



# Young People's Participation and Mental Health Training!

**OASIS**



@Chilypep



**OASIS**

OPENING UP AWARENESS & SUPPORT  
AND INFLUENCING SERVICES

[www.chilypep.org.uk](http://www.chilypep.org.uk)



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**NHS**

Barnsley Clinical Commissioning Group

 **Barnsley College**  
Together We Achieve

# Chilypep strands of work

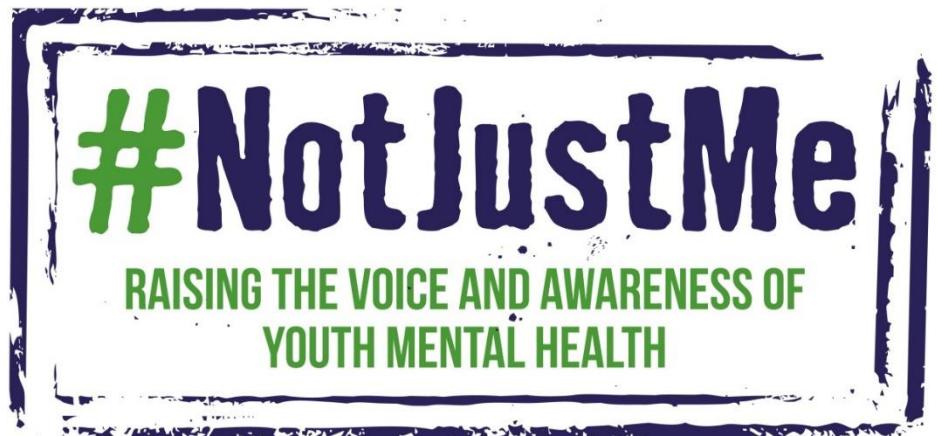
1. Supporting young people to influence services and support provided to them through Future in Mind
2. Building teaching, schools staff and young people's workers skills, knowledge and confidence to support young people's mental health
3. Building young people's resilience and coping skills through 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

# OASIS

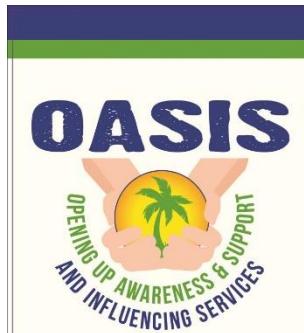
Group name – OASIS  
and logo design



Campaign slogan –  
awareness raising &  
anti-stigma



# Young people's Residential



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

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

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?

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  
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Text/call: 07896131676 Call: (0114) 234 8846

- 24<sup>th</sup>-26<sup>th</sup> March – Kingswood peak adventure training residential
- Training in campaigning and influencing
- Developed our own mental health campaigns
- Trained in Mental Health First Aid Youth Lite (MHFA England)
- Teambuilding activities



"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)





"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

# Young People's Certification

- 5 young people from OASIS have received ASDAN level 1 qualification in Developing Self in regards to participating in weekly sessions
- 9 Young people that attended the residential have received Mental Health Youth Lite certification through mental health first aid England and a Citizenship qualification.



"I am very grateful to have received this fantastic training. Chantelle is clearly very knowledgeable and passionate about mental health and put the topic into context, which helped with developing my understanding. Thank you very much".

(Young person on OASIS residential, aged 22)

**'Parity of esteem'**  
**Valuing mental health equally**  
**with physical health!**

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

**Remove the stigma  
around Mental Health!**

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

# **YOUTH MENTAL HEALTH FIRST AID KIT**

## **DON'T BOX UP YOUR EMOTIONS**



PROMOTE POSITIVE MENTAL HEALTH COPING MECHANISMS  
AND STRATEGIES AMONGST YOUNG PEOPLE!

**GOT YOUR ATTENTION?**

WHAT CAN THE MENTAL HEALTH FIRST AID KIT INCLUDE?



