

BRIEFING TO OLDHAM HEALTH AND WELLBEING BOARD

Report Title: MH:2K mental health project

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Requirement from the Health and Wellbeing Board:

To note the recommendations from the MH2K research project and the support the local Implementation plan to take these recommendations forward

Background:

MH:2K was a pilot project delivered in Oldham From September 2016 – June 2017. The Project was funded by the Wellcome Trust People Award, Oldham Council and Oldham Clinical Commissioning Group

MH:2K enables young people to explore mental health issues and influence decision-making in their local area. It empowers 14-25 year olds to:

- Identify the mental health issues that they see as most important;
- Engage their peers in discussing and exploring these topics;
- Work with key local decision-makers to make recommendations for change.

MH:2K is delivered by a partnership of Leaders Unlocked and Involve.

It delivered the following activities:

- Recruitment of a core team of young people as 'Citizen Researchers', including those with direct experience of mental health issues and individuals from at risk groups.
- Design Days to allow the team to explore key national and local information about youth mental health, alongside their own views and experiences. The Researchers determined which mental health issues are most significant for their area.
- Roadshow: The Citizen Researchers co-design and co-deliver workshops to engage at least 500 other young people in the topics they have identified to be the most significant for their area. The workshops stimulate informal learning and gather young people's views on the issues and potential solutions.
- Results Day: The Citizen Researchers helped analyse and extract key findings. They worked with local decision-makers to develop strong, practical recommendations for change.
- Big Showcase: The Citizen Researchers presented their findings and recommendations to key stakeholders at a showcase event, involving facilitated conversations about next steps.

An Expert Panel of key local decision-makers and stakeholders informs the project's work throughout its lifetime.

In Oldham 20 motivated young adults were recruited from diverse backgrounds to become the first MH:2K Citizen Researchers. The team includes 50% from BAME backgrounds, 35% with personal experience of mental health issues, and 35% who are currently not in education or employment.

The Citizen Researchers have selected 5 key priorities to address through the pilot: Self-harm; Stigma; Professional Practice; Family and Relationships; The Environment and Culture of Education.

The team delivered Roadshow events to schools, colleges and community groups across Oldham. The response from young people and organisations has been fantastic, and the project has exceeded its original target of engaging 500 young people across Oldham. Roadshow events were delivered to a wide range of organisations including an Islamic school, the Children in Care Council, the Indian Association, Oldham College, Mind, and Healthy Young Minds (CAMHS), youth service groups and a range of secondary schools.

The project leads from Leaders unlocked and Involve are now devising the full project report that includes details of the full recommendations from this Young people led research project.

Relationship with the Oldham Locality Plan:

This work directly related to the Mental Health is central to Good Health section of the Locality Plan. In particular the development of the mental health strategy and to the development of plans and approaches to Children and Young people's Mental Health

Recommendations:

- The HWB note the findings from the MH:2K report and support the implementation process outlined below:
 - The children and young people's emotional wellbeing and mental health partnership will lead on the implementation of the recommendations of the MH:2K report. They will form a task and finish group made up of members of the partnership to drive this work forward.
 - Undertake comprehensive mapping what activity is currently in place are developing in regards to the recommendations and the identification of any gaps.
 - The Task and Finish group will devise a prioritised action plan
 - The action plan will be presented to the Health and Wellbeing Board in Autumn for approval.
 - Children and Young People Emotional Wellbeing and Mental Health partnership will drive the action plan and report directly into the HWB.
 - Members of the HWB will be asked to become Champions for action plan and associated project work.