



# YOUNG PEOPLE'S PARTICIPATION IN MENTAL HEALTH SERVICES



@LeanneWalker

**"Participation in mental health means young people taking an active role in caring for their OWN mental health decision making, the mental health care they receive and shaping the services they use....Participation creates change!" (Young Minds UK)**

**"Who knows best, but the people themselves!"  
(Paulo Freire, Brazilian Educator)**

# DIGITAL ENGAGEMENT

## Challenges

- 1 Covid-19 - Not being able to promote in person.
- 2 Developing a brand new group online.
- 3 Mental Health Stigma - Unknown - Relationship / Trust.
- 4 Technical Challenges.
- 5 Tokenistic - Nothing Changes - What's the point!

## WHAT HAPPENED?

- 1 Producing CAMHS Social Media Strategy, Risk Assessments  
- Safeguarding Setting up Social Media Platforms
- 2 Arranging to call/meet young people beforehand.
- 3 Using CANVA for producing promotional flyers alongside young people and adding QR Codes.
- 4 Devising fun online group work sessions, having to think outside the box. Interactive Ice Breakers, Scavenger Hunts, Quiz's, Emotion Bingo, Creating art work/collages
- 5 Utilising, Miro Boards & Jam Boards for collaborating together & Whiteboard, Chat box and Microsoft Forms for Evaluating each group work session.
- 6 Applying for and being successful in gaining external funding from See Me.

**JOIN US**

## YOUNG PEOPLE'S PARTICIPATION GROUP

Your voice is important

**The first Monday of the month from 5pm-6pm**

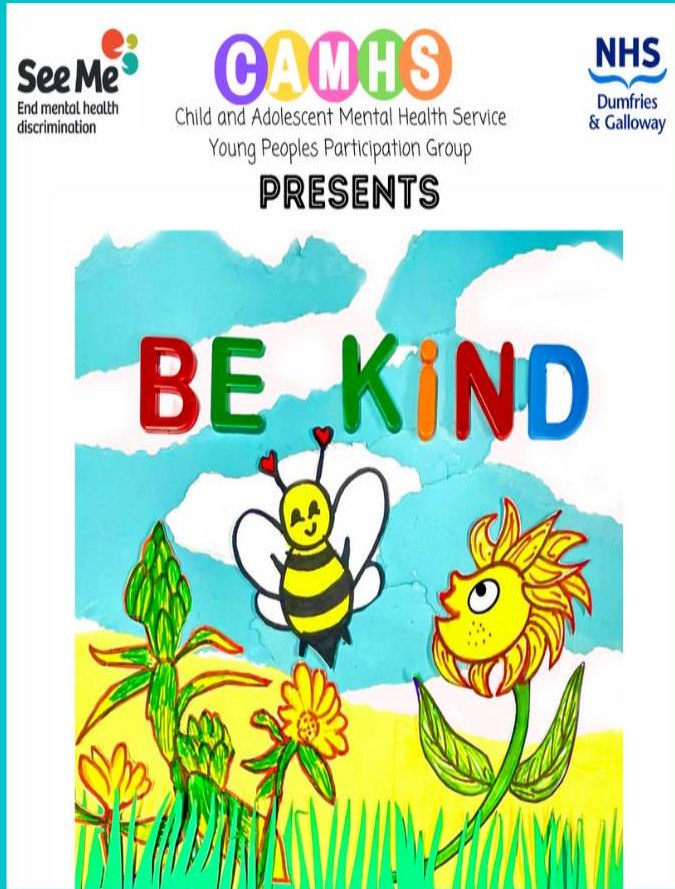
Are you aged between 13-25yrs old do you have experiences, thoughts and ideas for how we can improve (CAMHS) Child and Adolescent Mental Health Services to ensure young people's voices are heard, listened to and acted upon to make changes together.

**WHY COME TO THE PARTICIPATION GROUP?**

- Mental Health Awareness Raising Projects
- To develop, design and publish social media content and new resources.
- To gain wider accreditation (certificates).
- To meet new like minded people and have fun!
- By sharing your experiences can make a difference!
- To increase your confidence and learn new skills.

This group currently meets online, either scan the code to sign up or send an email to: [alison.telfer1@nhs.scot](mailto:alison.telfer1@nhs.scot). Alison will get in contact with you and send you the link.

# SEE ME ART ANIMATION PROJECT



## WHAT HAPPENED?

A total of 9 young people have been involved with the overall 5 month project, 4 young people aged between 15yrs-24yrs old within the production of the short animation and another 5 children and young people aged between 10yrs -12 yrs within the production of the educational booklet.



# GROUP WORK SESSIONS



**Storyboard template**  
Planning the filming of the promotional film

<p>Kind to Yourself Lapell offers a wings for a wings</p>	<p>amazing working</p>	<p>Lapell &amp; Galloway</p>
<p>Cooper! Be kind to everyone, including yourself</p>	<p>bee flies around some really</p> <p>You are amazing and worthy of love</p>	<p>Your mind and body work together</p>
<p>mind (Lapell) mind around</p>	<p>Show flowers withing</p>	<p>You never know what silent battles are going on inside a person's head</p>
<p>The mind is a complicated place</p>	<p>If you sense something is off, it could affect your physical health as well as your mental health</p>	<p>(Stormy weather)</p>





# SHARING EXPERIENCES

"There's no magic wand. You have to put in the work to get well. Talking through how you are feeling can be really hard ..... the storm will pass and the sun will shine again in time!" (Rhianna)

# SPEAKING WITH POLICY MAKERS

"It felt really good to be a part of something, to feel like we were making our voices heard in the places that they are needed."



# CO-PRODUCTION

"I am proud of being a part of this project."

"Meeting others like me and knowing I am not alone!"

"It has led onto more GREAT opportunities - speaking with Kevin Stewart MSP - Minister for Mental Wellbeing & Social Care."

"Learning new skills, laughing a lot, making new friendships, I loved the noodles & milkshakes."

# Young People's Reflections ?

"Connecting with others who are passionate about raising mental health awareness too."

"CAMHS want to improve. I have learned more about SEE Me & Mental Health Stigma."

"I'm glad that I am a part of such a good group. We all get on and no one is judgy."

"It has been interesting seeing a drawing and dialogue come to life in the animation."

# CONTACT / FOLLOW...



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# THANK YOU...