enabled them to mobilise and respond rapidly to the current pandemic – introducing online support and remote 'drop in' sessions.</p> |