



Young People's Positive Mental Health Day

Report

October 2015

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Young People's Positive Mental Health Day Report

Background

Healthwatch North Somerset's statutory function and remit, which is laid out in The Health and Social Care Act 2012, is to provide a voice for people who use health and adult social care services, by:

Influencing

- Giving people an opportunity to have a say about their local health and social care services, including those whose voice isn't usually heard
- Taking public views to the people who make decisions - including having a representative on the Health and Wellbeing Board
- Feeding issues back to government via Healthwatch England and the Care Quality Commission (CQC)

Signposting

- Providing information about health and social care services in the local area
- Advising people on where to go for specialist help or information (signposting)
- Helping people make choices and decisions about their care
- Working closely with other groups and organisations in the local area.

Issues around mental health services for young people are often highlighted to Healthwatch North Somerset by local people and we have received a large amount of feedback, including from our well-attended public meeting in April 2014 where many concerns were raised regarding the difficulty of accessing mental health services for young people and access to relevant information.

Based on the feedback we received and the issues young people raised regarding the stigma attached to mental health and the difficulties in awareness of and accessing services, it was decided to hold a positive mental health event for young people in North Somerset with the aims of:

- raising awareness of mental health issues;
- challenging the stigma associated with mental ill health;
- providing the opportunity for young people to share feedback and opinions about health and social care services and have their voice heard;
- empowering young people to access services and understand their rights.



Weston College students

What we did

Following initial discussions with Weston College, it was decided that we would work with the College to hold the event on the College Campus and involve students on the health and social care course in the event. Developing the event would provide the students with a course topic to focus on through the first part of the academic year and give the event a unique perspective relevant for young people.

We made contact with all 6th Forms in North Somerset to invite them to participate but we were unable to fully engage them in becoming involved in the event.

With a grant of £1000 provided by Quartet Community Foundation, the event was held at Weston College's Knightstone Campus between 11am and 3pm on 2nd March 2015.

A member of the Healthwatch North Somerset team worked with students and course tutors, discussing the stigma attached to mental health and the issues that young people face in North Somerset with accessing services.

Through the year Health and Social Care students at Weston College worked in groups to research areas of mental health and, for the event, they created health promotion displays and a range of information resources around mental health issues.

The displays included items to give away including awareness ribbons, bookmarks, badges and leaflets, these were either made by the students or sourced from local and national organisations and charities.

Weston College students developed the promotional materials including posters and advertised the event to young people using social media. All students at the College as well as local 6th Forms were invited to come along on the day.

A series of talks ran throughout the day, delivered by the Weston College Welfare Service, Positive Step and the Early Intervention in Psychosis team. Students were encouraged to attend the talks which were based on the subjects of recognising and coping with stress and anxiety and early intervention in psychosis.

Healthwatch North Somerset contacted a number of local organisations who provide help and support around mental health for young people and invited them to attend on the day, as well as the college welfare service and college catering team who provided healthy fruit and vegetable smoothies.



Sophia Jones (HWNS) and Sarah-Jane Lewis (Weston College)

Students' mental health information displays

Weston College Health and Social Care Students researched and created displays on a number of mental health issues that affect young people. They told us their reasons for choosing each issue:

• Bulimia

"Our research increased our awareness of bulimia, particularly that it doesn't only affect women. Men can be bulimic too."

• Depression

"We chose to do depression because it's something that is often swept under the carpet. It's good to bring it out into the open. We researched what support is available for young people and were surprised to find out how little there is."

We learnt that the symptoms may seem like everyday things e.g. feeling tired and not wanting to get out of bed, so it can be hard to recognise. Now we know the signs, we think we can be useful in helping to spot them in other people and offer them advice."

• Bullying

"We wanted to do bullying because it's a common problem and can have a serious effect on a person's mental health. We have experienced bullying, at school not college."

Our research showed us that bullying is much more common than people think and that people often suffer alone but they don't need to as there are people out there to help.

We think bullying is more spoken about than it used to be and people are more aware.

The colourful bookmarks we made showing details of where to go to get help have been very popular."

Eating Disorders

"We did eating disorders because we didn't know a lot about them but knew that they often develop in people our age.

