



Lumi Nova in Lincolnshire

Digital therapy for a new generation

luminova.app
@luminovaapp

In partnership with



1. What is Lumi Nova and who is it for?



**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.
- ✗ with substantial Special Educational Needs

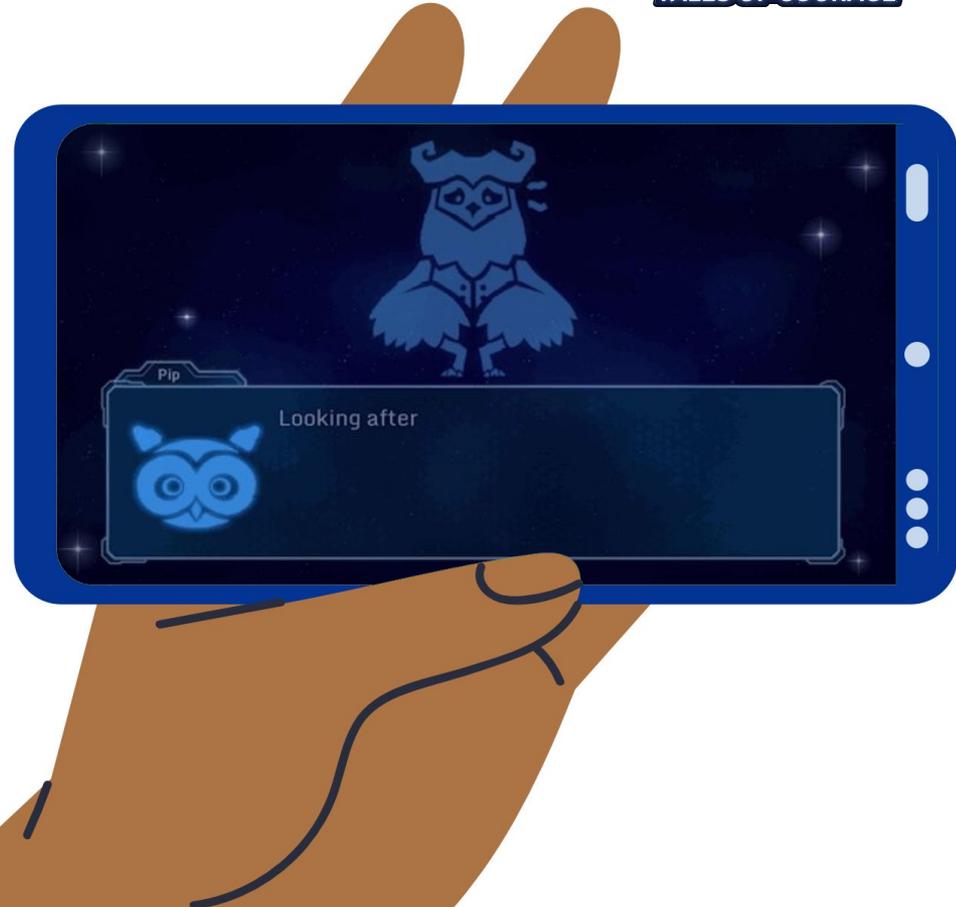
READ FULL INSTRUCTIONS FOR USE: bit.ly/luminova-ifu

2. How does Lumi Nova work?

Psychoeducation

Lumi Nova provides **story-based psychoeducation** - an engaging way to help young people learn about:

