



Youth Involvement in designing and
commissioning early intervention
mental health services



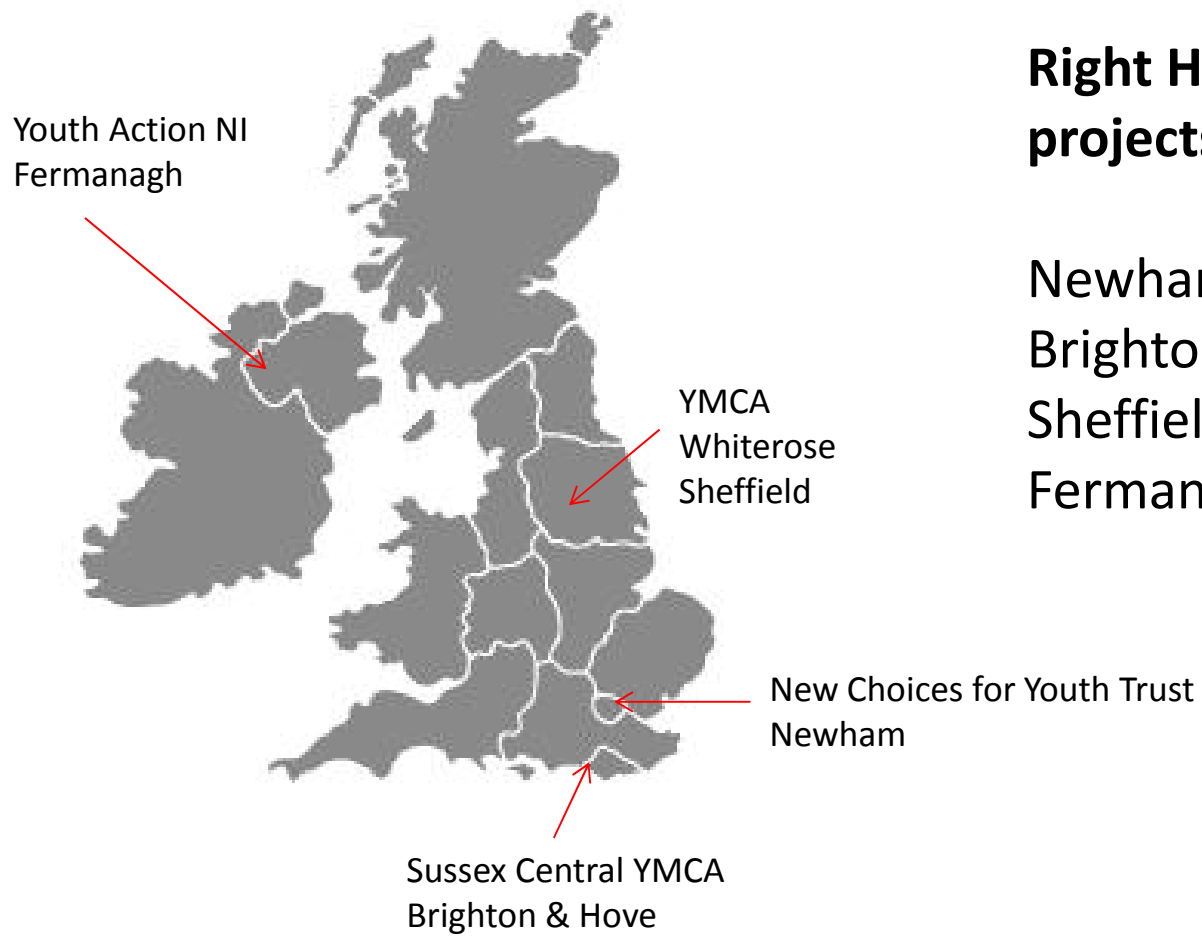


What is Right Here?

- Five-year, £6m initiative, developing new approaches to supporting mental health and well-being of 16 – 25 year olds.
- Jointly managed by Paul Hamlyn Foundation and the Mental Health Foundation
- Young people work with professionals; exchange of skills and expertise across services and sectors; support delivered where young people are; services are flexible and adaptive.
- Designing, commissioning and delivering.



Right Here across the UK



Right Here is run in four pilot projects:

- Newham
- Brighton and Hove
- Sheffield
- Fermanagh (NI)



What's different about the Right Here approach?



Right Here principles

- Young people – service users and others – involved in all aspects of the work from governance to delivery and evaluation of activities
- Early intervention mental health services in the Community (youth clubs, barber shops, gyms)
- 16-25 target audience: transition to adulthood
- Projects as test-beds for new ways of working, with evaluation of the impact on their mental health built in from the start

It's good for you

- **Services will be better suited to young people's needs:**

More attractive (young people attend on a voluntary basis): over 2000 participants reached across the 4 Projects so far.