We've produced leaflets on bulimia, anorexia, binge eating disorder and compulsive eating disorder as well as an Eating Disorder Identification Checklist.

The stereotypical image of someone with an eating disorder is a girl or women but we learnt that 20% of sufferers are male.

This work has been very valuable to us as we feel we can now help someone. Lots of people have come to talk to us today. They've asked particularly about the less well known disorders e.g. compulsive eating disorder. Some parents have taken our leaflets in case they need information for their children."

Schizophrenia

"We chose to do this because one of our mums is schizophrenic. We've learnt that far more people suffer than we thought; about one in a hundred.

We think today's event is valuable because as more people know more about schizophrenia they won't judge sufferers.

We've produced leaflets with information about where people can get help. It's been mostly more mature students who have visited us."

Stress and Anxiety

"We chose to research stress and anxiety because we can relate to it, having done exams!

We've produced leaflets about the different causes of stress and some tips on how to deal with it.

Our top tip is for people who are stressed to take some time out, to find their own space. Listening to happy music is good too and so is having a good laugh with a friend or pampering yourself e.g having a facial."



Student designed information stand about depression

Local organisations' displays

The event was attended by the following local organisations who each had an information stand:

- Samaritans
- Mixed By Design
- Young Carers- Crossroads Care
- 1 in 4
- Substance Advice Service (SAS)
- Addaction
- Positive Step
- NHS 111
- Early Intervention in Psychosis
- Weston College Welfare Team

Other organisations who were invited but were unable to attend were:

- North Somerset Public Health
- YMCA
- Princes Trust

- Avon and Somerset Constabulary
- CAMHS

Feedback

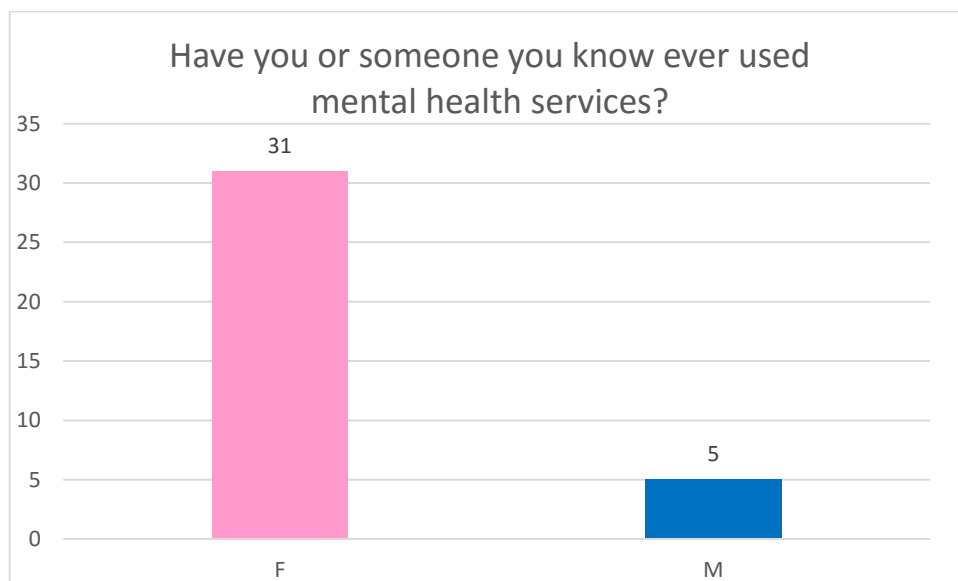
The Positive Mental Health day was attended by 280 young people. Healthwatch North Somerset sought feedback from students which was collected via two feedback forms.

One was used to gather information regarding wellbeing and use of mental health services and the second asked for feedback on the day/event itself in order to inform us of whether such an event was useful /helpful for the young people and to offer suggestions for possible future events.

The data below shows the responses received from both forms.

