



Young People's
Health Partnership

ayph | Association for
Young People's Health

What role does the VCS play in supporting CYP mental health?

Emma Rigby, Chief Executive,
Association for Young People's Health

About AYPH

- Bridges the world of **policy, practice and evidence** to promote better understanding of young people's health needs.
- Supports **young people's participation** in health and wellbeing
- Supports the development of youth friendly health services and **improved practice**
- Collate and disseminate **useful information** in reader-friendly formats for practitioner and policy audiences (Key Data on Adolescence 2015)
- Work with our members to **share innovative examples** of work in the field (events, twitter, publications)

YPHP partnership of seven organisations – NCVYS, Add Action, AYPH, Brook, Clic Sargent, Street Games, Youth Access

What Future in Mind said:

- A key role for VCS
- Increase number of 'one stop shop services' building on the Youth Information, Advice and Counselling Services (YIACS) network
- A key part of every local offer

Co-run event for VCS in July 2015

Briefing for the CYP voluntary sector

www.ncb.org.uk/media/1228041/150824_ncb_yphp_future_in_mind_briefing.pdf

Challenges



- Diversity of sector and changes in services due to cuts can lead to **lack of understanding** about what VCS does to support CYP mental health
- Being **small** – being overlooked alongside larger providers

A sector supporting CYP emotional and mental health in different ways



- Service provision – *from prevention to providing information through to specialist services*
- Informing planning of services
- Advocating for improvements

Service provision



- **Preventing / alleviating emotional distress and mental health problems** – positive activity, trusted relationships with adults, role models
- **Providing information** to CYP and families about mental wellbeing
 - e.g. Mental Health First Aid – Youth: MHFA England and Street Games*
 - e.g. youthwellbeingdirectory.com*
- **Supporting / advocating for** children, young people and their families to access services

Service provision cont..



- Supporting **self management** and health literacy
- Facilitating **peer support** networks / activities
e.g. Youth Health Champions, Age 14-25 – RSPH and Street Games
- **Delivering mental health services** counselling, CYP IAPT and one stop shop provision

Future in mind

Promoting, protecting and improving our children and young people's mental health and wellbeing

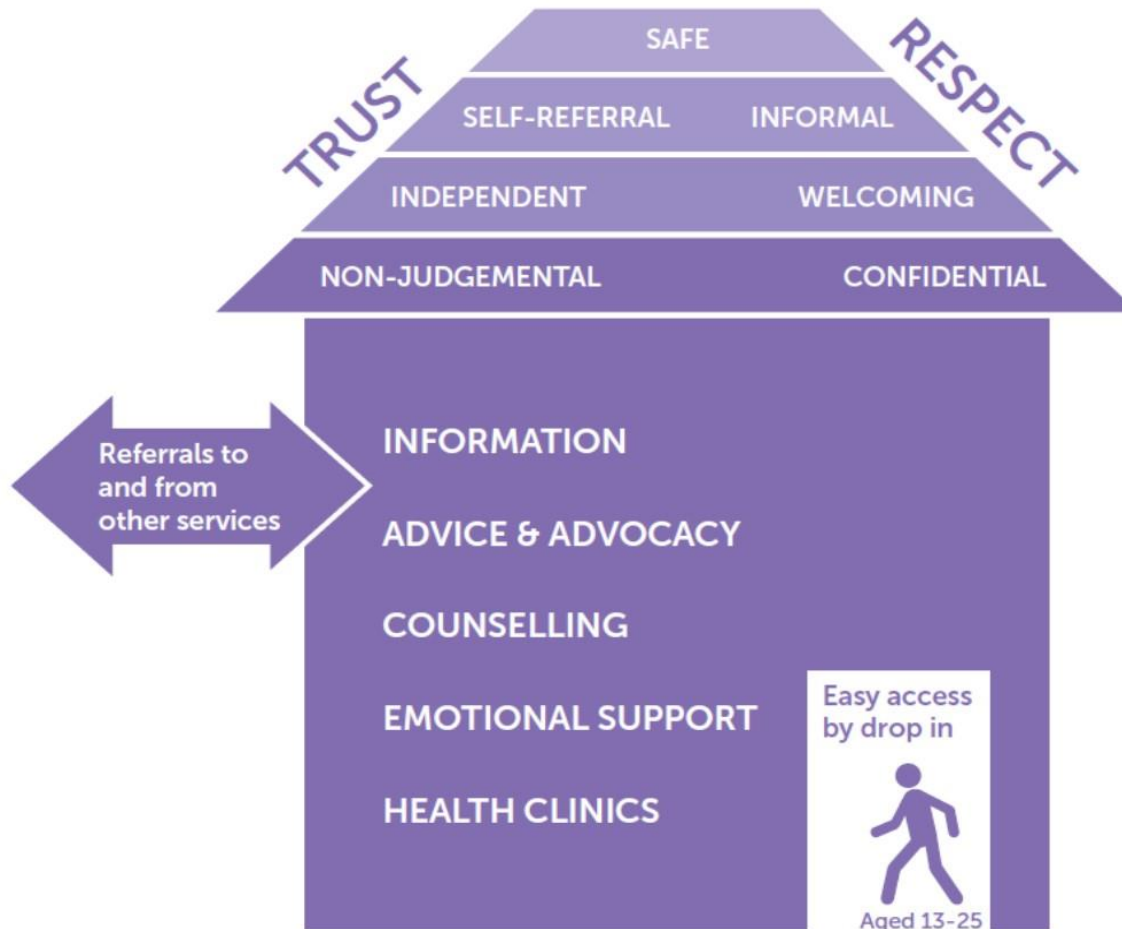


Recommendation re improving access to services (para. 5.7.iv):

"Provide a key role for the voluntary and community sector to encourage an increase in the number of one-stop-shop services based in the community. They should be a key part of any universal local offer, building on the existing network of YIACS (Youth Information, Advice, and Counselling Services). Building up such a network would be an excellent use of any identified early additional investment."

The report cites YIACS as leading the way in delivering services across the transition up to age 25.

YIACS – an integrated health & wellbeing model



Services can enable VCS to

- **Identify early** a child or young persons emotional and mental health needs
- **Signpost or refer** a child or young person to the right support at the right time
- **Ensure effective support** from schools, health and other statutory services through good partnership working
- **Advocate for better more coordinated services** locally and nationally



Promoting wellbeing and resilience



- Promoting positive mental wellbeing and tackling bullying (links with schools)
- Making GP services more accessible to YP
- Promoting awareness about CYP mental health
- Managing the risks of new technologies – harnessing potential of technology to support CYP Mental health

Planning the right services for children and young people



- Understanding what children and young people want
- Advocating for local areas to include CYP Mental health as a priority in JSNA's etc.
- Sharing information and data as part of local commissioning processes

Engagement with CYP



- Supporting effective involvement with CYP – co-design etc...
- Effective engagement with vulnerable and marginalised children and young people
- Supporting development of self-care
- Challenging all services to ensure they are listening and responding to what CYP say

Increased recognition and support



- improve recognition of the different ways the VCS supports CYP mental health from prevention, supporting resilience to counselling and treatment in holistic and accessible settings
- improve understanding about how provision in the VCS for CYP can be more accessible to those children and young people who are most vulnerable
- Increase work with the VCS and young people to ensure services are designed around young people's needs



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Emma Rigby: emma@youngpeopleshealth.org.uk

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