



## Young people's involvement in Barnsley's Local Area Transformation Plan through 'Future in Mind' 2016-17

Chilypep has been funded by Barnsley Clinical Commissioning Group to support the development and delivery of Barnsley's Local Area Transformation Plan under Future in Mind. As part of this work Chilypep was commissioned to deliver on four key strands of work during 2016-17:

1. Supporting young people to influence services and support provided to them through Future in Mind
2. Building teaching, schools staff and young people's workers skills, knowledge and confidence to support young people's mental health
3. Building young people's resilience and coping skills through awareness raising workshops and peer support programmes
4. Supporting young people to develop awareness-raising, anti-stigma and information campaigns to promote positive mental health, reduce stigma, and signpost

Within this newsletter we hope to give you a flavour of some of the work that Chilypep has done in Barnsley over the past year. If you could like to hear more about any area of our work towards the Local Area Transformation Plan, or are a young person wanting to get involved, please get in touch:

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*Members of OASIS & Barnsley College Peer Mentors*



# Consultations with young people around mental health!

Over the course of the year Chilypep ran **19 creative consultations** with **690 young people** aged 11-25 around the issues facing young people and their priorities in relation to mental health to inform future planning and development of Barnsley Local Area Transformation Plan.

**Youth group consultations** - Chilypep consulted with 120 young people across 12 community youth work settings using creative focus group methods.

**Schools consultations** - Chilypep ran two creative focus groups with 32 young people in a local school, Kirk Balk Academy.

**Barnsley College and Sixth Form consultations** -

Through 5 college events, and mental health awareness raising workshops at Barnsley college sixth form, we were able to engage 538 young people in consultations.

We asked young people what the issues were facing young people, who they would go to for support, if they had learnt about mental health in school, how easy they found it to talk about mental health, what was 'tops' and 'pants' about services, what the ideal mental health service would look like, what the ideal worker would look like, and what their priorities were in relation to mental health and young people in Barnsley.

**Please contact [info@chilypep.org.uk](mailto:info@chilypep.org.uk) for a copy of the full research report!**

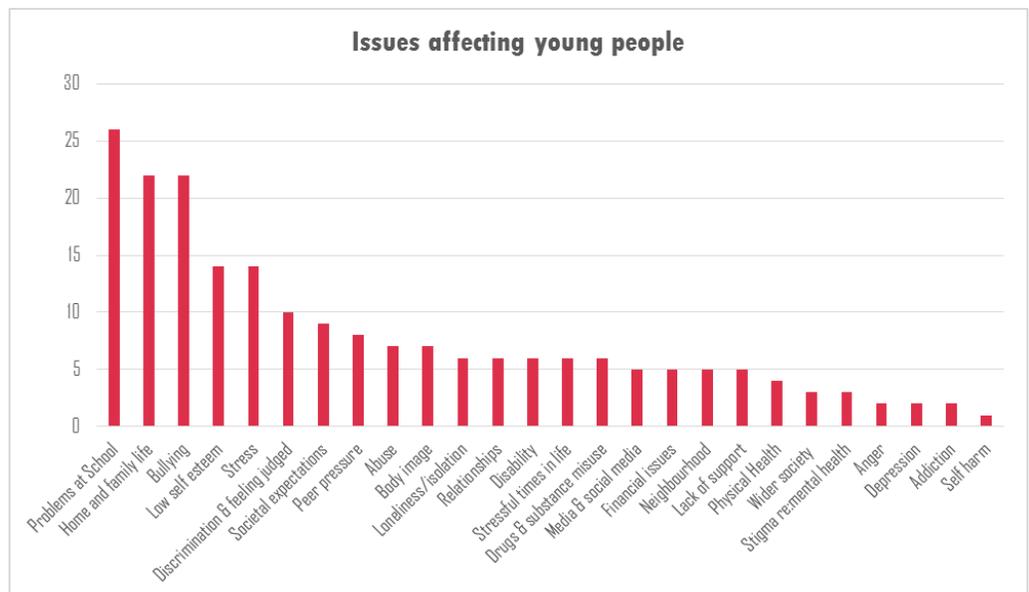
## Key Findings from Consultations

### What are the main issues affecting young people?

We asked young people what issues and difficulties they faced that might impact on their mental health.