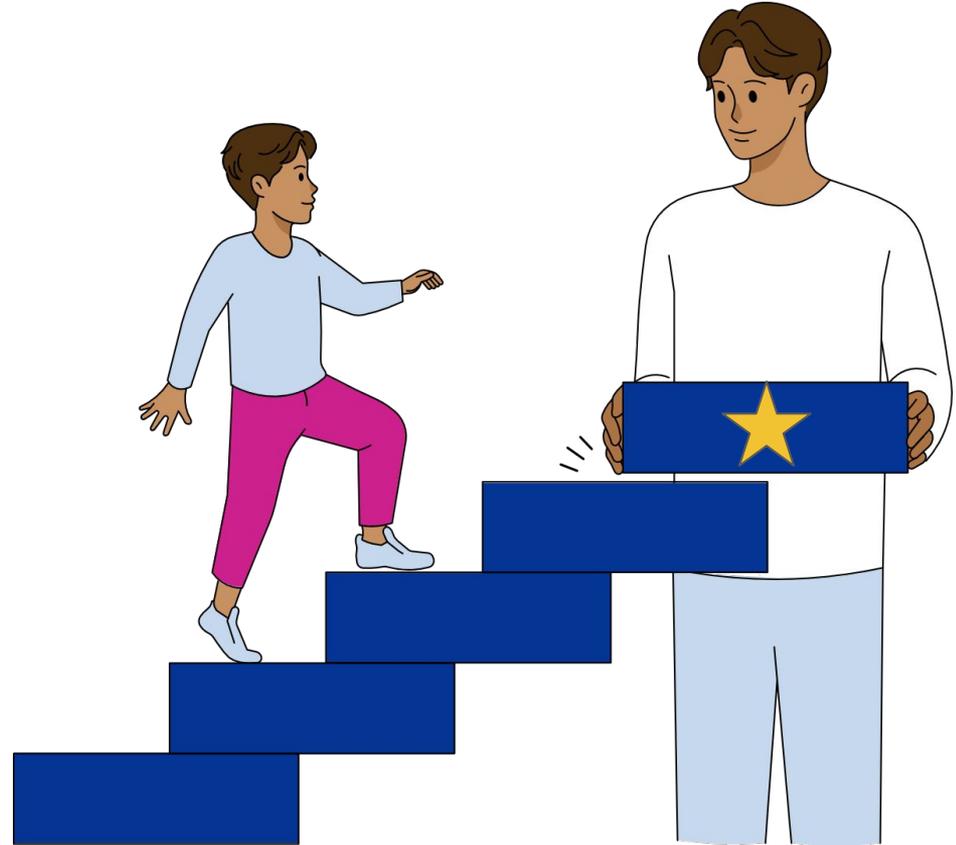
- What fears and worries are, and to normalise them.
- The steps they'll need to take to face and overcome their worries (treatment).



Exposure Therapy

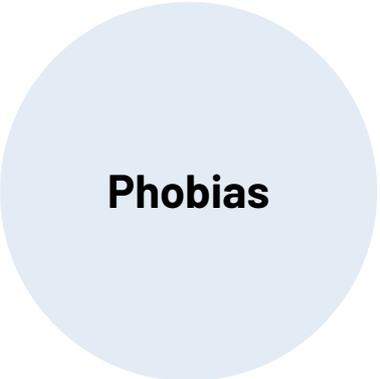
Lumi Nova helps break down common fears and worries into smaller challenges.

- Parents act as co-pilots
- The first few challenges are done in the app.



Missions
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 Missions relating to:



