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Poster

Community Connect App: A digital teaching and wellbeing tool among youth (14-20 years Old)



Innovation

The innovation of the mobile application for education and health assistance programs. The Community Connect App presents a secure, teaching and community oriented online space that develops psychological resilience, health, exercise, social skills, and parent involvement. The app combines learning sites, self-emotional management, wellness programs, and social platforms into a single app. Community Connect App will include personalisation for resilience, enhancing lifestyle linking youth directly to parents, youth workers, and local youth hubs.

Problems in Health and Social Care

After Covid-19 pandemic, the mental health problems in young people are increasing significantly. Prolonged loneliness, disrupted education and exposure to social media has caused social phobia, leading to depression, loneliness, and disengagement (Goodyear and Armour, 2021). UK National reports indicates that teenagers aged 14-20 showed greatest drop in welfare of emotions, few physical and learning patterns.

The urgent need for intervention can be is shown on the graph, this shows the decrease in the mental health of young people during the period of 2020-2023. The current health and education system do not offer secure and special digital environment, integrating learning, wellbeing tracking, and use of physical health promotion (Swat, 2023). Social media will connect this and provide controlled digital space that combines the need for education, emotional and physical wellbeing.

Target audience and App impact

The main audience will be the youth population age 14–20-year-olds who uses smart devices, in learning environment. The benefactors include parents, teachers, youth workers, and community health teams.

The enhancement of wellbeing through innovation

- Professionalised exercise and counselling session available in leisure centres where youth go to swim, and gym.
- Emotional tracking function through no activity and notify user and parents.
- Reading material, stimulating games and positive rewards for engagement.
- Chat-box for social space.

The functions will allow the youth to engage in a healthier, more self-awareness while promoting having parental and community support. Therefore, the app provides a positive impact for greater good and enhances

resilience on the mental wellbeing of young people. This will minimise loneliness and isolation among this group.

App Implementation

The Community Connect App to be launched in education and health settings. Mental Health outreach teams will be available enrol participants into the program. This will include initial introduction of the app, enrolment, providing information on functions and its use to beneficiaries. Youth workers will train clients on the usage of the app and will be involved in making sure students use the app with assurance (Perez-Escoda et al, 2021).

The launch phase will start in 2 secondary schools of same borough in London. Eventually, it will be rolled out to the GP Surgeries, Libraries, Leisure centres, youth centres to strengthen the community level involvement (Knupfer, Neureiter and Mathes, 2023).

Timeline

Week 1-2	Final development, safety checks, and app testing.
Week 3-8	Launch in school (6 weeks pilot), onboarding, health activities, reading material access, and in person activities.
Week 9-10	Review of engagement data, trends, and feedback.
Months 3-4	Roll out to other schools, integrate community wide.
Month 5 and onwards	On-going expansion, consultation with public health partners.

Regulations and Development

This application adheres to all requirement rules of data protection and security. The key requirements include:

- Safe storage of data, user agreement of privacy according to the GDPR and Data Protection Act, 2018.
- Online Safety Act legislation to guarantee content filtering, anti-bullying, and safe communication (Tkacova et al, 2022).

- The user guidelines on parental consent for underage users.
- Ethical guidelines that uphold confidentiality but permit intervention in the case of identified risk.
- Transparency and accountability safeguards safe-guards user and help those in need.

Technology Integration

Effective technology allows for early mental health detection, with this app, the aim is to enhance interaction, facilitate personalised learning and well-ness practices. This innovation is centred on the app and technology. The app uses the following:

- Cloud Storage encrypted to save personal data.
- Digital questionnaire and behaviour trends, using tracking tools.
- Exercise, learning program and wellbeing push notifications (Bozzoto and Longobardi, 2024).
- Well-being trend dashboard to show most used application option.
- Moderated safe communication space.

Advertising the Innovation App

Advertisement will be carried out through digital and community –based distribution. Youth workers will visit schools, demonstrating the use and the benefits of the app. The poster will be placed in GP surgeries, Leisure centres and libraries as well as youth clubs. Young people will be engaged through social media campaigns, with help of the local wellbeing group and those involved in the app, as part of outreach activities with public health support. Schools, healthcare, community outreach teams will make universal information understanding and participation.

Summary

The Community Connect App is an effective, secure, and resourceful digital teaching and learning innovation. This model allows the enhancement of mental wellbeing, exercise in your pace for the youth aged 14–20-year-olds. It is an integrated approach and accessible to help young people and community members to engage and reduce mental health issues faced by a growing number of young people.

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