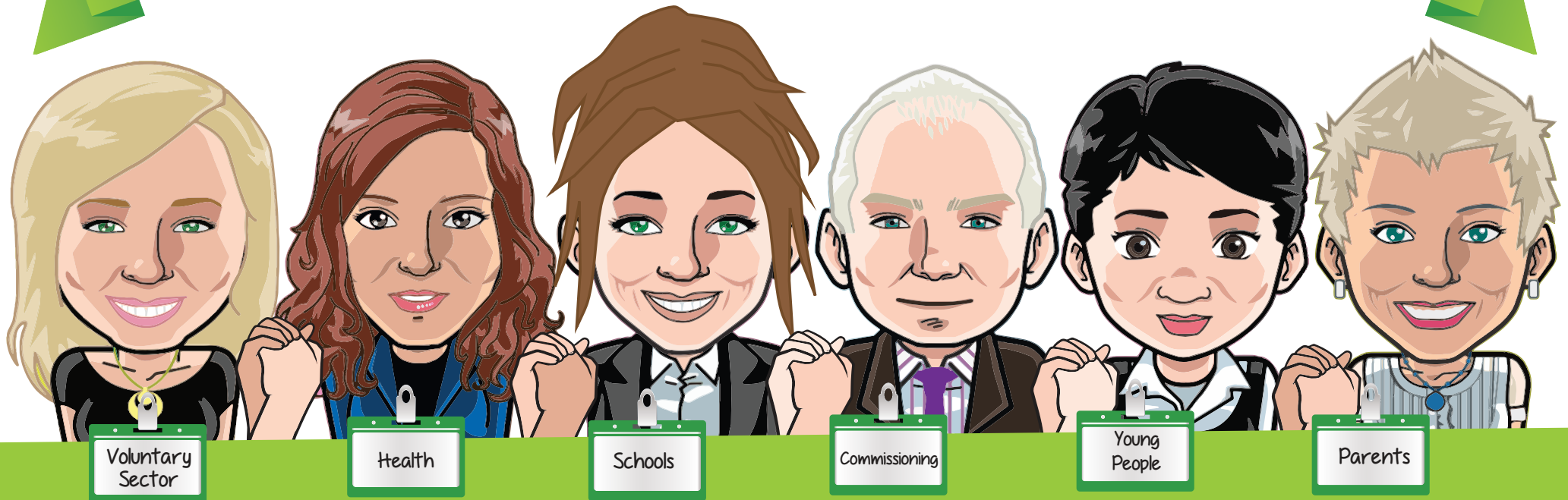


World Mental Health Day - 10 October 2014



Young Peoples Conference Report



Working together to hear and understand the needs of young people.

Introduction...

World Mental Health Day takes place on 10 October every year, with the aim of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. Mental health problems are common and yet nearly nine out of ten people who experience them say they face stigma and discrimination as a result. Taking part in World Mental Health Day and other events throughout the year gives us an opportunity to get together and talk about mental health and help to challenge mental health stigma and discrimination.

Washington Mind's vision is "A society that understands and is active in improving mental health and wellbeing and building the emotional resilience of people of all ages."

For World Mental Health Day 2014 Washington Mind wanted to highlight young people's mental health. We chose to focus on young people because research shows that half of all lifetime cases of diagnosable mental illness, (excluding dementia), begin by the age of 14.

To play our part in making things better for the young people of Sunderland we held a Conference hosted by the people involved in our Young People's 13TwentyFive project.

The following report summarises the findings from the day and the feedback we have gathered from other events, from young people who wanted to use their experiences to improve mental health support for young people in Sunderland.



The Think Again Report 2014 highlights that one in ten children and young people have a diagnosable mental health problem yet just 6% of the NHS budget goes towards children and young people's mental health.

There is overwhelming evidence that intervening early, supporting children and young people early on in their lives and getting them support when they first start to struggle helps avoid more entrenched mental illness, requiring more expensive and intensive interventions, from developing. Focusing resources on tackling mental health problems in children not only improves the lives of children but will also reduce demands on adult mental health services.

- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.

- Half of all diagnosable mental health conditions start before the age of 14 and 75% by the age of 21

- 1 in every 12 children and young people deliberately self-harm. Over the last ten years there has been a 68% increase in hospital admissions for children and young people due to self-harm

For about half of the children affected, these serious problems will persist into adolescence and beyond and as a result are:

- 75% of children with problem behaviours, anxiety or depression receive no treatment

- Mental health problems during childhood and adolescence in the UK result in increased costs of between £11,030 and £59,130 annually per child. These costs fall to a variety of agencies such as education, social services and youth justice.

- Just 6% of the NHS budget for mental health is spent on children and young people

- 4x more likely to be dependent on drugs
- 6x more likely to die before the age of 30
- 20x more likely to end up in prison

Stats from www.youngminds.org.uk/assets/0001/6556/Think_Again_Conference_Leaflet.pdf
Full report can be found at www.washingtonmind.org.uk

Some of the people involved...



Bernie Cornish

Washington Mind
Chairperson



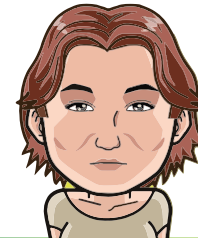
Sharon Hodgson

Member of Parliament and
Washington Mind president



Michelle Turnbull

Joint Commissioning Manager



Sharon Fenwick

Washington Mind Trustee
and Service User



Jenny Whitfield

Washington Mind Steering
Group Member



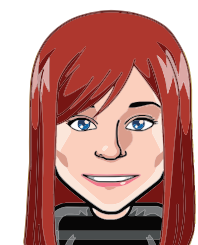
Angela Reynolds

Parent and Founding
Member PACT



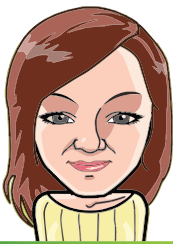
Jacqui Reeves

Washington Mind
Services Manager



Angela Wilson

Lead Counsellor 13TwentyFive



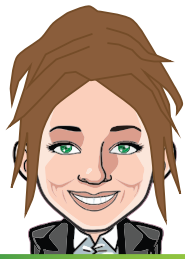
Helen Urwin

Counsellor 13TwentyFive



Ian Holliday

Head of Joint Commissioning



Kaitlin

Student



Mandy Bowler

Clinical Business Manager
South of Tyne Foundation Trust

Attendees

Washington Mind would like to express their gratitude to all who attended the 13TwentyFive Conference.

There were 90 attendees in total, half of which were between the ages of 13-25, in the hope that young people could share their views and experiences with those that deliver and shape services.

We had representation from schools/colleges, mental health services, young mothers and the YMCA.

Thankyou to all who supported us on the day - Young People, Service Users, Parents, Councillors, Partners Commissioners and Professionals...

Thanks also to the many young people who were unable to attend the conference but who have shared their views, and advised us on how to work towards a more youth friendly service here at Washington Mind.



Our speakers said...

The 13TwentyFive young people's conference is very important for Sunderland. It is crucial we intervene early. Today is about giving young people an opportunity to tell us about their experiences so that we can begin to understand how we can work together to give them the best possible support.



Bernie Cornish

As a Commissioner and Co-Chair of the conference I want to hear what young people have to say, in the hope that services can work together more effectively in the future.



Michelle Turnbull

As Co-Chair and young people's representative I feel it is important that schools do not avoid mental health, their understanding of it is crucial.



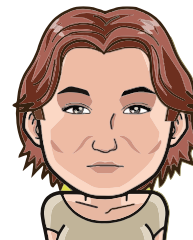
Jenny Whitfield

As a local MP this conference comes at a perfect time. Young Peoples Mental Health is currently being discussed in Parliament, and the CAMHS report will be out soon. The CAMHS report clearly demonstrates the importance of hearing the views of young people.



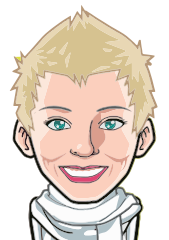
Sharon Hodgson

Having been a user of mental health services I wanted people to know that had there been a service like 13TwentyFive available my life would have been very different.



