

YOUTH COMBINED AUTHORITY MINUTES: December 2018

Greater Manchester Health and Social Care Partnership, Mentally Healthy School's Pilot

Warren Heppolette and Zulfi Jiva from the:

Greater Manchester Health and Social Care Partnership and Simone Spray from 42nd Street~

About the Pilot...

- ⇒ taken place in 31 schools across Greater Manchester.
- ⇒ Make Your Mark results show that Mental Health is something young people in Greater Manchester are concerned about
- ⇒ Hania told the meeting that she and school colleagues had given a presentation to the Greater Manchester Children's Health and Wellbeing Board in January 2018 about what schools could do to support good mental health, the Pilot came from that meeting showing young people can have an impact.

Warren gave a presentation where he gave figures that said...

- ⇒ 1 in 10 young people or 3 in a class of 30 will have a diagnosable mental illness.
- ⇒ Only 25% of those young people access the right treatment and care meaning there is on average a 10 year delay between experiencing symptoms and getting care.

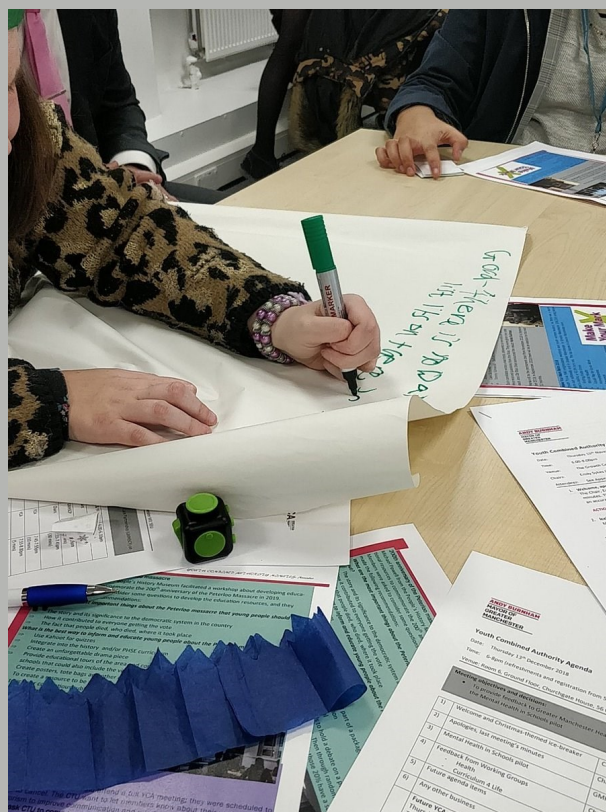
The Greater Manchester Health and Wellbeing Strategy Vision is:

Improving child and adult mental health, narrowing their gap in life expectancy, and ensuring parity of esteem with physical health is fundamental to unlocking the power and potential of GM communities.

The programme priorities are: Children and Young people Crisis Care, iThrive, Perinatal and Parent-Infant Mental Health and Mentally Healthy Schools

Questions were raised on:

- ⇒ Confidentiality and the Fraser Guidelines how would they be promoted and maintained?
- ⇒ How home schooled young people can access the service?
- ⇒ Not everyone is able to do physical activity so how would arts as an aid to good mental health be promoted?
- ⇒ Could changing rooms for Trans young people be considered?
- ⇒ Could the Young Health Champions visit?
- ⇒ Would schools work together in clusters?
- ⇒ What about colleges?
- ⇒ Could the service be accessed outside school?
- ⇒ What is the youth worker role?





Members were asked two questions:

From what you have seen and heard of the Rapid Pilot can you give us your views, based on your experience, of the services we have introduced into schools? What would you like to see more of?

What is missing?

How can we build on the work and relationships of the YCA?

Members said:

- ⇒ mental health professionals would need to know the people they're helping
- ⇒ How much influence will these people have?
- ⇒ Wellbeing ambassadors, peer mentors, young health ambassadors are all needed
- ⇒ Enrichment lessons
- ⇒ Making young people aware of Fraser competency
- ⇒ Push for mental health training in schools for young people.

Heath

At the Health Working Group Meeting Alan Ford, Greater Manchester Commissioning Lead for Children and Young People's Mental Health told us about the Mental Health Programme Delivery Board and how we can work together in the future, giving young people a voice in how services are developed.

Representatives from the Health Working Group are going to meet the Board on **15th January 2019**.

Young People have identified 4 main areas they want to talk about based on the four priorities we have identified:

- ⇒ Reducing stigma
- ⇒ Improve quality of services
- ⇒ Training the workforce
- ⇒ Ending the Postcode Lottery in services

Members were asked to review the four priorities with ideas to talk to the Board about and asked to add to them if they wished.

The Health Working Group will ask the programme board how the work they are doing or commissioning will address these issues, how the programme meets our priorities and what can we do together?

The Health Working Group will report back to the February meeting

- ⇒ Good if there is no waiting list, if it's on the doorstep, so they can book an appointment
- ⇒ Making sure enough mental health champions are trained Young, meet every so often, send feedback to YCA (or to Youth Councils at GMYCA) and invite to YCA meetings for feedback
- ⇒ Sensitive topics – how to approach them
- ⇒ Youth workers – may be point of contact for home education
- ⇒ A lot of pressure will be put on the young champions
- ⇒ Sounds very promising
- ⇒ Make sure feedback is given to maintain the service

C4L

Young people were joined by Jack Loughlin and Sophie Hope from the Combined Authority.

In the icebreaker, young people asked

'what does work experience mean to you?'

Responses included; bad, positive, local, skills development, varies, difficult to get, positive for my mental health and shadowing. These answers echoed that of the working group members.

Melissa fed back the responses to an important question raised by GMYCA Member, Jack Furness in the October GMYCA meeting:

"How do we make sure all our work, terminology and pronouns are accurate and appropriate, particularly in materials produced for the Curriculum for Life?"

Young people talked about who would feel comfortable delivering inclusive and LGBTQ+ friendly worded materials...

- ⇒ **1st:** a 3rd party specialist, such as The Proud Trust, who are trained and knowledgeable in this area and would feel comfortable.
- ⇒ **2nd:** youth workers, who could have dedicated time or a slot in school to talk and support young people.
- ⇒ **3rd:** Teachers. Although it was agreed that most PSHE teachers have it as an add on and therefore aren't fully trained and knowledgeable about LGBTQ+ terminology.

Next month's meeting:

addressing the barriers and solutions to years 8 and 9 accessing work experience opportunities.

Attended by:

42nd Street
GMFRS
Bolton Youth Council
Manchester Youth Council
Oldham Youth Council
Mahdlo
Proud Trust
Salford Youth Council
Rochdale Youth Council
Tameside Youth Council
Trafford Youth Cabinet
Wigan Youth Council
Xplode Magazine

Next meeting dates:

GMYCA meetings:

Thursday 10th January

Working Groups:

Thursday 24th January