# What's next...?

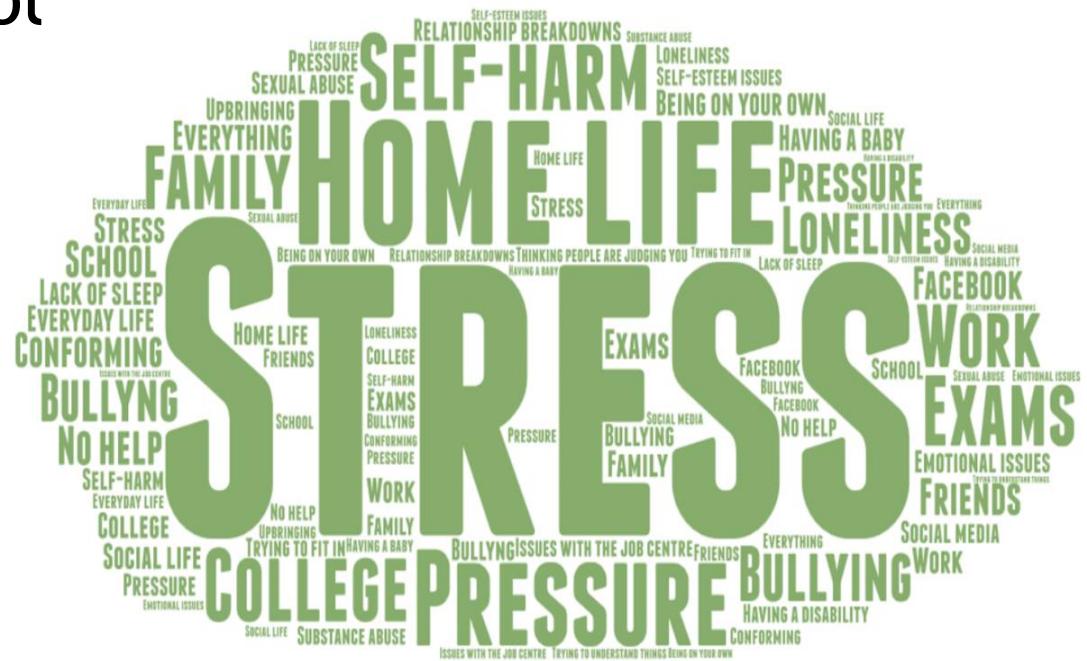
- Young people's rights!
- Campaign poster and awareness raising around youth mental health and the issues affecting us
- Development of an online directory of services so we know where to go for support when we need it
- Developing the campaign ideas we designed during the residential.
- Getting involved in service design and evaluation
- Getting the views of other young people to help shape our work - competition for young people on how to make a mental health friendly Barnsley
- Interview trained and ready to help interview professionals working with young people across Barnsley
- Focus on engaging groups who are particularly vulnerable, such as young people with disabilities, young offenders

# Consultation Findings

- From April 2016 to March 2017, Chilypep developed and facilitated 19 consultations which reached a total of 690 young people aged between 11 and 25
- Youth Groups: 120 young people across 12 community youth work settings using creative focus group methods
- Schools: two creative focus groups for 32 young people in a local school, Kirk Balk Academy
- College: 5 college events we were able to reach 538 young people via a 'drop-in' stall and a series of interactive presentations

# What are the main issues affecting young people?

1. Problems at school
  2. Home and family life
  3. Bullying
  4. Low self-esteem and stress
  5. Pressure and expectations



# What's Tops and Pants about services?

- 
- Friends
  - Youth groups
  - School support
  - Services
  - Phone-lines
  - Self-help

- 
- Not knowing where to go
    - Cuts to funding
    - School pressure
    - Waiting lists
    - Stigma

# Key themes

- “I’m scared of having to re-tell my story over and over again”
- “I want to build a relationship with just ONE person”
- “I want a central space that is usable for young people with MH issues”
- “Confidentiality and being really listened to is really important”
- “I don’t want to have to wait for support - I want it when I need it”
- “We need less pressure in schools/ colleges”
- “More awareness and understanding of mental health”
- “There are too many unrealistic expectations from society, teachers, parents, friends, social media”