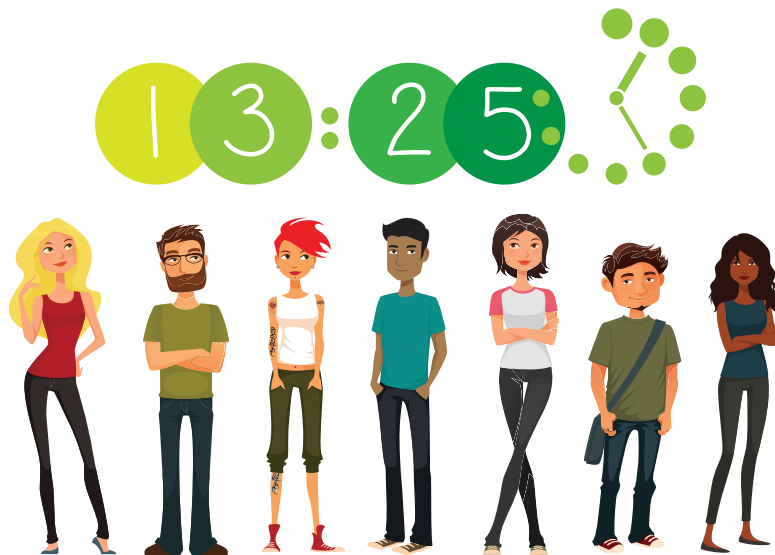
Sharon Fenwick

As a parent I believe that whilst my family received an excellent service from both Tier 2 and 3 CAMHS, the services provided need to be more joined up.



Angela Reynolds

Bringing it all together



Prior to the conference Washington Mind developed a range of case studies and commissioned bespoke caricatures depicting different life scenarios and experiences for young people.

To bring to life young people's idea of 'working together' case studies were discussed in groups made up of a mixture of individuals who all had something to contribute.

Young people sat alongside commissioners, mental health service providers, councillors, parents, carers and education providers. These workshops centred around a young person's perspective of need, and how services can work together to best address this need.

Case Studies



Ryan
17 years old
young carer



Tony
13 years old
eating distress,
over exercises



Holly
16 years old
high achiever who
self-harms



Charlotte
15 years old,
family breakdown, sudden
change in behaviour



Jack
17 years old
bereavement of Dad,
maternal mental ill health



Dan
17 years old,
young dad, query
domestic abuse?

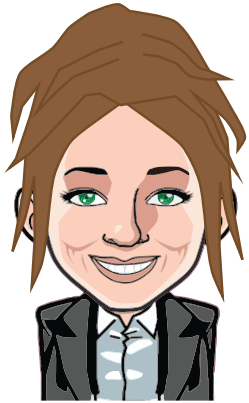


Jess
17 years old, lived in a
children's home, ongoing
complex relationships



Adie
18 year old
with issues around her
sexuality and a life limiting
heart condition

Young people said...



"...keep your report short..
Actions speak louder than reports!"

"No one service is right for everybody - it's
about all services that work with young people
coming together"

"My Mam couldn't get any more time off
work so it really helped seeing someone in
school"



"They just don't get it man, you're not exactly
gonna stress about using a condom if you're
depressed!"

"Somebody should teach
teachers about mental health"

"I had to wait 5 months for an appointment -
I tried to kill myself again"



"we need to talk about mental health and
wellbeing it needs to be on the curriculum
from an early age"



"we need to be listened to and have a
say on what services are on offer"



"It's crap being 14, people reckon they know
all about you, how can they if they never
even listen?"



"Mental health was a taboo
subject in my school"

"I know it's not their fault, cos there are
people much worse off than me, but if I
hadn't had to wait so long I don't think I would
have got so bad"



Washington Mind Perspective



At Washington Mind genuine service user involvement is central to all of the work we do. Our commitment to giving young people a voice helped us to be selected to take part in a pioneering national project to improve young people's health. We are one of ten pilot sites around England chosen for the 'GP Champions for Youth Health', funded by the Department for Health which is now in its third year.

