

Participation Partnership News



SCOTLAND

GIVING CHILDREN BACK THEIR FUTURE



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for mental health



HeadsUpScotland
National Project for Children and Young People's Mental Health

Mental Health and Well-being: Mapping the extent of children and young people's participation

As part of their involvement in the Participation Partnership, Children in Scotland are carrying out a national research project looking at young people's participation.

The aim of the research is to map the extent and nature of children and young people's participation in mental health services and in services affecting children and young people's mental health and well-being. The research process started with a review of relevant literature in order to provide a policy and research context for the mapping exercise. Local authorities and health boards were then contacted to inform them of the forthcoming research. A questionnaire survey has been designed. The survey consists of five sections and seeks to establish:

- Engagement with the participation agenda at both service planning and service delivery level
- What policies are in place on participation in each area
- The extent and nature of children and young people's participation in mental health services and in services impacting on children's mental health and well-being

It has gone out to key contacts in each local authority and health board (including: Community Planning Partnership Managers; Directors of Social Work; Directors of Education; Heads of Children's Services; Childcare Partnership Development Officers; Health Promotion Managers; Directors of Public Health; Community Health Partnership; Child Health Commissioners; and CAMHS Lead Clinicians).

Barnardo's : Participation Training Update

In the first year of the Participation Partnership, participation training will be targeted in the two participation exemplar areas of East Renfrewshire and Aberdeen City.

Barnardo's Scotland are in the process of training up a number of young people in the East Renfrewshire and Aberdeen City areas to be involved as facilitators of the Snakes and Ladders training sessions. Between now and the end of the year, staff from the Participation Development Team will work alongside young people to deliver this powerful training to staff from a range of disciplines (including housing, social work, education, health and other key decision makers). Children and young people from the two exemplar areas have been given the opportunity to share their key issues with the partnership. The young people's views will be incorporated into the Snakes and Ladders training to ensure that decision makers have the chance to hear what is important to them. It is hoped that the training will help staff to consider their services and how (or indeed if!) they might improve them as a result of the young people's views. For further information please contact Selwyn McCausland (West and Central Scotland) on 0141 222 4700 or Jacqui Dunbar (North East Scotland) on 01241 873146.

“In Ma Heid, Oot Ma Heid”

“In Ma Heid, Oot Ma Heid”, sounds vague, doesn't it? Well there's a reason for that...

It is the title of a young people's conference which is being organised to raise awareness of mental health, and the factors that contribute to it, in modern young people. A second aim of the event is to lead into an adult conference in December, where we will present two 10 minute presentations we have created, based on the feedback from the youth conference in November.

The conference is being organised by a steering group consisting 10 members, aged 16 to 25

To make the event more young people friendly, the programme has been specially designed, including lots of unique workshops and, hopefully, some special guest speakers as well.

With a whirlwind of original ideas, and organised by a steering group with a real flair for professionalism, this conference is guaranteed to be a landmark in mental health awareness.

(Martin Aitken and Sammy Moir, both aged 16)

Please find attached a flyer, course information and booking form

Showcase:

East Renfrewshire Participation Exemplar Area

As one of HeadsUp Scotland's 'participation exemplar areas' East Renfrewshire has brought together a multi-agency steering group to take this initiative forward. The first stage in the process of working with young people was an event held in Woodfarm High School in Thornliebank on Saturday 17th June. Sixty-five young people between the ages of 12 and 25 gave up their Saturday to discuss what it is like to be a young person in East Renfrewshire and what they would like to see changing.

An open space philosophy was used to facilitate the day, meaning that young people chose the issues that were most relevant for them and that they wanted to speak about. The 6 main issues that young people chose for the groups were:

- Drugs and alcohol
- Safety and child abuse
- Youth clubs and things to do
- Police, media and being labelled
- Relationships, trust and sex
- Video games

Young people got to sign up to the groups that they wanted to be in. Discussions were wide-ranging and many other issues were raised including schools, transport and how parents listen to their children.

One of the real successes of the day was the multi-agency commitment to listening to young people that was demonstrated by the range of group facilitators from young person's services, the voluntary sector, education, social work, NHS and the police. Members of the project steering group were also present on the day, demonstrating a strategic commitment to listening to young people and taking their views and ideas seriously. As a result of the day, young people expressed an interest in developing a youth forum in East Renfrewshire with support from East Renfrewshire Council Young Person's Services.

Young people and professionals are now looking at ways to prioritise the ideas and issues from the event.

A huge amount of information and ideas was generated which was written up by East Renfrewshire Young Person's Services and a copy of which can be obtained from Neil.McIntosh@eastrenfrewshire.gov.uk or christina.mcmellon@penumbra.org.uk

The next newsletter will include a report from “In Ma Heid, Oot Ma Heid” and an update on developments in the second exemplar area, Aberdeen. If you have any questions or would like to get in touch with the partnership please contact Christina McMellon, christina.mcmellon@penumbra.org.uk or 0131 4752351

*“Participation involves children, young people and adults working together to find solutions and initiate change”
The voice of children and young people about mental health:
Discussion paper.*