Top issues were:

1. Educational pressures
2. Home & family life
3. Bullying
4. Low self-esteem & stress
5. Pressures and expectations

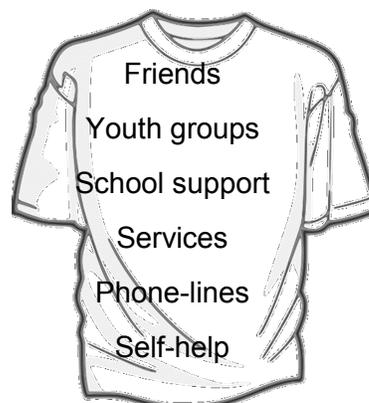


### What helps currently helps young people & what needs improving?

We asked young people what they thought was 'tops' and 'pants' about services and support they received ...

*'There aren't enough services to support mental health'*

*'I'm not able to talk to half of my friends'*

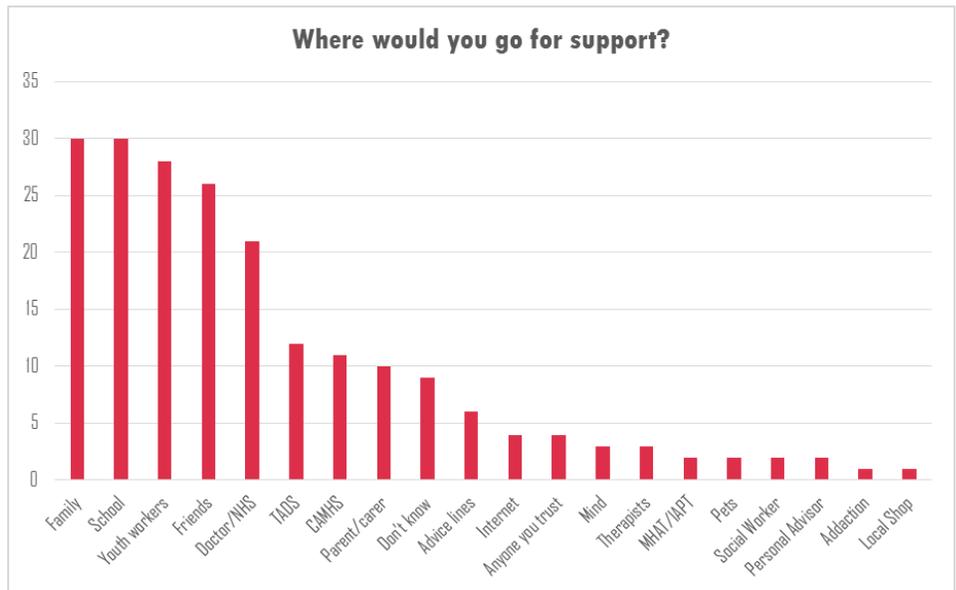


## Where would you go to for support?

The majority of the young people we spoke to said they would go to friends, or family for support, as well as to their youth workers or schools.

Some of the young people we spoke to had accessed mental health and wellbeing services in Barnsley and said they would go to these for support.

*'My Youth worker helps me because she cheers me up and I can trust her'.*



*'I'm scared of having to re-tell my story over and over'*

*'I want to build a relationship with just ONE person'*

*'Confidentiality and being listened to is really important'*

*'I want a central space that is usable for young people with mental health issues'*

*'I don't want to have to wait for support, I want it when I need it'*

*'We need less pressure in schools/ college'*

*'More awareness and understanding of mental health'*

*'There are too many unrealistic expectations from society, teachers, parents, friends, social media'*



## Recommendations

1. Raise awareness of mental health in schools and colleges
2. Improve signposting and information
3. Put in place peer support programmes for young people
4. Involve young people in service design and evaluation
5. Make it easier for young people to navigate services, and ensure they receive timely and appropriate support
6. Put in place training around mental health for professionals, and communities, supporting young people
7. Take the time to build relationships with young people
8. Support young people to manage stress and pressures

# OASIS



## Young people’s participation and influencing work—OASIS

Chilypep has set up a **mental health participation group** for young people aged 11-25 wanting to help **influence services** and support for young people and **raise awareness** about mental health in Barnsley.

The group have received training around commissioning to enable them to act as ‘young commissioners’, as well as training around mental health and influencing change!

Oasis meet every Thursday 5-7pm at Horizon Community College and are always open to new members who want to get involved and have their voice heard around mental health. Here’s some of the things young people want to start working on next...

