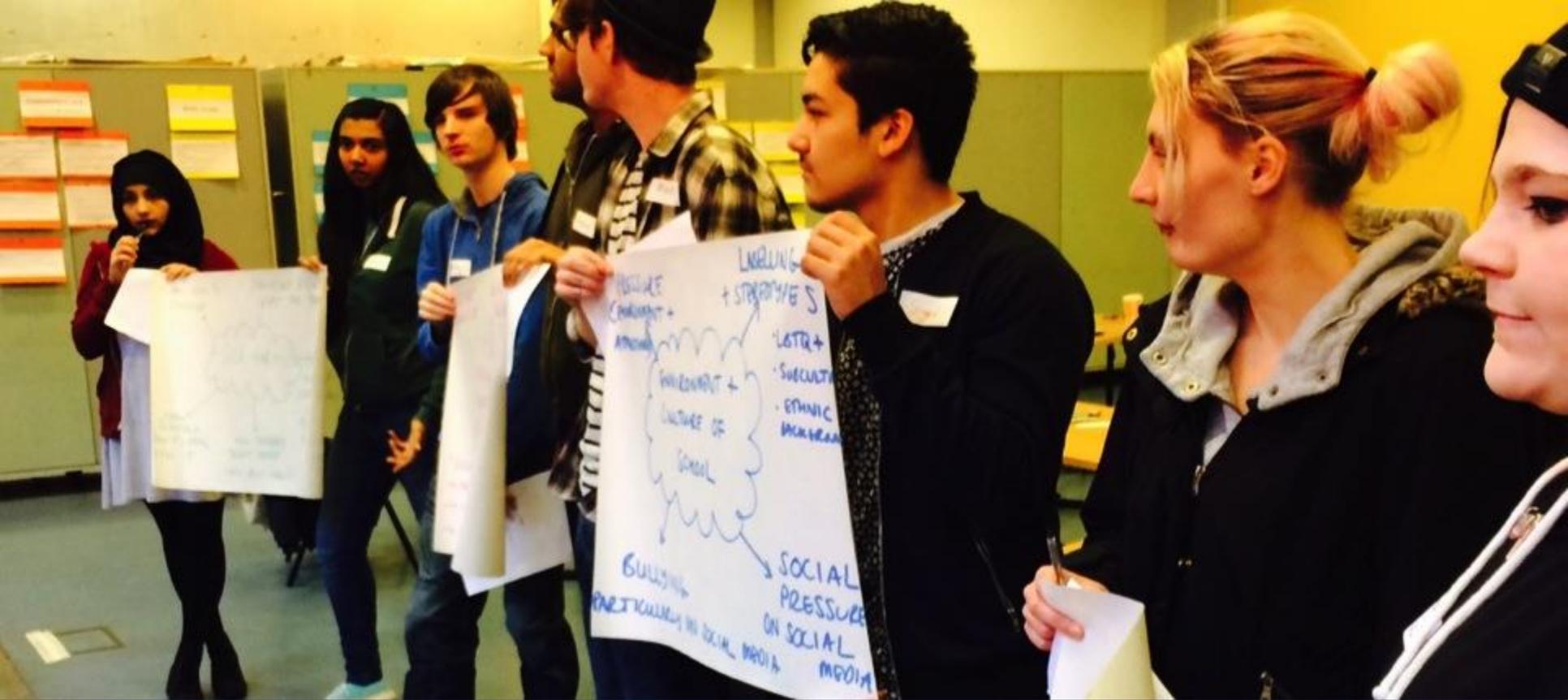




## MH:2K – a youth led approach to exploring mental health



# About MH:2K

#MH2K

# About MH:2K



- **MH:2K is a powerful youth-led model for engaging young people in conversations about mental health in their local area.**
- MH:2K helps decision-makers and researchers to gain deeper understanding of mental health issues in their area and new insights about effective solutions for prevention, support and services.
- It aims to build understanding of the potential of engagement
- It also aims to support a diverse range of young people to develop their hard and soft skills (including their leadership abilities) and knowledge of mental health issues.
- MH:2K is delivered by national charity **Involve**, and social enterprise **Leaders Unlocked**.
- From September 2016 to July 2-17, we piloted MH:2K in Oldham supported by a Wellcome Trust People Award, Oldham Council and Oldham Clinical Commissioning Group.

