

YOUNG PEOPLE'S MENTAL HEALTH

WHAT THEY SAID & WHAT THEY DID

YOUNG PEOPLE'S MENTAL HEALTH

WHAT THEY SAID & WHAT THEY DID

HI!

WHO ARE WE?

TIFFANY BRO N

TH PARTICIPATIO PEOPLE

LAURA TYRRELL

CA HS PARTICIPATIO O ICR

VOICE OF YOUNG PEOPLE

THE BIGGEST ISSUES AROUND MENTAL HEALTH?

- ① Negative experiences with CAMHS
- ② Lack of Education! What is Mental Health, even?
- ③ Too much education on Mental Health
- ④ Transition
- ⑤ No-one listens
- ⑥ Resilience
- ⑦ Social Media
- ⑧ Stigma



LACK OF EDUCATION


YOUNG PEOPLE SAID:

- What is Mental Health really?
- No idea where to go for support!
- Stigma, Stigma, Stigma!
- Not taught about it at school
- Knowledge based on assumptions

MENTAL HEALTH CHAMPIONS

TRAINING UP YOUNG PEOPLE TO TEACH THEIR PEERS ABOUT MENTAL HEALTH

 Wandsworth Youth Council , CCG, The Participation People and CAMHS

 Year 9: 16 MHC

 Real stats and facts and soft skills development

 Creative campaigns

KEY OUTCOMES

- 50 Mental Health Champions
- 3 schools worked with
- 12 creative campaigns made
- 100% increase in knowledge on Mental Health
- 100% had fun
- 90% of young people increased soft skills

Giving young people the chance to ask experts their most pressing questions

KEY Topics included:

- Budgets

- How to support a peer

Where to go for support

Types of Mental Ill Health

What schools are doing to help

NO-ONE LISTENS

NEGATIVE EXPERIENCES WITH GAMHS

Young people would share their concerns – BUT, nothing would happen or change!

Young people wanted to:

- Have more input into how services were run
- "Give Back" and help other young people have better experiences

CAMHS

PARTICIPATION COUNCIL

WHAT WE DID:

- Worked with local CAMHS teams to identify young people
- Wandsworth, Kingston, Merton, Sutton and Richmond
- Recruited service users to be on the council
- Training
- Team-building day residential

KEY OUTCOMES

Young people have:

- Met with commissioners locally
 - Shared ideas on how to improve access to CAMHS
 - Created and designed their priorities
 - Working together to design projects that will create positive change around these priorities
-

CAMHS WAITING ROOM RE-DESIGN

Young people felt that the waiting room was:

- unwelcoming
- not designed with young people in mind
- not putting young people at ease
- cold and dreary
- lacked inspiration

**THEY WANTED TO HAVE A SAY ON
WHAT IT SHOULD BE LIKE!**

HAT WE DID.

1. Recruited a group of service users and non service users
2. Held several consultations with service users and the group
3. The group came up with new ideas
4. CAMHS were Successful in applying for funding
5. Bringing their ideas to life in March

#watchthisspace

RESILIENCE

Young people think soft skills are **KEY** to being able to build resilience and **THRIVE**

Mental Health support services don't do enough to equip young people with these skills!

They then don't always participate fully and don't know how to **SPEAK UP!**

STIGMA

Because:

Young people don't know enough
about Mental Health

Young people don't know how to
talk about Mental Health
positively

**They also wanted
CAMHS and mental
health support to
be more and mean
more than just
"getting therapy"**

DEBATING MENTAL HEALTH

What we did:

Secured funding to run 8 debating groups across London

12 weekly 1.5 hour sessions

Young people learnt / developed key soft skills

While also:

- discussing mental health issues that matter to them
- meeting young people who had similar experiences
- having FUN

KEY OUTCOMES

- Over 60 young people across London participated
- Reported outcomes included an increase in:
 - confidence
 - Self Esteem
 - public spe
 - Speaking up and having a voice!
- New friends

TRANSITION

***"THERE IS NO DIFFERENCE BETWEEN BEING 17 AND
364 DAYS OLD AND BEING 18!
ONE NIGHT'S SLEEP DOESN'T CHANGE EVERYTHING"***

Better support for young people
transitioning from CAMHS to adult services
so young people don't fall through the
cracks

GAMHS PLUS

***A NEW TRANSITION SERVICE CO-DESIGNED WITH
YOUNG PEOPLE FOR A SMOOTH JOURNEY***

Young people said the service needs:

- a dedicated transition worker
- To be holistic
- To work with the young person before 18 and after 20

YOUNG PEOPLE'S MENTAL HEALTH

WHAT THEY SAID & WHAT THEY DID