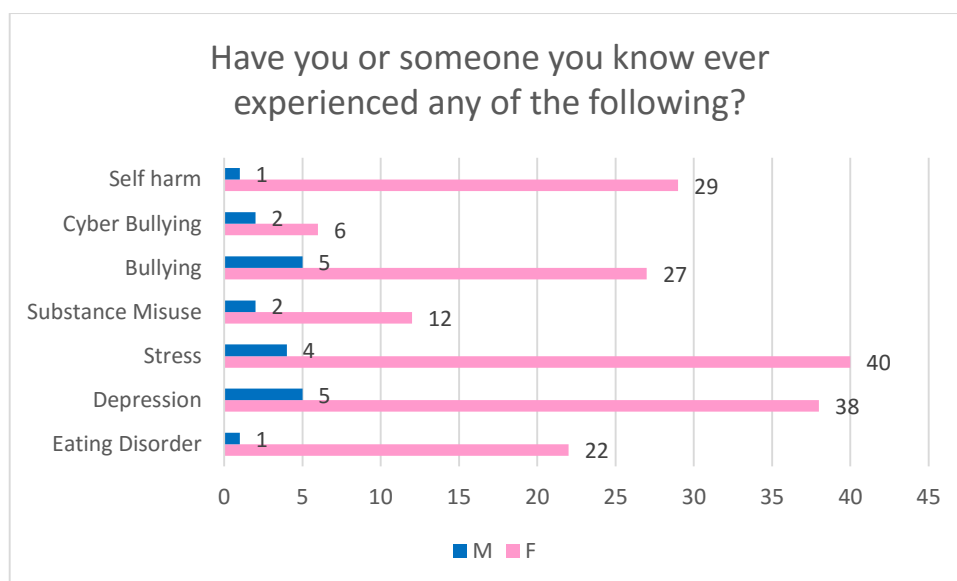
Wellbeing and use of mental health services questionnaire:

Question 1



Of 75 questionnaires completed 31 female and 5 male respondents (36 in total) said that they or someone they know had used mental health services.

Question 2

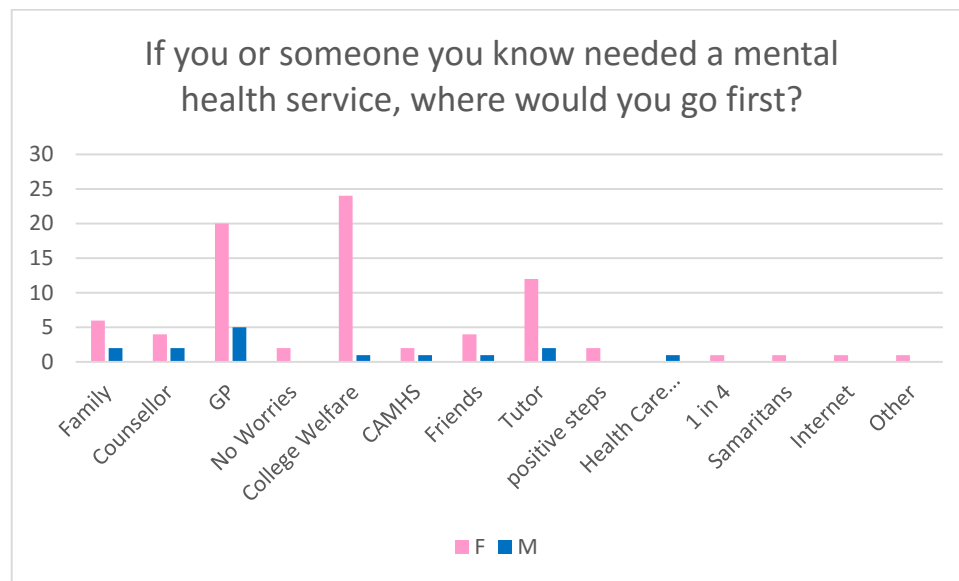


A large number of respondents reported having experienced (or someone they know had experienced) mental health issues:

- 👉 40 reported stress
- 👉 38 reported depression
- 👉 29 reported self harm
- 👉 27 reported they had experienced bullying
- 👉 22 reported eating disorders
- 👉 8 reported cyber bullying
- 👉 14 reported substance misuse

These responses, when compared with the responses shown in Question 1 suggest that a large number of young people experience mental health issues which they are not seeking help for.

