



Lumi Nova in Lincolnshire

Inclusive digital therapy for a new generation

Bfb-labs.com
@Bfb_labs

In partnership with the





**LUMI
NOVA**
TALES OF COURAGE

Recommended by

NICE National Institute for
Health and Care Excellence



Recommended by **NICE**

Co-developed with young people, families,
educators, clinicians & academics

Lumi Nova: Tales of Courage

- ✓ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ✓ For **7-12 year olds**
- ✓ Supports **mild to moderate fears, worries & anxiety**
- ✓ **Based on CBT** and provides **Exposure Therapy** (Gold standard treatment)
- ✓ **Low risk medical device** - Safe, effective & easy to use



Recommended by

NICE

Co-developed with young people, families,
educators, clinicians & academics

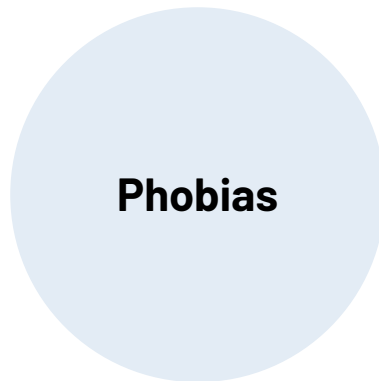
The app provides Exposure Therapy and is NOT suitable for young people:


- ✗ who do not have parent, carer, guardian or trusted adult supervision
- ✗ who are currently experiencing suicidal thoughts or are at risk of self harm
- ✗ who have severe anxiety or who are in crisis
- ✗ with severe mental health symptoms or diagnoses, who are not supported by a healthcare professional.

READ FULL INSTRUCTIONS FOR USE: bit.ly/luminova-ifu

GOALS
1. Stay at home without my parent/guardian
2. Make a mistake on school work or a test
3. Sleep away from home overnight
4. Speak in front of a group
5. Sleep on my own
6. Go to a crowded or busy place
7. Spend time in the dark
8. Spend time near a dog
9. Spend time near insects or spiders
10. Make a new friend
11. Go to a party or social gathering
12. Go to school
13. Spend time in a high up place
14. Eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

Choice of 15 goals relating to:

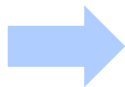


GOALS	CHALLENGE LADDER
1. Stay at home without my parent/guardian	
2. Make a mistake on school work or a test	In game challenges:
3. Sleep away from home overnight	1. Imagine yourself making a mistake on a test
4. Speak in front of a group	2. Draw yourself making a mistake on a test
5. Sleep on my own	3. Watch a 360 video of getting a bad mark on a test
6. Go to a crowded or busy place	
7. Spend time in the dark	
8. Spend time near a dog	Real life challenges - supported by a trusted adult: 
9. Spend time near insects or spiders	4. Make a mistake on homework
10. Make a new friend	5. Answer a question wrong in class
11. Go to a party or social gathering	6. Answer a question you don't know the answer to
12. Go to school	
13. Spend time in a high up place	
14. Eat or drink in front of other people	
15. Be okay seeing vomit or thinking about vomit	7. Make a mistake on a test or quiz

Immersive story based psychoeducation



Completing challenges



1. Prepare

How do you think you'll feel during the challenge?

2. Expose

Complete in game and real life challenges to progress

3. Reflect

How did you feel? How do you think you'll feel if you did it again?

Reward

Unlock new costumes + up to 30 mins gameplay

Example: Drawing challenge



Example: 360 video challenge





Recommended by **NICE**

Co-developed with young people, families,
educators, clinicians & academics

Benefits of Lumi Nova:

- ✓ **Instant access** via a mobile device
- ✓ **Opens dialogue** around worries (with parent/guardian)
- ✓ **Builds understanding** of worries (psychoeducation)
- ✓ Learn **lifelong skills** to manage worries
- ✓ Helps build **confidence & resilience**
- ✓ Can be used at a time & place that's **convenient** for families
- ✓ **Fun & engaging**
- ✓ **Positive screen time** - Limited to 1 challenge per day & max 30 mins of gameplay



Tap anywhere on the image above to be taken to the video on the BBC website.
Or, [click here to watch the video](#) in a different browser window

How do families get access to Lumi Nova?

Instant access via self sign up - Coming Soon!

luminova.app/lincolnshire



Lumi Nova is available instantly to families via your branded online sign up page:

1. Click 'Get Access'
2. Enter their postcode to verify their area
3. Complete a short form to register

Families are then guided through download and setup via text message!