**Developing an online directory of mental health support and services**

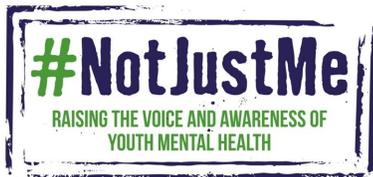
**Engaging more young people & getting their views**

**Create a mental health friendly Barnsley**

**Young people’s rights booklet**

**Work with mental health services around service design and evaluation**

## Youth-led awareness raising campaigns & mate-



### #NotJustMe

Young people from OASIS are designing and developing their own awareness raising campaign around mental health #NotJustMe.

As part of this work they have designed branding for the campaign, and are coming up with anti-stigma and awareness raising resources.

The first of these is the development of a ‘mental health first aid toolkit’, and guidance around these to go up in schools, colleges, youth settings and online.



**We want to see a mental health first aid kit in every setting!**

**Remove the stigma around Mental Health!**

**‘Parity of esteem’ Valuing mental health equally with physical health!**

**Promote self help coping mechanisms and strategies!**



# Young people's training residential—OASIS and CHIL come together!



**OASIS** ARE YOU A YOUNG PERSON WITH A PASSION TO MAKE CHANGE FOR OTHER YOUNG PEOPLE?

OPENING UP AWARENESS & SUPPORT AND INFLUENCING SERVICES

WANT TO HELP IMPROVE MENTAL HEALTH SERVICES FOR YOUNG PEOPLE?

WANT TO DESIGN AWARENESS RAISING CAMPAIGNS?

DO YOU HAVE AVAILABILITY AFTER THE RESIDENTIAL TO JOIN OASIS?

**OASIS**  
Meets every Thursday 5-7pm at Horizon College!

FREE FULLY FUNDED KINGSWOOD RESIDENTIAL AT PEAK VENTURE  
FRIDAY 24<sup>TH</sup> MARCH - SUNDAY 26<sup>TH</sup> MARCH 2017

LIFE SKILLS, ACTIVITIES, INFORMAL LEARNING, AND LOTS OF FUN!  
WE ARE LOOKING FOR 20 COMMITTED YOUNG PEOPLE, WITH AVAILABILITY TO JOIN OASIS AFTER THE RESIDENTIAL

Contact: Chantelle Parke, Participation Project worker, for further information  
chantelle.parke@chilypep.org.uk  
Text/call: 07896131676 Call: (0114) 234 8846

CHILYPEP | Barnsley College | NHS Barnsley Clinical Commissioning Group

From 24th-26th March 2017, OASIS and CHIL (Barnsley College Peer Mentors) came together to take part in a training residential at Kingswood Peak Venture in Penistone.

Over the course of the weekend young people took part in teambuilding activities, and received training around social action, influencing change, and Mental Health First Aid England 'Youth Life' training.

Young people had a go at designing their own mental health campaigns, including:

- ⇒ Think outside the box—coming up with new ways of engaging with young people around their mental health and a ideas of how to treat young people in relation to mental health
- ⇒ Substance misuse support—looking at education around substance misuse and ways of supporting young people who may be at risk of substance misuse issues
- ⇒ Anti-stigma awareness raising campaigns to get more people talking about mental health and finding out the right support for their emotional wellbeing



"I had an incredible time learning about mental health and meeting new friends. The training was so engaging and it was very clear that the staff are very passionate and knowledgeable about mental health which made it all the more inspiring and interesting." Young person, Age 22

"Thank you for taking us on the residential. It was a really fun experience and I don't think I've had the pleasure of being among such a fun and inspiring set of people before. A lot of different people with different stories. Thanks again for arranging this for us".

(Barnsley College Peer Mentor , aged 19)



Over the course of the year Chilypep have been working in Barnsley College, with a participation based in the College 2 days per week. Work in Barnsley College has focused on three key strands of work:

1. Establishing a presence in the college and delivering awareness raising workshops to young people across college sites around mental health
2. Training college staff to increase their confidence working with students experiencing mental health difficulties
3. Emotional Wellbeing Interventions: recruiting and training young people as peer mentors