Question 3

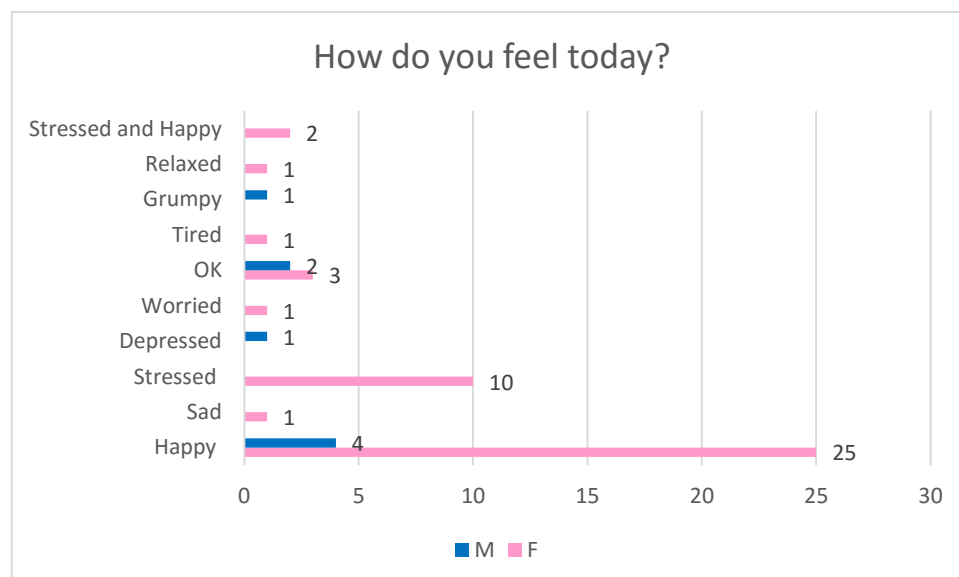


The responses to this question indicate that Weston College Welfare Services would be the first port of call for those female respondents who needed mental health support, closely followed by seeking support from a GP.

Males indicated that they would seek support from a GP first and then a family member of a tutor next.

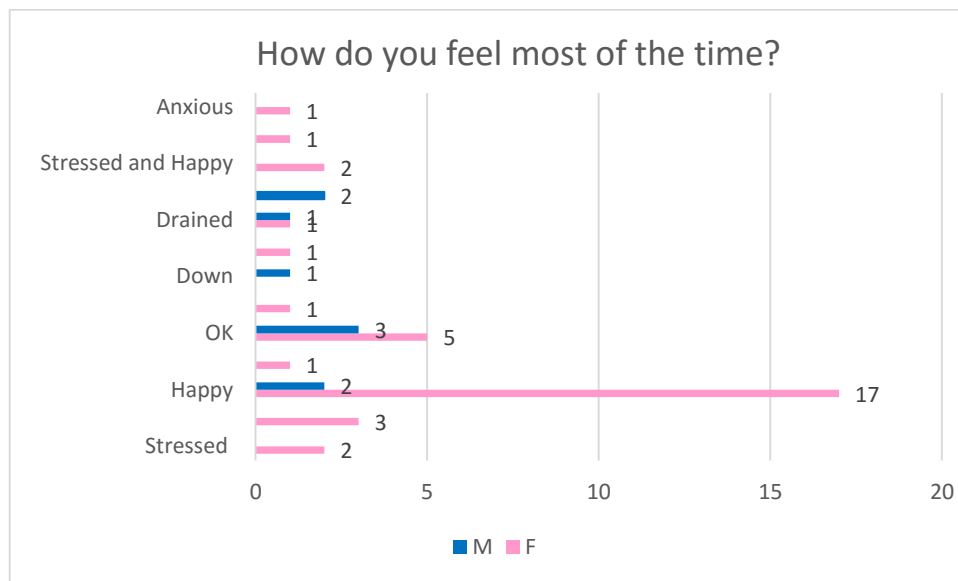
For both males and females seeking support from a tutor featured highly.

Question 4



Of the 75 respondents, (not all responded to this question) 29 described themselves as feeling happy that day, 10 as stressed.