# Youth Mental Health First Aid training



1-day YMHFA course - Delivered twice  
2-day YMFHA course - Delivered twice

**We have trained 53 participants in total across the 1 day and 2 day YMHFA courses!**

## 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

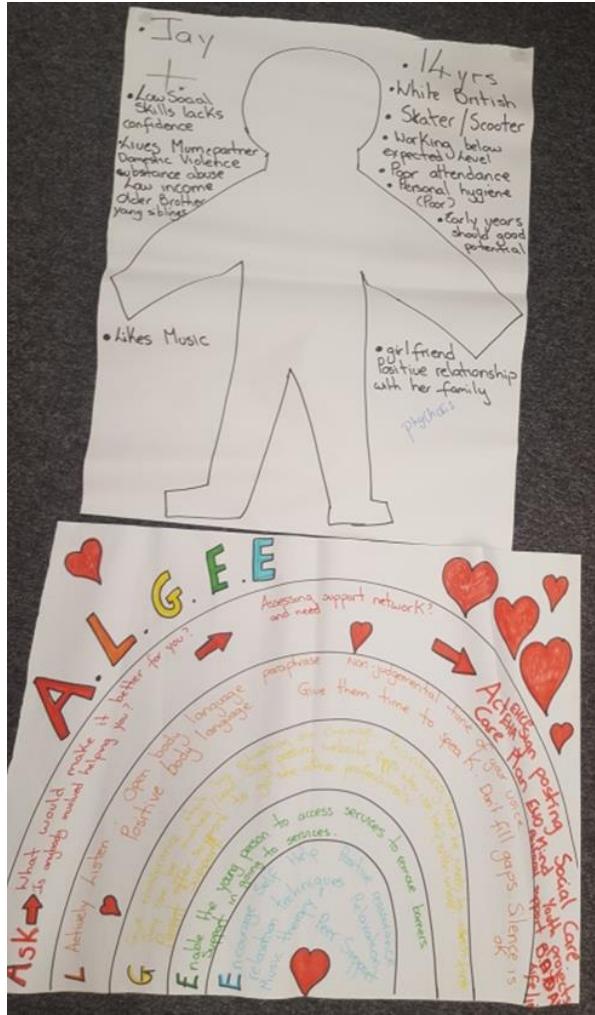
### Twilight Sessions:

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

### Half-day courses:

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

# Feedback from training



- “Excellent Course. Tutors very knowledgeable, professional and friendly”
  - “Relaxed, informative, friendly and encouraging”
  - “Thankyou for delivering such an intense course with sensitivity, respect and knowledge. I feel the information I have learnt will enable me to support the young people I work with more effectively”
  - “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.”
  - “I now feel a lot more comfortable and trust my knowledge and awareness around self harm.”

# Work in Barnsley College

- Work in Barnsley College had three strands:
  - Establishing a presence in College
  - Training College staff to increase their confidence working with students experiencing mental health difficulties
  - Emotional Wellbeing Interventions: recruiting and training young people as peer mentors.
- One member of Chilypep staff in college 2 days a week.
- Run stalls and consultations at College events throughout the year:
  - FutureFest, Welcome Event, Men's Health Week, Party Hard Week, Spring into Wellbeing

# Mental Health Awareness Tutorials

- Between September 2016 and April 2017 Chilypep have delivered **26** Mental Health Awareness Tutorials to **672** students
- The interactive workshops covered:
  - Common Mental Health Illnesses in young people
  - Parity of Esteem of Mental and Physical Health
  - Statistics around Mental Health
  - Stigma and Discrimination
  - Signposting to support and services: in college, in Barnsley, South Yorkshire and nationally
- As a result of the tutorials:
  - **97%** of students felt they had a higher-than average understanding of mental health
  - **63%** felt their knowledge of support and services had increased
  - **60%** felt more confident talking about mental health than before the tutorial

# Peer Mentor Training

- Since December, Chilypep have been training 8 college students as Peer Mentors.
- Training has included:
  - Problem solving
  - Decision making
  - Understanding yourself and others
  - Communication skills
  - Diversity and equality
  - Safeguarding and confidentiality
  - Mental health awareness (YMHFA Lite)
  - Self-care
- Peer mentors have started 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 27<sup>th</sup> February
- Workshops were around:
  - Mental Health Awareness
  - Self-harm and Suicide
  - Therapeutic Interventions
- As a result of the workshops:
  - **87%** of participants recorded an increase in understanding around Mental Health
  - **84%** of participants recorded an increase in understanding around Self-Harm and Suicide
  - **95%** of participants recorded an increase in understanding around Therapeutic Interventions



# Thank you!



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