More efficient: better designed to match young people's needs (co-design with professionals: content, time, length and frequency of sessions)

More accessible (places where young people already go)

It's good for us

Benefits of youth participation according to RH young people:

- greater knowledge and understanding about mental health
- feeling of empowerment
- experience of group-working, negotiation and compromise, confidence
- social interaction and support

'The group was first of all about the participation side but it's developed into a lot more than that. It's as supportive a group as possible though it's not a support group. But we gain from sharing our experiences.' (Service user: Young people's panel, Sheffield)

RIGHT
HERE

Early intervention activities and campaigns co-designed by Right Here young people





INNOVATION LABS

nominettrust



The Innovation Labs initiative was set up to **develop new digital products** to support young people's mental health.



Since July 2011, the Lab **partners (Right Here - PHF/MHF, Comic Relief and Nominet Trust)** have worked with **over 100 young people**, mental health professionals and digital agencies, to generate ideas for the products and plan how to take these ideas forward.



INNOVATIONLABS

Love & Mental Health

The brief:
Design a website or mobile app that provides advice on communicating including dealing with shyness, dating and relationships, and *loving yourself in this context.*

Aimed at:

1. People who currently have mental health issues, or have recently recovered
2. The service would also include advice for their partners
3. Singles

Things to consider:

1. What are the difficulties that a person with mental health issue encounters in
 - finding a partner

Tips:

- Decide at the beginning if this should be a website or a mobile app
- You only have a day so keep it focused and simple
- Should this be one big website or two separate sections, one for partners and one for people diagnosed with a MH condition?

The Ideas and the **successful organisations are**

Medfacts:

Young Minds

MiniMe:

FACT

Mind's Eye:

MindApples

Madly in Love:

YouthNet

Keep the Trust:

Sixteen25

Doc Ready:

Enabled by Design

My Places:

Sussex Central

YMCA

Mini Me

- Louise Latter
- Young People's Coordinator,
FACT



Mini Me



Me - Personalised area, allowing the user to add information about themselves as well as change the look of the app and add emergency contact information.

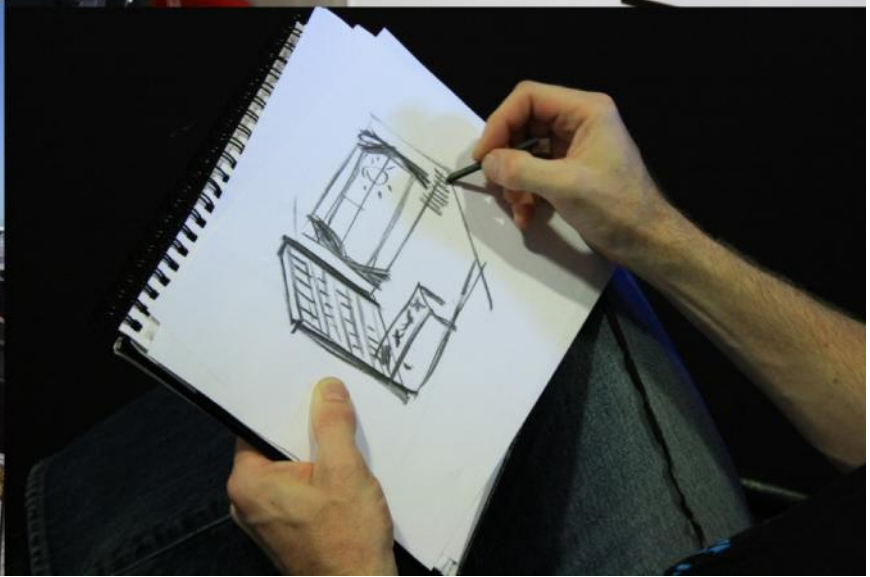
Journal - Entries can be assigned to specific flash points and these will automatically be saved in categories so similar events and triggers can be referenced.

Mood - This feature will be used to track the users mood, allowing them to specify whether they are having a red, amber or green moment. They will then be asked a series of questions to try and establish whether a user needs intervention support.

Support - This will contain emergency contact information and specific support on offer in that region. This is a feature that can be called upon in an emergency when the user requires immediate intervention and support to help them.

Friends - Using social media networks such as Facebook and Twitter, users can add friends directly from their lists by connecting their social network accounts. It can then be used to share stories and events.

 Mini-Me December 2012



types of videogames

- platform game.
- Role Playing Game.
- First person Shooter
- 3rd person Action
- free running.
- fighting - puzzle
- flight sim
- Racing

TBS.



THANK YOU!!!

Q & A

www.right-here.org.uk

eleclerc@phf.org.uk