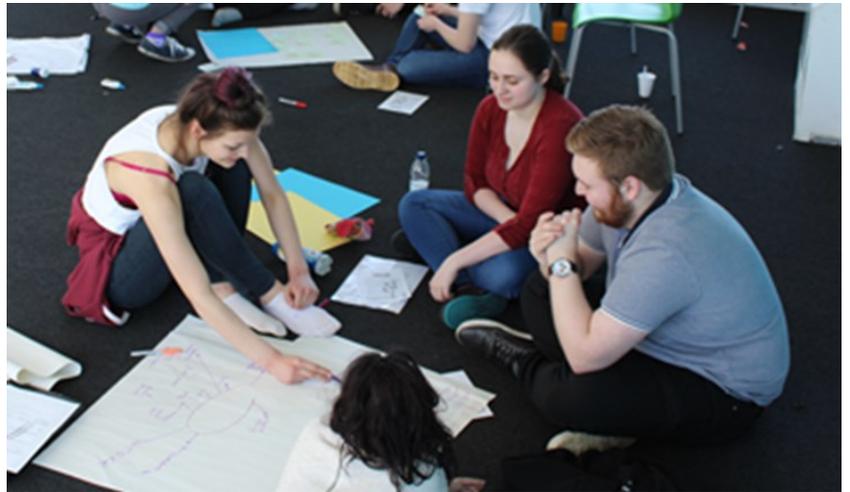
### Peer Mentors

Since December Chilypep have trained 8 college students as Peer Mentors.

Training has included:

- ⇒ Problem solving
- ⇒ Decision making
- ⇒ Understanding yourself and others
- ⇒ Communication skills
- ⇒ Equality and diversity
- ⇒ Safeguarding and confidentiality
- ⇒ Healthy relationships
- ⇒ Mental health awareness (YMHFA Lite)
- ⇒ Self-care

Peer mentors are now designing the referral process, including marketing materials, to offer support to students in need.



### Staff training

Chilypep delivered three training workshops to 58 members of college staff at the Whole College Development Day on 27th February 2017. Workshops were around **mental health awareness, self-harm & suicide, and Therapeutic interventions.**

As a result of the workshops:

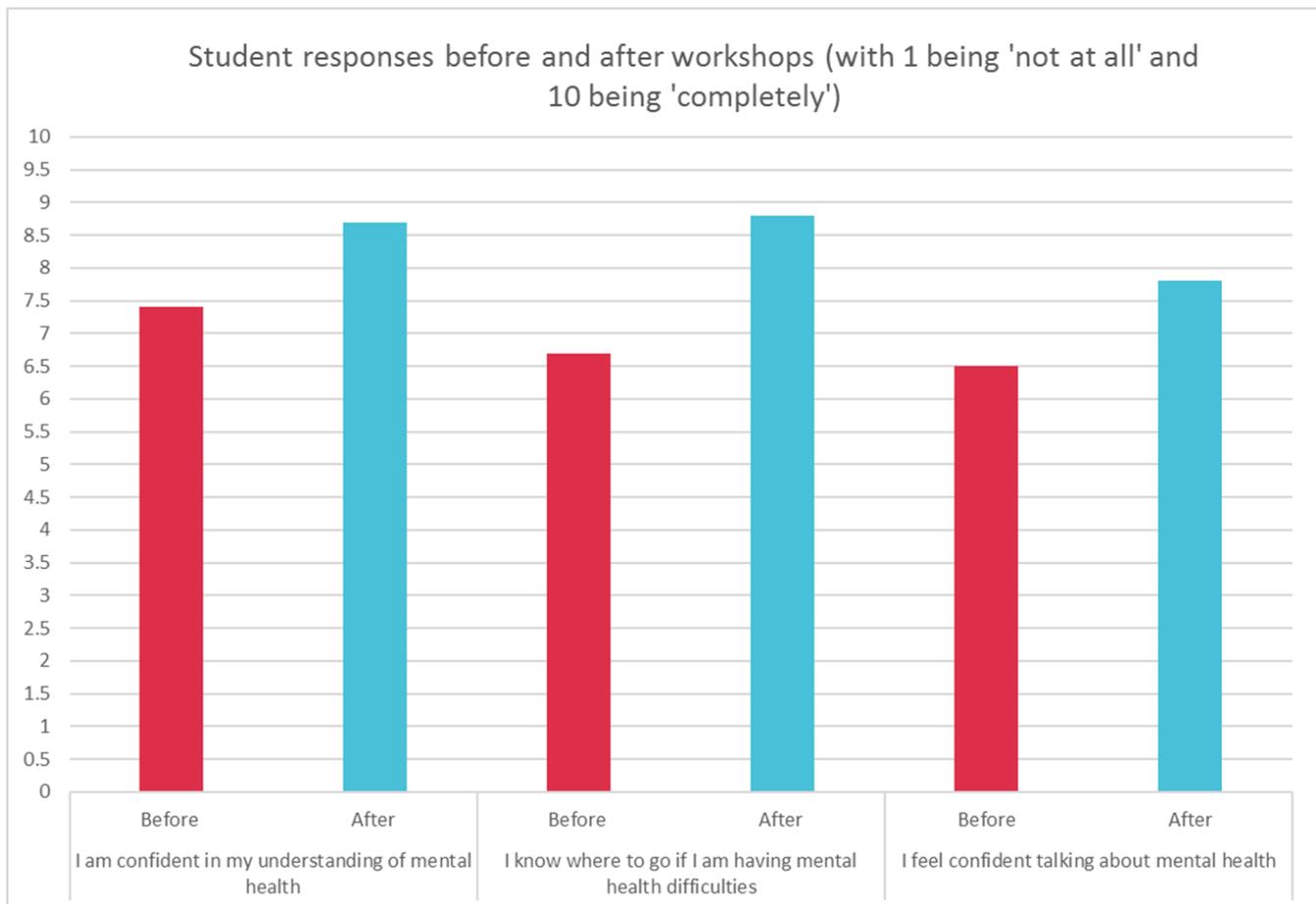
- ⇒ 87% of participants reported an increase in understanding around mental health
- ⇒ 84% of participants reported an increase in understanding around self-harm and suicide
- ⇒ 95% of participants reported an increase in understanding around therapeutic interventions

