



***PROMOTING
WELLBEING IN YOUTH
WORK PRACTICE***



What is Right Here?

- **Five-year programme**, jointly run by Paul Hamlyn Foundation and the Mental Health Foundation, ending in 2014
- **Aim:** to develop effective new approaches to supporting mental health and wellbeing of young people, aged 16 – 25 and to replicate these as appropriate (Foyer Federation)
- **Strands:** 1) to raise awareness of good mental health among all young people 2) to provide targeted, early support for those at risk of developing mental health problems 3) to tackle stigma



Methodology

- **Action research** with cross-sector pilots in different locations and with different target groups: **Brighton, Fermanagh, Newham and Sheffield**
- **Evaluation** from the start and opportunities to exchange learning and best practice
- + **Innovation Labs** with Comic Relief and Nominet Trust and Healthy Conversations with Foyer Federation



Principles and beliefs

- All young people have mental health needs
- Young people must be partners in service design, delivery, and influencing
- Youth organisations have an important role to play in supporting mental health and wellbeing but sometimes need extra help to do so
- MH and wellbeing support should be provided early on in accessible and acceptable community settings from those whom yp trust



Why?

- Rates of mental ill-health among young people in the UK are concerning
- Adolescence and early adulthood peak times of onset of mental ill health and period when there is need for effective early care
- The right care at the right time can prevent mental ill health in the future and save money
- BUT young people have lowest service access of any age group: adult services often not designed or delivered in ways that suit young people, and stigma associated with mental health problems can stop young people from seeking help



In their own words ...

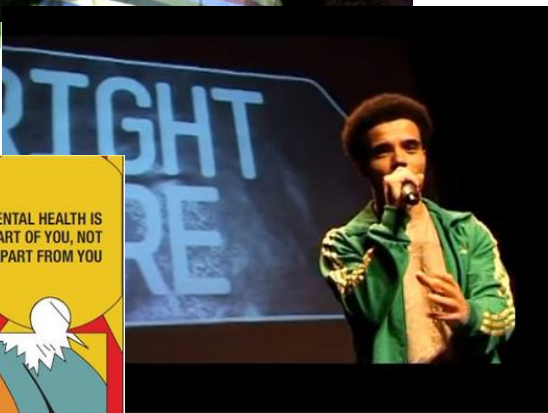
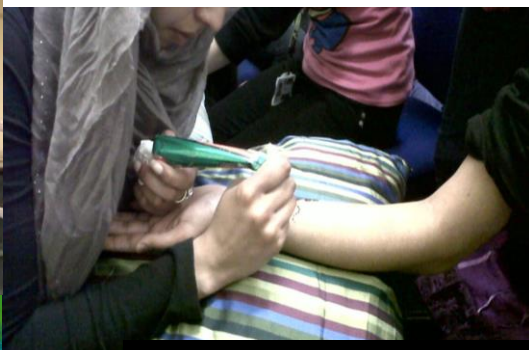
- ‘NHS services think they are a series of entrances to getting help but they’re actually a series of barriers’
- ‘I don’t want people to think I’m crazy’
- ‘Mainstream health services aren’t available when I need them, they don’t treat me with respect, and they make me feel more isolated and alone’
- ‘Young people are treated like suitcases ...passed around services.’



The RH alternative

- **Youth participation and co-design** generating better mental health, new skills and relationships for participants, and more accessible and responsive services
- Young volunteers, with help from professionals, design, deliver, commission and evaluate activities and campaign for better youth mental health services