# How MH:2K works and the Oldham pilot



- **Recruitment:** of a core team of young people as ‘Citizen Researchers’
- **Design Days:** to explore key national and local information and determine which mental health issues are most significant for their area.
  - *The environment and culture of schools, families and relationships, self-harm, stigma, professional practice*
- **Roadshow:** The Citizen Researchers co-design and co-deliver workshops to engage at least 500 other young people in the topics identified.
- **Results Day:** The Citizen Researchers help analyse and extract key findings. They work with local decision-makers on recommendations for change.
- **Big Showcase:** The Citizen Researchers present their findings and recommendations to key stakeholders and discuss next steps.
- **A Local Advisory Panel** of key local decision-makers and stakeholders informs the project throughout.

## Four new areas

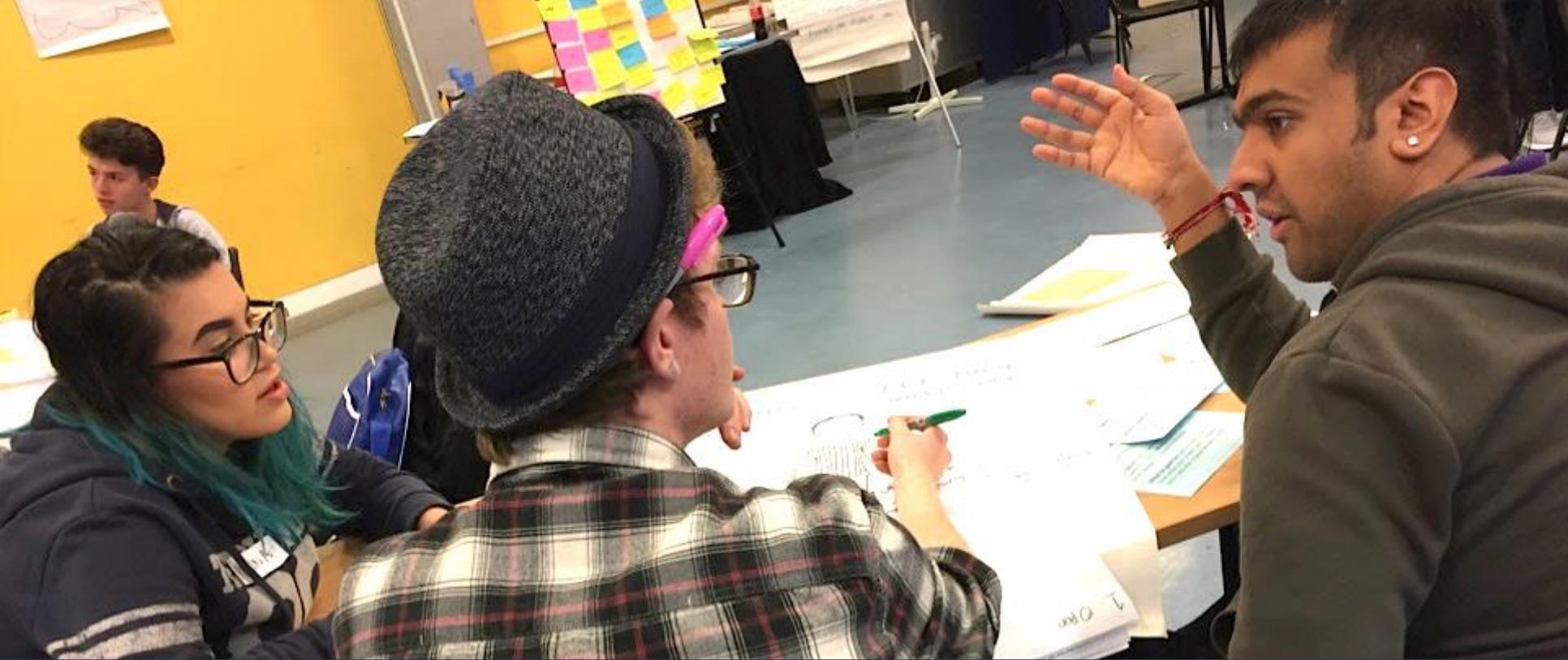


- Birmingham
- Central Lancashire (South Ribble, Chorley, Preston)
- North Tyneside
- Nottingham and Nottinghamshire