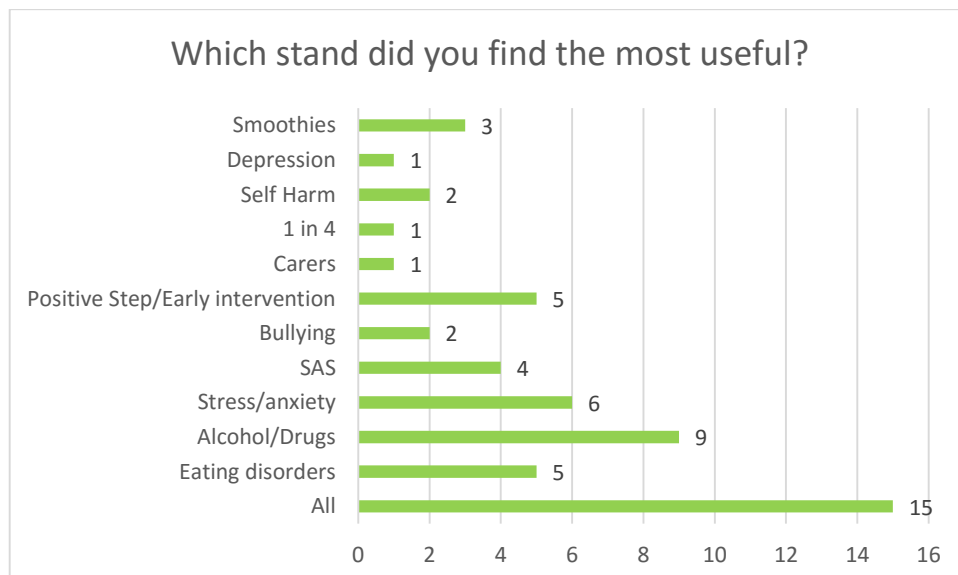
Question 5



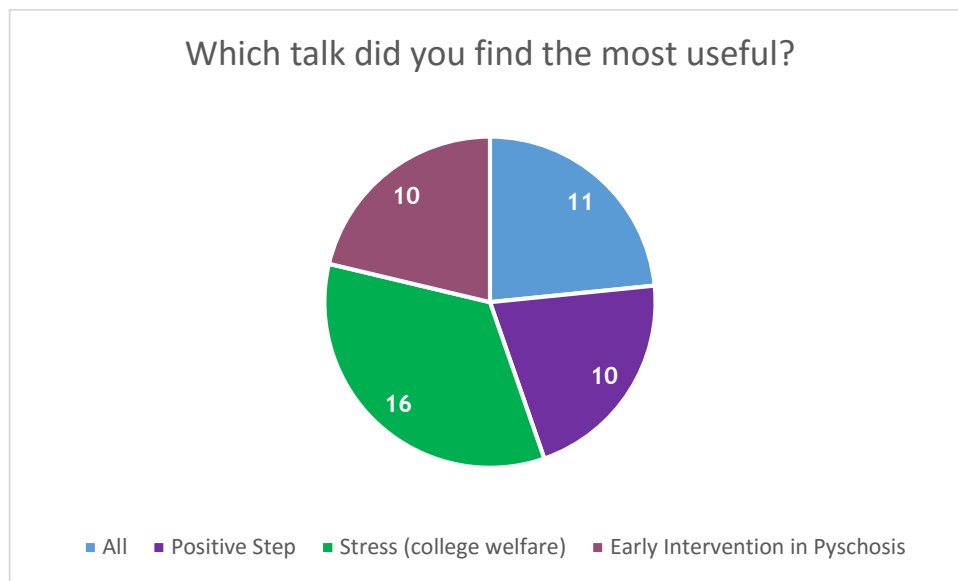
When asked how they felt most of the time, 19 out of the 75 (not all responded to this question) respondents reported feeling happy.

