

HWB APPENDIX 2 (Report Ref. 3.2)

ENGAGEMENT AND FEEDBACK FROM STAKEHOLDERS (Embedded documents have been removed)

Children and young people – engagement (mental wellbeing)

The following are key areas where we have engaged and involved young people in mental wellbeing services (2017/18)

	Key points that came out	Recommendations	Impact
1. Stakeholder events and meetings with children, young people, families and providers	<ol style="list-style-type: none"> 1. Good quality information and resources for self-care, addressing inequalities and tackling stigma. 2. Building emotional strength and resilience 3. Working with parents, schools and communities in a joined-up way and to ensure that access to evidence based mental health support is timely and responsive 	<ol style="list-style-type: none"> 4. Good quality information so that children, young people and families can make informed choices about the services they access and can be involved and active in decisions about their care. 5. Opportunity and diverse range of activities, resources and spaces for children, young people and families to access within their communities. Focussing on building emotional strength and resilience. 6. Address stigma and inequalities through collaborative approaches which are designed and led by children and young people. 7. Access and responsiveness of services that are joined up, collaborative and provide flexibility. 8. Waiting times to access support and services need to be reduced. 9. Young people find it really useful when professionals work in a more joined up way; particularly linking services up with schools. 10. Increasing the range of services and approaches available as children grow up to reflect cultural, digital and community-based needs. 11. Social and economic opportunities including apprenticeships, workforce development and training that is youth led. 	Refresh of our local transformation plans

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<p>12. Learning and innovation</p>	<ol style="list-style-type: none"> 1. Importance of involving young people in shaping, designing and commissioning services to meet needs. 2. Understanding the changing needs of young people. 3. The need for safer community spaces 4. Improvements to CAMHS and access for mental health 5. Importance of peer networks and support 6. Addressing the stigma and barriers in services that young people face 7. Workforce representation and opportunities to improve across the system 8. Importance of mentors and staff supporting informal opportunities for young people. 9. Support for a system wide approach to building Bradford as a City of Youth 	<ol style="list-style-type: none"> 1. Involvement structures in the council, VCS and NHS to improve 2. Listen to young people and involve them. 3. Improve and increase the offer of community spaces 4. Improve and open access to mental wellbeing services. 5. Develop more peer networks through current services 6. Address the stigma and barriers young people face to access services in a timely way 7. Services across the system to improve their workforce representation to reflect our communities. 8. Services should all have opportunities for young people to shadow, learn and be involved. 9. The City of Youth campaign to be supported to reflect the growing youth population and needs. 	<p>City of Youth campaign provided with support to develop</p> <p>Wider involvement of young people in mental wellbeing service development</p> <p>Peer network established</p> <p>Still needs system wide adaptation of the recommendations.</p>
<p>13. Leadership Catalyst Course</p>	<ol style="list-style-type: none"> 1. Bullying – impact on young people and moving beyond policy to support and system wide campaigns 2. Workforce development – opportunities for young people in entering work, gaining experience and challenging the stigma and barriers that they face. 3. Representation of current workforce (age, gender, ethnicity, ability) 4. Healthy eating and creating healthy, sustainable eating habits for young people 5. Understanding the pressures and challenges young people face with regards to identity, body confidence, sexuality, racial harassment, sexual 	<ol style="list-style-type: none"> 1. See attached presentation on bullying presented to Children’s Trust Board. 2. Workshop at learning and innovation event to explore some of the barriers and perceptions and stigma that young people face and to repeat across workforce. 3. Needs to be addresses across the system wide workforce in council, NHS and VCS. 4. Schools and youth services to have a focus on supporting young people to make healthy food choices, learn how to cook, grow and understand food content. Links to eating disorders and malnutrition. 5. To understand community needs and experiences 	<p>Bullying campaign presented to Children’s Trust Board and all recommendations adopted</p> <p>Workshop at learning and innovation event took place – still needs system wide discussion about their report.</p> <p>Young people articulating their barriers and issues</p>

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	harassment and abuse, islamophobia, discrimination, sexism and ageism.	around these barriers and discrimination and work together to address them as they undermine participation and involvement in society.	and using this to influence mental wellbeing work Influencing the council integration agenda
14. Self-care everywhere	Event focussed on health as led by young people – on 5 health areas as defined by young people – over 200 young people attended and took part.	See report attached	Self-care everywhere initiatives that are youth led taking place every month Young people’s television programme 3 campaigns launched Work on school play and links with school
15. Health foundation	Involvement of over 170 young people – focus on: <ol style="list-style-type: none"> 1. Skills <ol style="list-style-type: none"> a. Life skills b. Lack of funding c. Learning from older friends and peers d. Youth organisations play an important role in teaching skills, providing safe spaces e. Employment and lack of jobs/opportunities 2. Connectivity – community and personal <ol style="list-style-type: none"> a. Formal networks important b. Individual choices to be supported c. Work experience is too short 	<ol style="list-style-type: none"> 1. Skills <ol style="list-style-type: none"> a. Schools to use life skills approach and teach them b. Every young person to involved in a youth organisation c. All young people taught how to build their confidence, resilience, job seeking skills, CV etc. d. More funding needed for schools so that students can learn practically e. Stop poor recruitment practices f. Provide opportunities for local young people to be part of our workforce 2. Personal Connectivity <ol style="list-style-type: none"> a. Organisations (council/vcs) should be 	Emotional support recommendations embedded into the Future in Mind action plan.