Activities and campaigns co-designed by Right Here young people

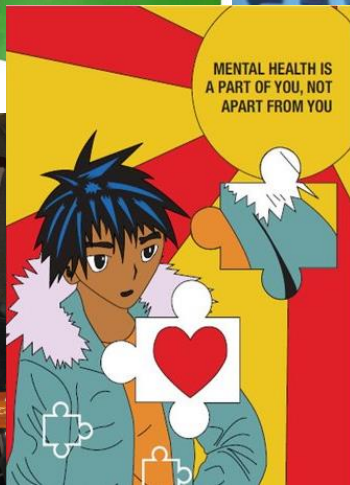
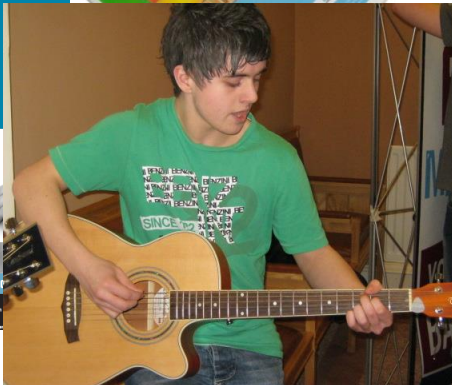


RIGHT HERE production
HOW CAN I... GET THE MOST OUT OF MY GP APPOINTMENT?
a short film made by young people for young people
WWW.HOWCANIFILM.COM

WHAT ARE MY RIGHTS WHEN I VISIT MY GP?
WILL MY DOCTOR TELL ANYONE?

CHECK OUT OUR MAP OF YOUNG PEOPLE'S SUPPORT SERVICES IN BRIGHTON AND HOVE: WWW.WHERE2GO.COM

YVCA
DASH CENTRAL
NHS
Brighton and Hove City Council





The RH alternative

- **Joining youth and mental health work**
- Cross-fertilisation of skills, ideas, and processes creates accessible services/activities which:
 - ① young people want to participate in and which they can help develop and deliver
 - ② reach those at risk of developing mh problems
 - ③ offer youth work staff chance to receive support where needed
 - ④ build better mental health
 - ⑤ Mental health professionals gain too!

“We need common sense and the human touch not a person being clinical” (Young person, Right Here Sheffield)

How to ...

promote mental wellbeing in youth work (1)

- Get to know mental health services in your area and build links with them to:
 - ✓ learn about mental wellbeing and how to support it. www.wellinformed.org.uk can help
 - ✓ host or recruit a counsellor or therapist
 - ✓ get support, clinical supervision and training for staff
 - ✓ find out who to contact if support needs are urgent or further support is needed. See www.findgetgive.com
 - ✓ Create long term partnerships for an integrated and sustainable young people's wellbeing service

How to ...

promote mental wellbeing in youth work (2)

- Provide fun activities, which you know will appeal to young people, and look for the mental health hook in them.
- Group physical activities like rock-climbing (Brighton), non-contact boxing (Newham), and fishing (Fermanagh), Walk and Talk (Sheffield and Brighton) have physical AND mental health benefits, boosting mood and building relationships
- Try participative arts activities, such as comedy and music production workshops (Brighton), drama and film-making (Newham) too
- See <http://www.right-here.org.uk/resource-centre/> for case study examples and research evidence

How to ...

promote mental wellbeing in youth work (3)

- Mind the language you use, and how and when you initiate conversations about mental health
- Key message 'everyone has mental health'
- Create easy referral routes between group activities and one-to-one therapeutic support (Right Here Sheffield)
- Support young people with mh issues to take part in activities through: contacting them to talk about what's available; keeping in touch before and after activities (text, phone, email); being flexible about attendance; going with them to a meeting or activity

How to ...

promote mental wellbeing in youth work (4)

- Evaluate the mental health impact of your activities to ensure you're doing the best job you can and to gain credibility with commissioners and potential partners
- Options: standardized questionnaires; supporting young people to define what they want through goals-based scales; qualitative methods such as focus groups, interviews, or creative approaches to find out which goals have been met.

Sheffield: cross-fertilisation of youth and mental health work

- Youth workers and therapists worked together from the start to create therapeutic youth work programmes and a range of creative and participative activities for young people, such as STAMP, Dare you Share, Cage the Rage.
- Focus on activities, not diagnoses, and providing a variety of options from awareness-raising to group and one-to-one therapeutic sessions to meet all needs
- Cross-referrals from group to one-to-one and vice versa
- New model of service delivery welcomed by local commissioners



What's next?