Event feedback questionnaire

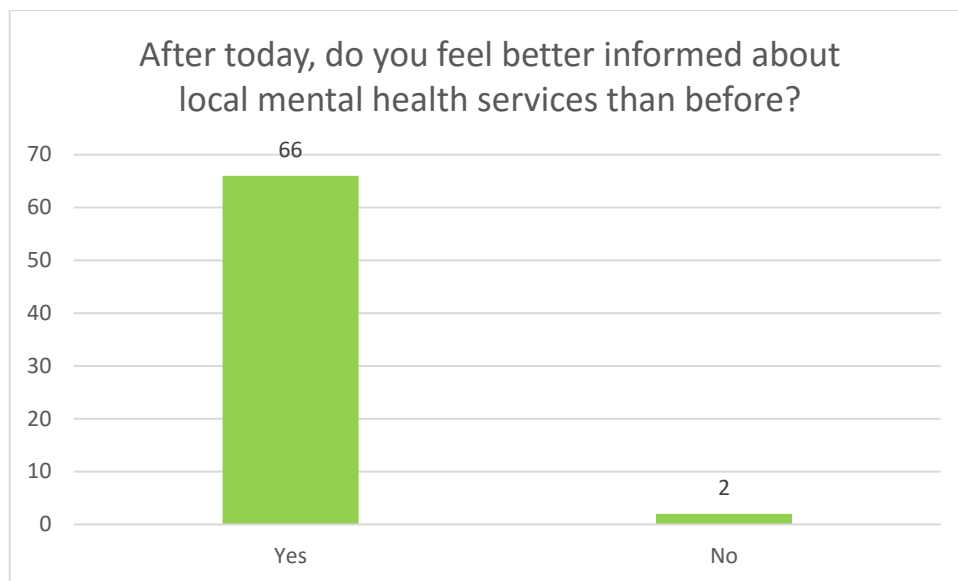
Question 1



Question 2



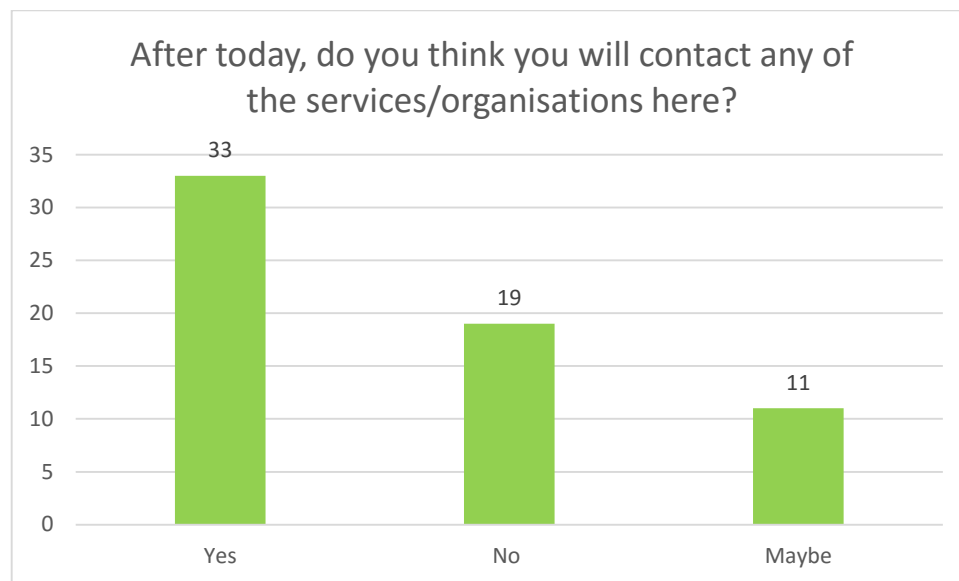
Question 3



This is a very positive outcome for the day, the vast majority of young people who responded reported that they felt better informed about mental health services as a result of attending the event.

These young people indicated they will now know where to go for support in the future should they or someone they know need it.

Question 4



Again, this is a very positive outcome as it suggests that as a result of the day, over half the young people who responded to our questionnaire would or would potentially seek support for some of the mental health issues expressed above.

This response indicates that when in receipt of information that provides insight into a condition and / or signposting to suitable support young people will seek to access relevant support.

