



Hamish & Milo is found to be helping children 'find their voice'

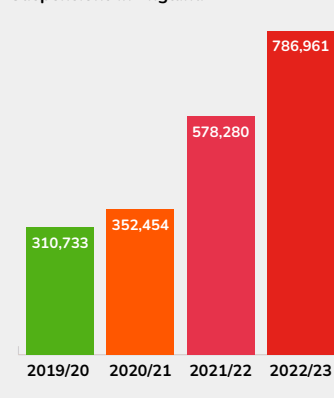
New research finds strong evidence that structured social-emotional programme improves outcomes for primary school children

The current landscape

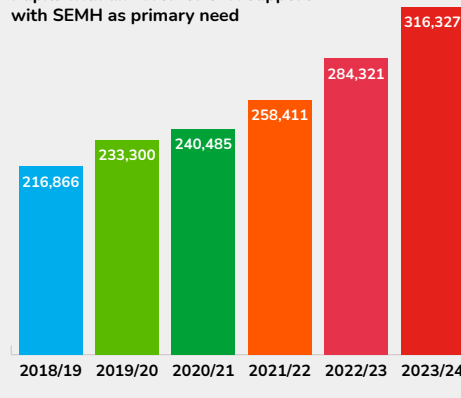
- 1 in 5 children are described as having a probable mental health disorder.¹
- Specialist services like CYPMHS are under strain with significant delays in access. Nearly 40,000 children have waited at least two years to access support.²
- 4.3 million children (30% of all children in the UK) live in poverty and are significantly more likely to experience mental health difficulties.³
- Growing responsibility on schools to support mild to moderate mental health needs, identify at-risk pupils earlier, and provide in-house support.⁴
- EBSA is rising with 1 in 5 children regularly absent and 305,000 children entirely missing from education in 2023.⁵
- Over 316,000 children were identified as having SEMHD in England in 2023/24.⁶
- 787,000 suspensions and 9,400 permanent exclusions in 2022/23⁷ - suspension rates for primary-aged children have doubled in a decade.⁸



Suspensions in England



Pupils with an EHCP or SEN support with SEMH as primary need



A targeted, evidence-based response

- A data-backed programme launched to support the sharp rise in mental ill-health, social, emotional and behavioural needs among children post-pandemic.
- A large-scale, two-year study (Sept 22 - Sept 24) in collaboration with the University of Bath evaluated the effectiveness of the Hamish & Milo Programme on children's social and emotional development and mental health.
- A rigorous quasi-experimental mixed-methods research approach was employed, using a range of outcome measures.
- Over 1,600 children and 250 staff across 90+ schools participated.

"We had a PSHE structure, but a lot of children were needing targeted support and thresholds for accessing support were high."

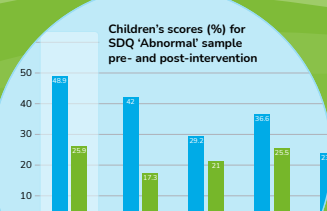
Programme benefits

Flexible, inclusive and evidence-based solution

- Cost-effective:** enables support for groups, not just individuals.
- Supports early intervention:** addresses the root causes of behaviour, not just the symptoms.
- Easy to implement:** a ready-to-run, evidence-based framework fills a major support gap and complements PSHE.
- Supports a whole school approach:** promoting relational practice, a structured approach and consistent language around SEL.
- Helps create an inclusive and trusting school culture:** where pupils feel seen, safe and heard.
- Targeted emotions curriculum:** 10 emotion theme units, including self-esteem and resilience, grief, loss and sadness, explosive feelings, anxiety, peer relationships and conflict, diversity and inclusion, change and transition.

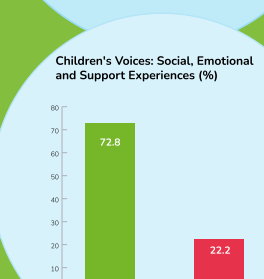
"Hamish & Milo is flexible and fully adaptable for individual or group support."

"The programme provides effective and comprehensive support within a short timeframe."