- Activities and approaches continue in 4 sites with local support
- Interim evaluation results show positive impacts on young people, local practice and policy
- Final evaluation results, Autumn 2014
- Series of How to ... Guides, bringing together learning from RH. First, for youth workers, just launched. Training for youth workers provided with UK Youth
- Foundations and sites continue to make case for new approaches to protecting and supporting young people's mental health.

Dan Harris

*Young Person, Innovation Labs Project
Board*

INNOVATION LABS

nominet trust



What is Innovation Labs?

- 3 year initiative (2011-14)
- Aim to create digital tools for young people's mental health and wellbeing
- Built on Right Here principles
- Jointly funded and managed by Paul Hamlyn Foundation (Right Here), Comic Relief and Nominet Trust
- Young people involved from the start

Phase 1: The Labs!

- 2 physical 'Lab' days and a 3 month incubation period between
- Lab 1: 65 people incl. 40 young people, 194 ideas
- Incubation phase: 100 people incl. 50 young people, 12 ideas selected
- Lab 2: 50 people incl. 25 young people: from 12 ideas to 8 paper prototypes.
- Process delivered by the Cernis partnership



INNOVATIONLABS

Love & Mental Health

The brief:

Design a website or mobile app that provides advice on communicating including dealing with shyness, dating and relationships, and *loving yourself in this context.*

Aimed at:

1. People who currently have mental health issues, or have recently recovered
2. The service would also include advice for their partners
3. Singles

Things to consider:

1. What are the difficulties that a person with mental health issue encounters in
 - finding a partner

Tips:

- Decide at the beginning if this should be a website or a mobile app
- You only have a day so keep it focused and simple
- Should this be one big website or two separate sections, one for partners and one for people diagnosed with a MH condition?



Phase 2: Product development through grant programme

nominettrust



The 7 Funded Projects and organisations

Headmeds:

www.headmeds.org.uk

Young Minds

Madly in Love:

www.madlyinlove.org.uk

YouthNet

In Hand:

(App)

FACT

Well Informed:

www.wellinformed.org.uk

Sixteen25

Mood Bug:

(App)

MindApples

Doc Ready:

www.docready.org

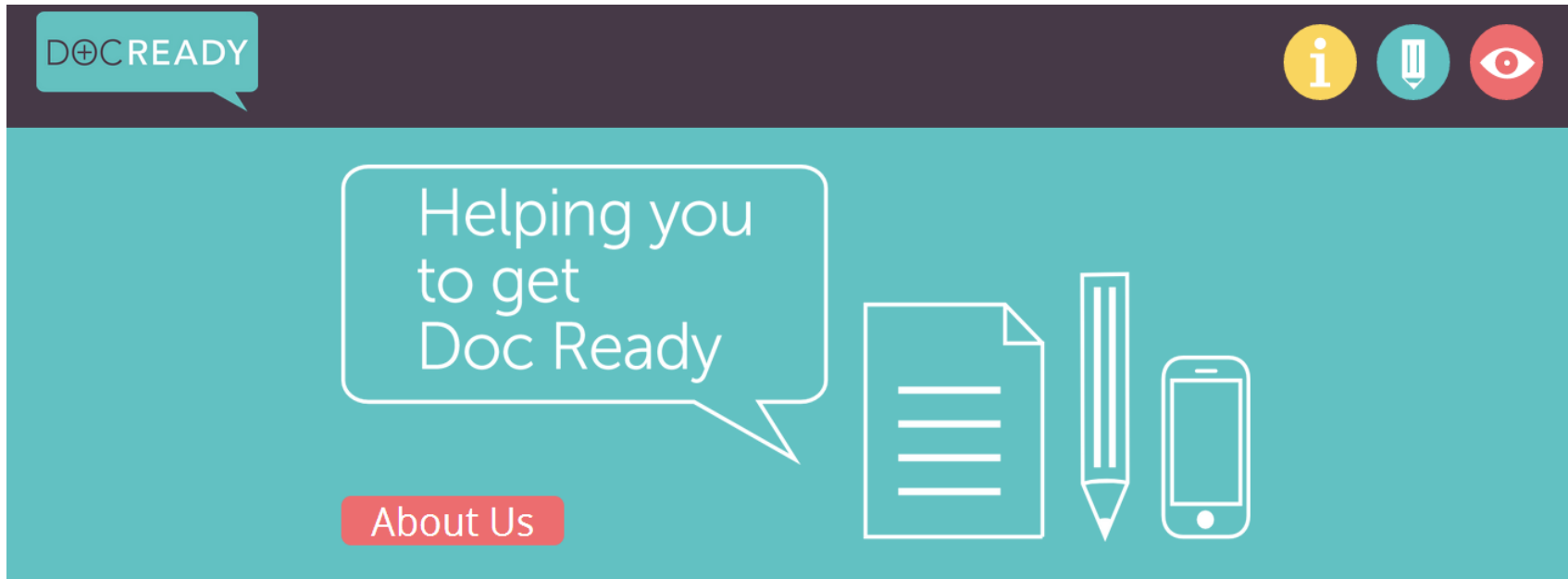
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Find Get Give:

www.findgetgive.com

Sussex Central YMCA (RH Brighton & Hove with Sheffield and Newham)

DocReady.org



The banner features a dark grey top bar with the 'D+CREADY' logo in a teal speech bubble on the left and three circular icons (info, pencil, eye) on the right. The main teal area contains a white speech bubble with the text 'Helping you to get Doc Ready', a red 'About Us' button, and three white line-art icons: a document, a pencil, and a smartphone.

We know that it can be difficult to talk to people when you're having difficulties with your mental health. Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.

Info & Advice



FindGetGive.com



Find help.
Get help.
Give Feedback.

NEWS &
BLOGS

HELP &
ADVICE

ADD YOUR
SERVICE

CRISIS
AREA

Find Get Give can help you find mental health support in your area

Created by, and for, people aged 16-25 years old

Where Are You ?

East Sussex

Select County

Cornwall

East Sussex

London

South Yorkshire

West Sussex

Stephen Fry on Find Get Give

There are organisations across the UK doing marvellous work to support and help young people with their mental health challenges. But finding that support needs to be quick and easy, otherwise there are real risks of not being able to reach those most in need of help. Find Get Give is a great initiative that helps tackle this problem and gives young people a voice to feedback on the support they receive.



Stephen Fry lends his
support to Find Get Give



WellInformed.org.uk



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As professionals, volunteers and carers supporting young people, you need accurate and reliable information about mental health and emotional wellbeing. We provide the answers to your questions, helping you to help young people so they can keep the trust they have in you. Select an area of mental health and emotional well being that you want to know more about:

[Anxiety](#)

[Depression](#)

[Self-harm](#)

[Anger](#)

[Eating problems](#)

[Attention difficulties](#)

[Behaviour issues](#)

[Emotional wellbeing](#)

[Building resilience](#)