Question 5

The young people were also asked if there were any organisations/subjects that were not present on the day which they would like to have seen a stand at the event on and they responded:

- LGBT group
- CAMHS
- Smoking cessation
- Healthy eating
- GPs

Some of these issues would have been covered by organisations who were invited but were unable to attend on the day; however it is useful to know for future events which other types of organisation to invite.

Question 6

We asked if there were any additional subject matters the young people would have liked to have heard a talk on and they responded:

- Young carers issues
- Domestic abuse
- Substance misuse
- Phobias
- Self harming

Whilst it was not possible to cover every topic in one day, these are useful suggestions to have for any future event, or indeed for Weston College to consider.

Organisations feedback

We received some very positive feedback from the organisations who attended:

"I thought the event was well organised and the room size was perfect for the number of stalls giving it a cosy feel with enough space between tables.

I think the presentation theme with students coming in from the presentation room worked really well and also students collecting their bag from the front entrance was a good idea."

"Well organised event."

"Would like 3 events of same each year."

"Made some great links which are so crucial for a fledgling organisation. Lecturers and young people showed real interest and want to have me raise awareness in their groups."

"Met some fantastic young people and one is keen to volunteer with us."

Summary

The Healthwatch North Somerset Young People's Mental Health Day built upon the work that Healthwatch North Somerset has already done on seeking views from the public on young people's mental health.

The feedback received from the young people attending the event indicates that there is a strong awareness of the effect of mental health issues and an appetite for young people to understand more about maintaining positive mental health.

It is disappointing that we were unable to engage any of the 6th Forms in North Somerset although we acknowledge that students were preparing for exams at the time of the event.

Healthwatch North Somerset would like to take the work we have done forward to ensure that information for young people on mental health is made available as widely as possible and have listed recommendations below to reflect our findings from the event.

We would like to thank Weston College for their support in the event, with special thanks for Sarah-Jane Lewis, Health and Social Care Coordinator and the Health and Social Care students who all worked hard to set it up.

Recommendations

Based on the information provided by young people at the event, Healthwatch North Somerset makes the following recommendations:

- Improved/further engagement with schools, specifically 6th Forms, around mental health issues;
- Mental health promotion materials for young people to be readily available especially in GP surgeries as they are often first port of call;
- Improved promotion to young people of those mental health support services easily available and accessible to them, particularly those which do not require a medical referral, eg, school and college welfare services, voluntary sector services and Positive Step.



Weston College student completing feedback

Useful Organisations and contact information

Samaritans

24 hour confidential helpline and email service

<http://www.samaritans.org/branches/samaritans-weston-super-mare-north-somerset>

01934 632555

1 in 4

Local community mental health resources centre and drop in

01934 622 292

CAMHS (Child and Adolescent Mental Health Services)

Assessment and treatment for children and young people with emotional, behavioural or mental health difficulties.

<http://www.waht.nhs.uk>

Positive Step

Support through GP surgeries for people with common mental health difficulties.

<http://positivestep.org.uk/>

0300 300 0834- new patients

01934 523766- other enquiries

Young Carers- Crossroads

Support for young carers

<http://www.crossroadscarew.org.uk/young-carers>

01934 411840

NHS 111

24 hour, non-emergency health issues and advice

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

Mixed by Design

Local community organisation for mixed race families in rural areas

07845 077004

Addaction

Drug and alcohol treatment and recovery charity

<http://www.addaction.org.uk/>

01934 427940

Substance Advice Service

Provides a service for young people in North Somerset who would like support, information or advice about drugs and alcohol.

http://www.n-somerset.gov.uk/Social%20care/drugs_and_alcohol/Pages/Substance-advice-service-for-young-people.aspx

01275 888 360

01275 888 361

Young Minds

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. For parents and carers, not young people directly.

<http://www.youngminds.org.uk/>

Smoking cessation help and advice

<http://www.quit.org.uk/youth-services/>

<http://www.n-somerset.gov.uk/Social%20care/healthandwellbeing/Pages/Smoking-FAQs.aspx>

<http://www.nhs.uk/Search/Pages/Results.aspx?q=smoking%20cessation%20north%20somerset>

Healthy eating advice for young people

<http://www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx>

No Worries

Confidential health advice for young people

<https://www.nscphealth.co.uk/services/no-worries>



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