The conference was developed in the hope that service providers across Sunderland could come together and hear what our young people had to say. The project aimed to bridge the gap between GPs and the voluntary youth sector and we have worked closely with a local GP practice to make health services more 'young people friendly'. The Conference alongside community events, consultations, participation groups and social media have helped young people to tell us their views...

Through active participation Young People told us...

They are interested in mental health, they have opinions and want these to be heard.

Education plays an important role in mental health awareness, and in order to reduce stigma it needs to be part of the curriculum from an early age.

Emphasis needs to be placed on making services more accessible. Voluntary sector services can feel less scary than statutory services.

Young people would like information to be shared on a need to know basis. They often feel excluded from information sharing processes.

It is young people's view that some education staff do not have enough understanding of mental health.

The role of community engagement is vital in increasing mental health awareness.

It is time to turn rhetoric into reality and work together to provide accessible and joined up services for young people.

Evidence from other reports...

Transition from CAMHS to adult mental health services has been described by NHS England as a "cliff edge", and the stories from young people bear this out. (R1)

Mental health needs to be 'deeply incorporated in to educational infrastructures'. (R2)

In oral evidence Jane Lunt of Liverpool CCG described voluntary sector services as "absolutely integral" to the success of their approach: without their input and their flexibility in the way they can work with families and children, we would not be in the place we are in. (R1)

They jumped straight into problems without getting to know me. They hadn't even asked my favourite colour and are asking what my dad said to me when I was younger. (R3)

Young people also highlighted the lack of education for young people about mental health in schools; they said they received lots of information and awareness raising about sexual health, pregnancy, drugs and finances, but none on mental health. Educating children about mental health issues from a younger age was also seen as important. (R1)

(R1)
Third Report from
The Health
Committee:
Session 2014-15
HC 342

(R2)
Send Help
Sinclair M
Zaborniak P
2014

(R3)
Self Harm
Investing in Children
Howell D
2014

Full versions of the reports reference on this page can be found at www.washingtonmind.org.uk

...this led to the conference.

Observations and recommendations...

The stand out comment from the conference for us was "Don't just write another boring report - do something!". Well this is us 'doing something' we have worked with the young people to make this report look the way they wanted it to so that we can help them to get their messages across to those of us who commission, design, develop and deliver the services young people need.

Actions do indeed speak louder than words and we are pledging our commitment to work together with our partners to consider the following recommendations and improve mental health services for young people in Sunderland...

Therapeutic interventions should be accessible and flexible in their approach whilst still adhering to ethical frameworks...

...Services are offered in a variety of outreach settings. Service development is ongoing and in line with the views and needs of young people...

Many young people experience high levels of distress directly relating to education systems, this appears to be irrespective of academic ability...

...We are developing links with schools and expanding our psycho-educational resources in the hope that the needs of young people are more fully understood.

Not all young people have a parent/carers who is able to navigate the path to services...

...Service users are able to self refer in various ways including; by text, over telephone, through web site and using social media.

We need to guard against vulnerable young people being excluded from services because they do not provide the necessary 'outcomes'...

...We believe all young people deserve access to appropriate services. We therefore work closely with colleagues to ensure young peoples needs are best met.

Young people's needs are complex and it is essential that services work collaboratively towards meeting this complexity of need...

As well as working in partnership with young people, in Sunderland Voluntary and Statutory Services are working together with the aim of meeting the complex needs of young people in an inclusive way.



"When adults are making decisions that affect children, children have the right to say what they think should happen and have their opinions taken in to account."

Article 12 - United Nations Convention - On The Rights Of The Child

Published by Washington Mind December 2014



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@13TwentyFive

A free and confidential service providing support for young people aged between 13-25yrs, and living in Hetton, Houghton, Sunderland and Washington.

We offer: • Counselling • Groupwork • Workshops
• Training and Volunteering opportunities

The service continues to develop, and be influenced by the needs and opinions of young people.

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