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	<ul style="list-style-type: none"> d. Inspiration, motivation and progression are all important e. Poor perception of Bradford hinders 3. Practical Support <ul style="list-style-type: none"> a. Issues around poverty b. Transport costs c. Cost of living d. Crime e. Financial knowledge 4. Emotional support <ul style="list-style-type: none"> a. Being part of a group/network is important b. Friends and family support c. There is a gap between young people’s support, needs and the reality of mental health 5. Security <ul style="list-style-type: none"> a. Focus on housing, safety and employment 	<ul style="list-style-type: none"> involved with schools b. Increase work experience opportunities c. By 2020 every young person should be attached to a club outside of school, e.g. Cadets, drama, etc. d. Bradford university and colleges becoming more open to the community and providing better opportunities 3. Practical support <ul style="list-style-type: none"> a. Free transport b. Teach applicable financial knowledge c. Job opportunities d. Advertise and outreach more to people e. Safer spaces for young people 4. Emotional support <ul style="list-style-type: none"> a. Bring people together through community and school activities b. Mental health support in and outside of schools to be accessible c. Encourage young people to talk openly – better campaigns d. Opportunities for arts, creativity and activity to be more wide spread e. Advertise the help available f. No one should have no one by 2020 – aspiration g. Emotional resilience classes h. Social and safe spaces for young people 5. Security <ul style="list-style-type: none"> a. Improve social housing in Bradford b. Safer communities and support c. Employment opportunities 	
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16.City of youth	City of Youth is a young people’s led initiative that recognises the potential of young people and the importance of involving them in shaping our city. Bradford will be the youngest city in Europe by 2020 and City of Youth aims to provide a platform for young people to have a voice, shape the city and create positive change.	See attached / below	Draft work to build campaign
17.Happy healthy at home	Happy, Healthy at home strategy is focussed on adults and older adults. Children also use hospital services and are carers for people in hospital so a real need for the strategy to reflect needs of young people Importance of safe and secure homes and communities for young people Access to opportunities to be healthy, active need to be improved for young people Stigma of “unhealthy” to be addresses – aim to be positive rather than deficit approach Focus on making easier to be healthy than criticising people Understand the health and societal barriers young people face such as islamophobia, racism, sexism, harassment, abuse, housing, poverty and class issues and the impact these have on health.	Develop easy accessible information Influence other programmes of work to understand the importance of mental wellbeing and their role in improving and promoting positive mental wellbeing. Address stigma across the system Address barriers for vulnerable groups	Future in Mind refresh Connecting people strategy strengthened
18.Drivers for change	Skills learning for young people that enable them to make the most of their community assets	Supporting opportunities for young people Building the City of Youth campaign for Bradford Developing youth led initiatives /Community development projects	Mentor, apprenticeship opportunities for young people
19.Green Paper	<ul style="list-style-type: none"> • A mental health lead in every school/college who can: <ul style="list-style-type: none"> - Support the school to be proactive about bullying and issues that affect mental health 	See national green paper consultation submission.	New Models of Care for inpatient crisis based on young people’s feedback and influenced the care

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	<ul style="list-style-type: none"> - oversee the help the school gives to children and young people with mental health problems - help staff to spot people who show signs of mental health problems - offer advice to staff about mental health - refer children to specialist services if they need to • Mental health support teams linked to groups of schools and colleges and offer individual and group help to young people with mild to moderate mental health issues including anxiety, low mood and behavioural difficulties. • This will mean that schools and colleges will find it much easier to contact and work with mental health services. • Mental health support teams to be the link between the NHS and schools. They will work alongside other people who provide mental health support including: <ul style="list-style-type: none"> - school nurses - educational psychologists - school counsellors - voluntary and community organisations - social workers - youth workers - employment opportunities • Shorter waiting times and easier access • Better information about mental wellbeing services • Understand how social media affects the health of children and young people. • Support parents and carers to bond better with 		<p>pathway from Tier 3 to Tier 4.</p> <p>School links project undergoing changes to incorporate the young people’s views and young people led.</p> <p>Views of young people fed in to the 0-19 consultation by council on their new service design</p> <p>Social media campaigns launched</p> <p>Used feedback to refocus our trauma based services and pathways</p> <p>Safer spaces development working in line with feedback – young people’s conference to be held in Sept.</p>
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	<p>their children, which helps their mental health</p> <ul style="list-style-type: none">• Do more to support children and young people to be mentally well, improve their wellbeing and prevent mental ill health• More safer spaces, home treatment teams and crisis places to keep children and young people out of care homes and hospital and focussed on supporting young people and families to be at home, together and well.		
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