Mission: Be ok with making a mistake on school work or a test

Mission: Be ok with making a mistake on school work or a test

GOAL 1

Short Term Goal 2-4 weeks



GOAL 2

Medium Term Goal 6-8 weeks



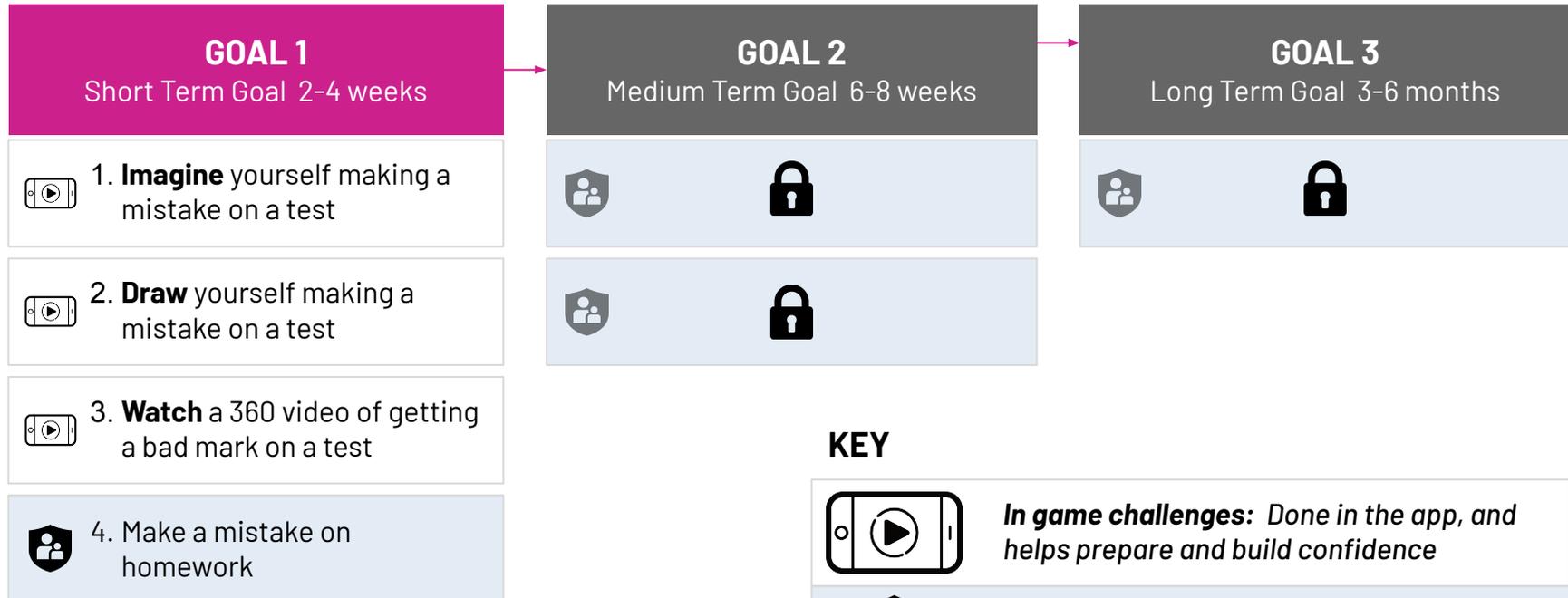
GOAL 3

Long Term Goal 3-6 months

Achieve a goal by completing smaller challenges



Mission: Be ok with making a mistake on school work or a test



KEY



In game challenges: Done in the app, and helps prepare and build confidence



Real life challenges: Must be unlocked and supported by a parent/guardian

Steps to complete each challenge



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?