Parent's Role

- ✓ Register for access
- ✓ Download & set up the app
- ✓ Shortlist 3 goals
- ✓ Schedule a regular time in a quiet place to use Lumi Nova with your child
- ✓ Support with real life challenges
- ✓ Complete weekly surveys sent by text message

Usage:

- 2-3 times per week
- 30-45 mins first session
- Following sessions 10-15mins

**How can you support families to
access Lumi Nova?**

How you can help raise awareness:



Invite colleagues to attend a Discovery Session or arrange a team session.



Tell parents about Lumi Nova in conversation or via email, post or events



Update your school's website with information about Lumi Nova



Use social media to tell your community about Lumi Nova



Request posters and leaflets from us to or your team/reception area



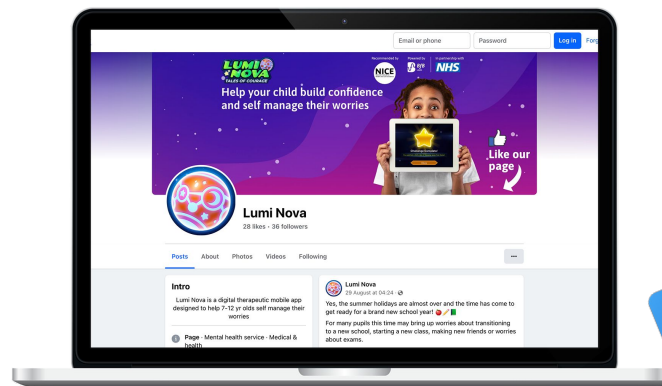
Deliver a Fears & Worries workshop in your school

Stay up to date with new Lumi Nova resources & help spread the word!



Sign up to our Newsletter for Professionals

Receive new resources that you can share with families



Follow & Like us on Facebook!

Re-share content directly to your Facebook community

Lumi Nova is coming soon! You can sign up and follow prior to launch to stay informed.



Student Workshop



'Talking about worries' Workshop

Supporting students to:

- Normalise worries and recognise what they might feel or look like
- Suggest some actions you might do if you are worried.
- Learn how to break worries down into manageable steps

Worries are normal, everybody has worries!



What's included?

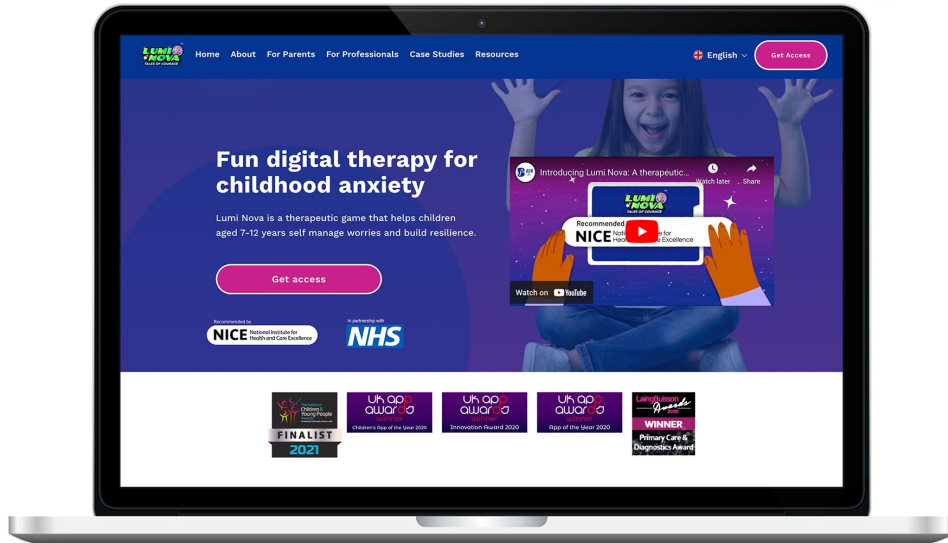
- Engaging and interactive slide deck for 45 minute workshop
- Lesson plan with suggested session adaptations, activities and optional print outs
- Comms template for parent/carers about the workshop and Lumi Nova
- Print or digital resources for distribution to parents /carers



'Talking about Worries' Student workshop, posters and leaflets are available by emailing luminova@bfb-labs.com

Online resources for parents, carers & professionals

luminova.app



luminova@bfb-labs.com