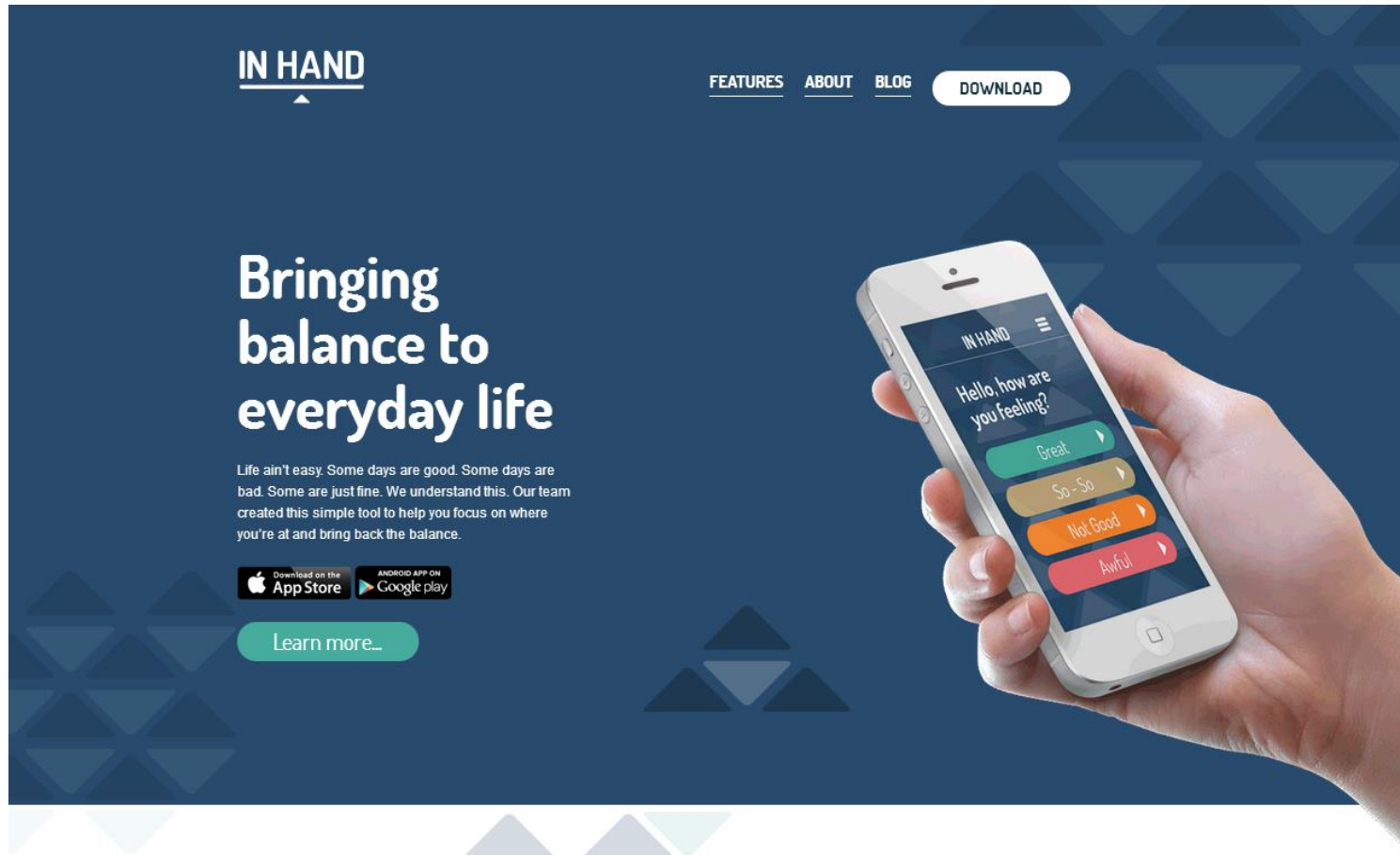
Can't find what you're looking for? [Contact us](#) and tell us about other topics we should be covering on Well Informed. We'll get back to you with a helpful response.



MadlyinLove.org.uk

The screenshot shows the homepage of MadlyinLove.org.uk. At the top left is the logo 'MADLY IN LOVE' in a red, 3D-style font. To its right is the tagline 'When Love Meets Mental Health'. In the top right corner, there are social media icons for Facebook, Twitter, and YouTube. Below the header is a navigation menu with the following items: HOME, EXPERT ADVICE, SHARE EXPERIENCES, YOUR PLAYLISTS, GET SUPPORT, and WHAT IS MADLY IN LOVE?. The main content area features three large promotional tiles. The first tile on the left shows a close-up of a young woman's face with the text 'Is your mental health affecting your sex life?' and navigation arrows. The middle tile shows a couple in a red-tinted setting with the text 'THIS PLACE IS YOURS... SO TELL US A STORY'. The right tile shows a collage of cassette tapes with the text 'WHY NOT SHARE A PLAYLIST SUMMING UP YOUR FEELINGS? JUST SUBMIT A MIXTAPE HERE!'. Below these tiles, there is a video player showing a man's face with the title 'Letting her in - depression and us' and a URL 'www.madlyinlove.org.uk/share-experiences/we-work-on-songs-together-208.html'. To the right of the video player is a smaller image of a woman in a pink shirt.

InHand (Mobile App)



FACT

Red Ninja Studios

Mersey Care NHS Trust

INNOVATION LABS



Thank you!

www.innovationlabs.org.uk

www.right-here.org.uk