Unlock Reward

Unlock new costumes + up to 30 mins gameplay

Engagement

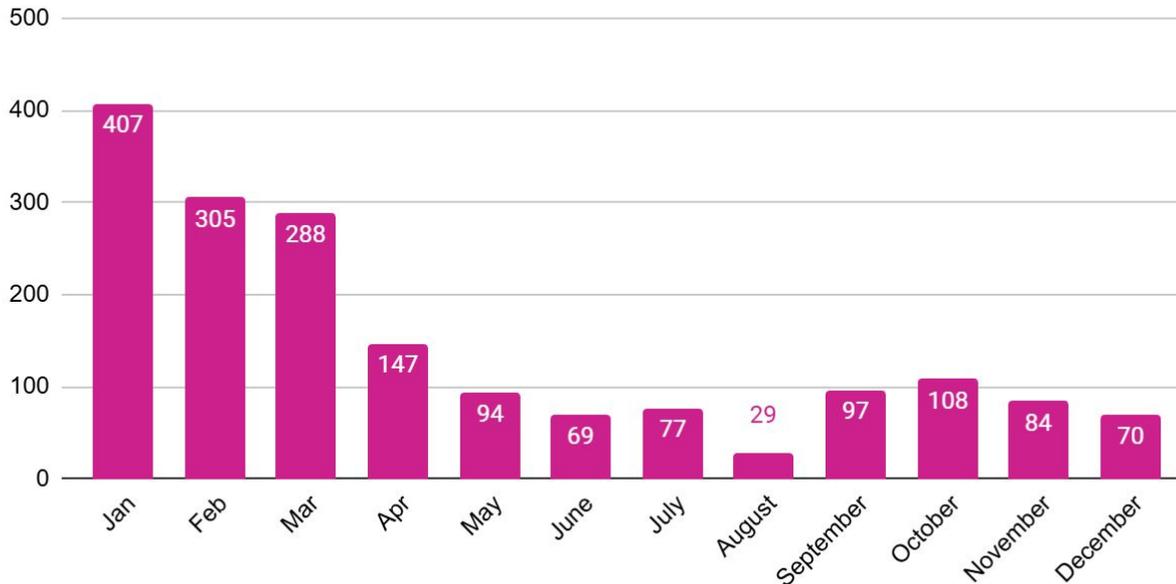
Access



The launch of Lumi Nova in Lincolnshire has been incredibly successful:

Over 1750 families have signed up to Lumi Nova from January - December 2025

Lincolnshire Sign-ups by month



Source: VitaMind Hub data launch - 31st December 2025

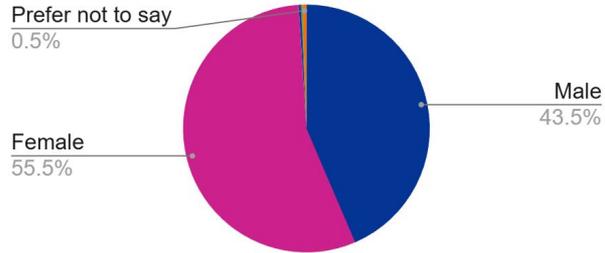
2025



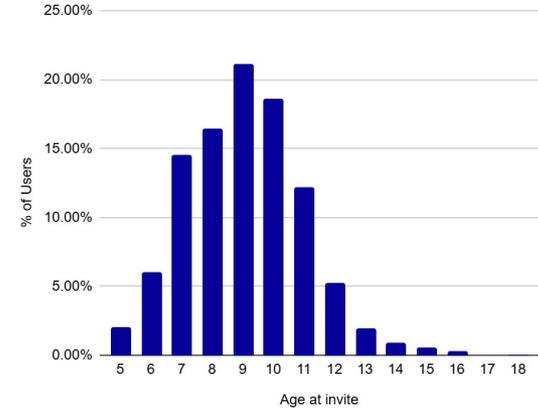
Inclusivity

Lumi Nova is being accessed by CYP who are often underrepresented within more traditional services.

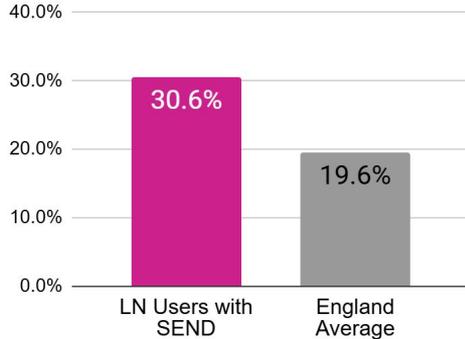
Gender



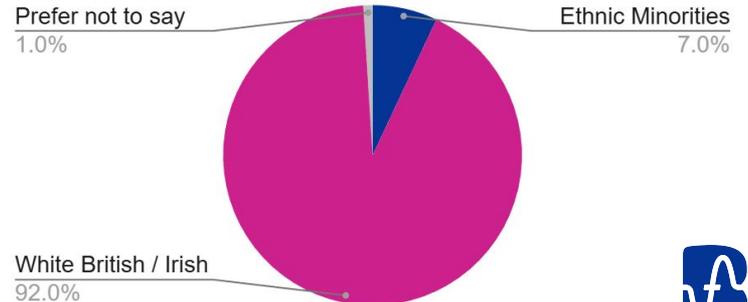
Age



Disability



Ethnicity



Most Common Mission Selected



Mission Name	Lincolnshire %	National Average (same time period)
Be ok with making a mistake on school work	18.16%	16.96%
Feel comfortable going to school	13.69%	13.44%
Be comfortable speaking in front of a group	9.90%	9.61%
Feel comfortable visiting a busy or crowded place	9.25%	8.74%
Try to make a new friend	8.41%	8.19%
Be able to sleep on their own	8.10%	8.78%
Be able to spend time in the dark	6.66%	7.02%
Feel comfortable going to a party or social gathering	5.85%	5.20%
Be able to sleep away from home overnight	4.96%	5.51%
Be comfortable staying at home without their guardian	4.02%	4.42%