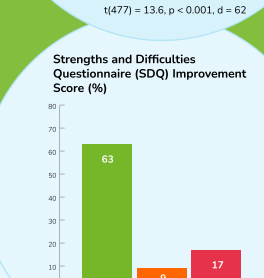


Children's scores (%) for SDQ 'Abnormal' sample pre- and post-intervention

Children's Voices: Social, Emotional and Support Experiences (%)



Strengths and Difficulties Questionnaire (SDQ) Improvement Score (%)



Statistically significant outcomes

Hamish & Milo Programme boosts confidence, wellbeing and engagement and reduces exclusions

- Statistically significant differences in pre- and post-observations across SDQ, Child Wellbeing Profiles and Child's Voice assessment.
- 23% reduction in pupils with high mental health difficulty scores (SDQ 'abnormal' range).
- Improved self-regulation, empathy, social skills, conduct, peer relationships.
- Better classroom behaviour, engagement, confidence and learning outcomes.
- Reduction in exclusions and behavioural escalations.

Key findings of the research study



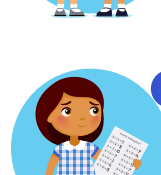
- The children "found their voice."**
Their self-esteem and confidence increased so they could more easily share their feelings and experiences and ask for help and support when they needed it.



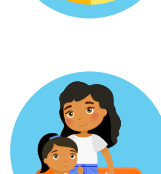
- Social and emotional skills improved.**
Children's self-awareness, resilience, and self-regulation increased so they were able to experience more empathy and build stronger, long-lasting social connections.



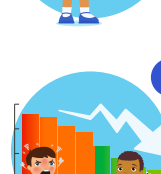
- Children's wellbeing improved.**
Teachers noted improved relationships, and happier, more positive, calmer pupils thriving in class.



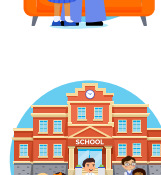
- Children's academic learning improved.**
They developed a more positive attitude towards learning and became more independent, and these results were reflected in the classroom.



- Parents noticed changes in their children.**
Parents reported the positive impacts they were seeing at home, children were happier and more settled.



- School leaders noticed a decrease in escalations and exclusions.**
A decrease of dysregulated behaviour and a reduction in exclusions was experienced.



- The impact was felt school-wide.**
The positive impact for pupils and staff was noticed across the school.



- Highly effective for vulnerable groups.**
Particularly children from disadvantaged backgrounds experiencing adversity; children with SEMHD; children with SEND.

Beyond the child

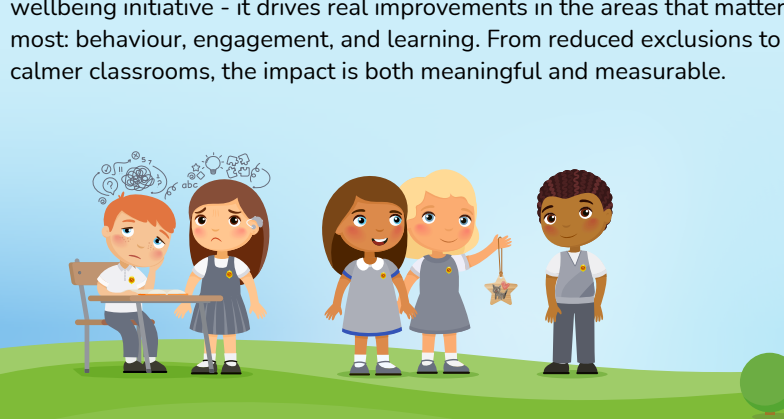
- Hamish & Milo supports school staff** - with structured training, accreditation, support and supervision.
- Connects with families** - via the Families Together Programme.
- Supports communities of care in schools** - by creating opportunities for nurturing, caring and positive childhood experiences and promoting social connectedness amongst pupils, school staff and parents.

"Previously hard-to-reach children responded exceptionally well - they felt safe, built trust with adults, and began to express themselves constructively."



Investing in pupils' social and emotional development leads to better long-term outcomes

These findings show that when schools prioritise children's emotional wellbeing, the ripple effects are powerful, and children thrive - personally, socially, and academically. Investing in SEL and SEMH isn't just a wellbeing initiative - it drives real improvements in the areas that matter most: behaviour, engagement, and learning. From reduced exclusions to calmer classrooms, the impact is both meaningful and measurable.



Download the research report

Explore the data, case studies and methodology, scan the QR code, visit hamishandmilo.org/evidence



Discover how Hamish & Milo can make a difference in your setting - visit hamishandmilo.org