



Young People's
Health Partnership

YOUNG PEOPLE'S PRESENTATION TO CHILD HEALTH ALLIANCE

What are young people's experiences of accessing health services?

How could things be improved?

Why is this important?



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The **Young People's Health Partnership** represents the interests of young people and young adults aged 10 – 25. We focus specifically on young people facing health inequalities. We are a partnership of six organisations with VCSE networks across England from the youth and young people's health sectors.

addaction



ambition
believing in young people

ayph | Association for
Young People's Health

brook



**YOUTH
ACCESS**
Championing advice and counselling

www.youngpeopleshealth.org.uk/yphp - @YPHealth - info@youngpeopleshealth.org.uk

About this presentation

Young people from **Young People Cornwall**, **Sport at the Heart**, **Fitzrovia Youth in Action** and **Brook** worked together on the morning of the 29th June 2017 to create this presentation.

They presented it to the Child Health Alliance on the afternoon of the same day!

They were supported by staff from their organisations and Emma Rigby from the Association for Young People's Health the lead organisation of YPHP.



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Our experiences – its great that...

- Peer education programmes are available in some areas
- Easy access to information on the internet about health issues
- Leaflets, flyers and other information in youth centres
- Health professionals are always happy to help
- Mental health transformation plans
- Young people can get easy access to contraceptives and information about sexual health
- The voluntary sector accepts everyone

Our experiences - its not so great that

ACCESS

- Services are only open on specific days and not on weekends
- Services are not accessible and its hard to access when young people are not aware what is available.
- Young people who move house or study away from home struggle to access services or know what is available
- There are not enough age appropriate services, some are not fit for purpose
- Being pushed around different services due to lack of funding



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Our experiences - its not so great that

INFORMATION, TIME & STIGMA

- If you don't tick the correct boxes you can't access help
- Some GPs are not well informed about other local services
- Health professionals are scared to diagnose people and take a long time to refer to specialists
- We don't always get great advice
- Stigma about mental health and misconceptions about how it affects young people
- We wait to see them but we don't have long enough to talk to health professionals
- It takes a long time to physically see a doctor, long waiting lists to access mental health both prevention and treatment



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How could things be improved?

- Mental health should be included in SEND and Education and Health Plans
- Health information about us controlled by us and easy to access
- Better signposting in schools and more accessible school nurses
- GPs have in depth knowledge of other local services
- There should be at least one mental health practitioner in each catchment area available for drop ins
- Everyone who is referred into a service gets and assessment
- Peer education programmes
- Having a holistic approach not box ticking



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Why is this important?

- Peer education is inclusive and targets problems and raises awareness early on
- If we don't get help our health can deteriorate over time
- This can affect our education and work
- We want to have a health system that we believe in and share its values
- Young people have a right to access healthcare and education
- A recovery journey does not end when you are discharged from a service
- We need prevention, care and aftercare



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To end on a positive note we shared this great film about youth led peer education from Fitzrovia Youth in Action – take a look.....

- Fitzrovia Youth in Action - peer education programme:
<https://www.youtube.com/watch?v=edCAJRI3ZR8>

THANKYOU !