Feedback

Parent / Carer Feedback

A feedback survey was circulated to families using Lumi Nova in Lincolnshire. There have been 40 responses to date. Of those using Lumi Nova at least 1-3 times a month:

87%

Would recommend
Lumi Nova to friends
and family



80%

Said it helped their child
understand their
worries

Parent/Carer Feedback

What changes have you noticed in your child since using Lumi Nova?



Better coping strategies, improved confidence and self-esteem.

She is more confident to try new things.

My daughter opens up more.

A change in the way they process/understand their worry.

She seems more confident at working through her worries at school.

More willing to share her worries.

Some reduced anxieties.

Seems more settled in self.

Reduced anxiety at bedtime.

Mostly going to sleep on his own.



Professionals' Feedback

What are the benefits for families using Lumi Nova?

Children have talked positively about the programme - One family has expressed it has helped their child with a fear of vomiting.

How accessible it is for the children and how they want to play as it is game based.

It has started conversation between the YP and parents

Problem solving together, engagement and positive behaviour, parents like that the time is limited

Families and children having the responsibility for their own well-being. Doing something proactive to help with mental health.

They are able to recognise their worries and identify strategies to support themselves



3. How do families get access to Lumi Nova?

Signpost parents for instant access to Lumi Nova

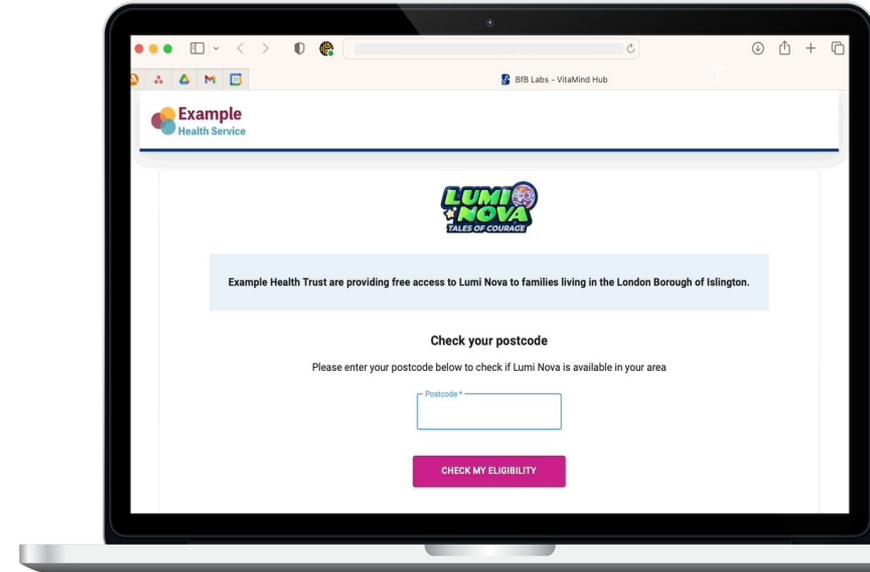


luminova.app/lincolnshire



Register for free instant access

1. Click the link and choose their area