# Building young people's awareness of mental health

Between September 2016 and April 2017 Chilypep has delivered **26 Mental Health Awareness Raising workshops** to **672 students**. These have been delivered across all college sites, in the following departments: Art and Design, Music, Media and Performance, Animal Care, Land Based Industries, Business and Accounting, Childcare, Health and Social Care, Sport, and the Sixth Form College. Three of these workshops were aimed specifically around men's mental health, coinciding with Men's Health Week.

The workshops were each an hour long and covered:

- ⇒ Common Mental Health Illnesses in young people (aged 16-25)
- ⇒ Parity of Esteem of Mental Health and Physical Health
- ⇒ Statistics around Mental Health
- ⇒ Stigma and Discrimination
- ⇒ Signposting to support and services; in college, locally and nationally



- ⇒ **62%** of students felt their understanding of mental health had increased as a result of the workshop
- ⇒ After the workshops, **97%** of students felt they had a higher than average understanding of mental health
- ⇒ **63%** of students felt their knowledge of mental health services and support had increased as a result of the workshop
- ⇒ Before the workshops, **37%** of students felt they had a below average knowledge of support and services they could access if they were experiencing mental health difficulties.
- ⇒ After the workshops, **95%** of students felt they had a higher than average knowledge of mental health support and services.
- ⇒ Before the workshops, **35%** of students said they did not feel confident talking about their mental health.
- ⇒ **60%** of students felt their confidence talking about mental health had increased as a result of the workshop

# Youth Mental Health Training across Barnsley

Throughout the year Chilypep has been delivering training to teachers, schools staff and young people's workers in order to build their skills, knowledge and confidence to support young people around a whole range of mental health issues. We developed a bespoke training offer for Barnsley, as well as putting on 'Youth Mental Health First Aid' training courses for staff.

Over the course of the year all but 8 participants recorded an increase of understanding and an increase of confidence. Those who didn't record an increase started with high/ very high scores and stayed there.

## Youth Mental Health First Aid training



1-day YMhFA course - Delivered twice  
2-day YMFhA course - Delivered twice

We have trained 53 participants in Youth Mental Health First Aid

## Bespoke Youth Mental Health Training

We have trained 79 participants across the following topics:

### Mental Health Awareness

#### 1 day courses:

- Anxiety and depression
- Self-harm and suicide
- Eating Disorders (SYEDA)

### Twilight Sessions:

- What is Mental Health?
- Anxiety and Depression
- Self-harm
- Suicide
- Eating Disorders (SYEDA)
- Psychosis
- Therapeutic Interventions

### Half-day courses:

- Building confidence and self-esteem of young people
- Self-Help Strategies to Support Young People's Wellbeing

*"I now feel a lot more comfortable and trust my knowledge and awareness around self harm."*

*"Thankyou for delivering such an intense course with sensitivity, respect and knowledge. I feel the information I have learnt will enable me to support"*

*"A good insight into the myths and realities around mental health in general and in young people. The trainer had a non-judgmental approach, was a good listener and valued the opinions of others."*

*"Excellent Course. Tutors very knowledgeable,*

*"Relaxed, informative, friendly and encouraging"*