# National Advisory Panel



- **Professor Kathryn Abel**, NIHR National Specialty Lead for Mental Health
- **Polly Ashmore and Sally Milne**, Children and Young People's Mental Health Team, NHS England
- **Cassandra Cameron**, Policy Advisor, NHS Providers
- **Dr Sophie Dix**, Director of Research, MQ
- **Gregor Henderson**, National Lead, Wellbeing and Mental Health, Public Health England
- **Paula Lavis**, Strategic Lead, Children and Young People's Mental Health Coalition
- **Dr Sara McCafferty**, Strategy Group, NHS England
- **Dr Margaret Murphy**, National Professional Adviser Care Quality Commission and Clinical Chair Secure and Specialised Mental Health Programme NHS England
- **Cllr Izzi Seccombe OBE**, Chair of the Local Government Association Community Wellbeing Board and Leader of Warwickshire Council
- **Neera Sharma**, Assistant Director Policy and Public Affairs, Barnardos
- **Bella Starling**, Wellcome Engagement Fellow and Director of Public Programmes, Central Manchester University Hospitals NHS Foundation Trust
- **Ben Still**, CEO, West Yorkshire Combined Authority
- **Two MH:2K Oldham Citizen Researchers**



# The MH:2K experience



# Stigma

# Stigma:

## Key findings



- There is a general **perception of there not being any support** – e.g. NHS cuts, long waiting lists, low trust in doctors.
- **Young men** feel they can't express their emotions and 'have to be strong'.
- Young people are less likely to speak out due to the **negative language and dangerous labels** given to people with mental illnesses.
- There is a **social hierarchy between peers** based on popularity and reputation. Young people don't want to do anything to affect this.
- Most young people **do not feel equipped with enough understanding** to speak out about mental health.
- Sometimes, **parental involvement is difficult** due to generational or cultural gaps. This can make things worse.

# Stigma:

## Our recommendations



1. Work with young people to ensure information on available services is **as accessible as possible**.
2. **Train teachers** in PSHE and mental health. Ensure lessons address unhelpful expectations, e.g. expectations of masculinity.
3. **Hold a 'Mental Health Awareness Day'** (non-uniform) charging pupils a small fee to give to local mental health charities.
4. Undertake **more work like MH:2K using peer-to-peer engagement** to increase awareness of mental health, decrease stigma, and gather evidence.
5. Mental health support and information should **target different cultures and religions** (mosques, churches etc.)



# Self-harm

# Self-harm: Key findings



- **Family is a key source of pressure** for young people. This can include pressure to follow religion, not being accepted because of sexuality, stress arising from divorce.
- Many young face **cyber, verbal, emotional, or physical bullying**. This includes peer pressure and discrimination.
- Young people **may have been abused** in the past, but they may not understand it until they are older and may not be able to talk about it.
- Self-harm can be **closely linked to other emotional issues** such as eating disorders, anxiety, depression and low self-esteem.
- **Social media pushes unrealistic images**, both for men and women. Acronyms (e.g. kys 'kill yourself') and pictures are romanticised and joked about.

# Self-harm:

## Our recommendations



1. Offer **activities to help young people cope**, such as stress packages (e.g. mindfulness toys and information), and non-sporty extra-curricular activities.
2. **Run campaigns such as ‘Self-harm awareness day’**. Young people need more information about e.g. coping mechanisms, real life stories, what help is available.
3. Provide **more support**, such as specialist services, drop-in sessions and family workshops. Promote them and make sure interpreters are available.
4. Focus on **self-harm around educational transitions** (e.g. in PSHE, raise awareness amongst teachers and families).
5. **Provide a ‘drop box’** (e.g. in school) to ensure the problem is identified early.
6. **Improve the NHS Booklet on self-harm** (e.g. more colour, bullet points, positive quotes, survivors stories).



Any questions...

# The MH:2K team

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Follow the progress of the project

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