2. Click "Get access" and validate their postcode
3. Register their details

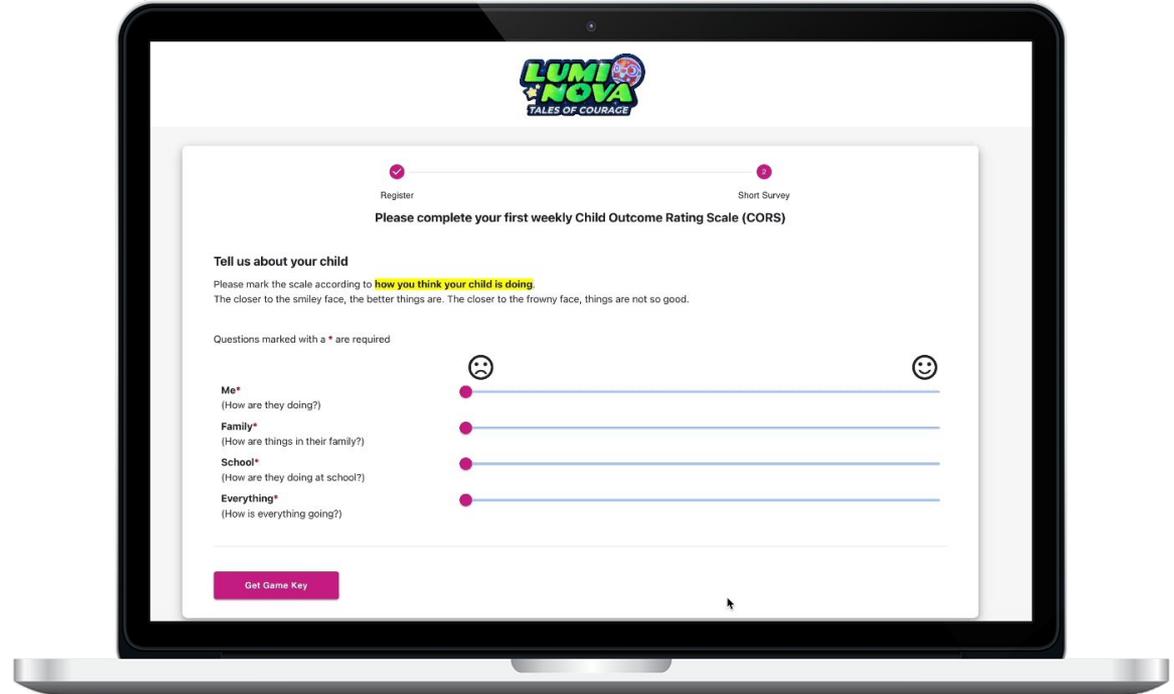


Child Outcomes Rating Scale (CORS) Survey



4. Complete a short CORS Survey
5. Receive a text message to get started

Great news! Jay can soon start playing Lumi Nova. Download the game here: <https://dl.bfb-labs.com/ln> Your secret game key is: XXX - XXX - XXX



Parent's Role

- ✓ Registration & download
- ✓ Shortlist 3 Missions
- ✓ Schedule a regular time in a quiet place to use Lumi Nova with their 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



4. How can you support families to access Lumi Nova?



Benefits of Lumi Nova for professionals:

- ✓ **Widely accessible** for families
- ✓ **No referral forms, no thresholds**
- ✓ **Stand alone** support
- ✓ **Alongside** other support
- ✓ As part of a **step down offer**
- ✓ Within a **'Waiting Well initiative'**
- ✓ As part of a **Whole School Approach**
- ✓ As part of a **PSHE scheme**

Digital Resource Kit

The resource kit contains:

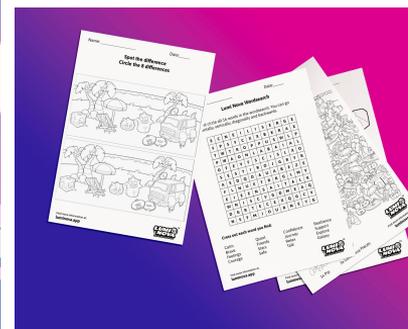
- Communications for parents and professionals
- Social Media assets
- Website assets
- Workshop Lesson Plans
- Recorded Interactive Assembly
- Display Kit



Request a **digital resource kit** to support signposting:
luminova.app/resources#professionals



Printed leaflets and posters can be request by emailing:
luminova@bfb-labs.com



Next steps together...

Lincolnshire
COUNTY COUNCIL
Working for a better future

NHS
Lincolnshire Partnership
NHS Foundation Trust



Signpost families to **Lumi Nova**

luminova.app/lincolnshire

Join an online **Lumi Nova Discovery Session** for professionals

We believe in mental healthcare support **for everyone.**

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