Digital Resources for Youth Mental Health…

“Learning and making together”

Welcome to #ayemind

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Scottish Youth Parliament – Speak Your Mind

“Our Generation’s Epidemic: Young People’s Awareness and Experience of Mental Health Information, Support and Services”

SYP surveyed 1453 people aged 12-25 from all 32 of Scotland’s local authorities.

- 1 in 4 young people considered themselves to have experienced mental health difficulties yet 70% of those people didn’t know where to access support
The case for action on young people’s mental health – a moral obligation

Greater Glasgow and Clyde

CHILD AND YOUTH MENTAL HEALTH IMPROVEMENT STRATEGY

One Good Adult
Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools
Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

Resilience Development in Communities
Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze
Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress
Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer Help & Social Media
Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing
Potential of Digital Solutions

Evidence shows digital resources may play major role with unmet mental health needs for young people.

"There is a very strong evidence base supporting the role of technologies and the effectiveness and cost effectiveness of e-mental health solutions, and yet that evidence is not necessarily translated to practice and policy."

Young & Well Collaborative Research Centre, Australia  http://www.youngandwellcrc.org.au/
Positive about Wellbeing

**Aye Mind** is on a mission to improve the mental health and wellbeing of young people – by making better use of the Internet, social media and mobile technologies. We are working with young people aged 13 to 21 to create and share a wide range of resources. We’re also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

The project is a partnership between Greater Glasgow and Clyde NHS, Snook, the Mental Health Foundation and Young Scot, with a wide range of local partners involved too. Aye Mind is a *work in progress*, so check back often for new stuff!

Read on or [contact us](#) if you have any questions.
Collaborative Approach…

‘Digital Wellbeing Collaborative’ members and range of local youth groups and young people
Target Groups

Young people, 13-21 years old
From diverse backgrounds and needs across Greater Glasgow and Clyde

Youth-related workers
From youth and allied workers to clinical staff, health improvement and information staff

Service managers, planners & policy makers
Spanning health, social care, education, voluntary and private sectors
Co-production in action
- Making animated gifs to communicate on mental wellbeing issues

“serious fun”
Co-production in action
‘Support Squared’

Animated Gifs – covering range of wellbeing themes, devised entirely by young people

Gif making competition – run by Young Scot – around 80 submissions, winning Young Scot reward points
Digital Resources for Mental Wellbeing… Much More Than Apps!

Browse or search http://ayemind.com/resource-map/

[Logos of various mental health resources]
Support Hope and Recovery Online Network (SHaRON) is an Eating Disorders Tele Health System that connects individuals to each other and to their care providers.

**Benefits seen to date**

- Over 80% of SHaRON users agree that SHaRON has been helpful in their recovery.
- Service deploying SHaRON has transformed from 5 days a week 8 hours a day, to 24 hours, 365 days per year service, at very little additional cost.
- Net savings per patient (18+) per year of £4,496 for Berkshire when compared with other services in the region. This amounted to a total savings per year of £715k for Berkshire CCGs.
- As well as improving the quality of the service delivered to patients, considerable evidence of early discharge, with SHaRON as part of the discharge plan, and increased re-referral prevention.
Toolkit

http://ayemind.com/toolkit/

The first iteration of the resource pack for youth-related workers will be released shortly. The pack will include practical information, case studies and reflection material for anyone interested in learning more digital approaches to promote mental wellbeing.

Young people's mental health

Wondering why we’re talking about youth mental health? What strategies and resources are out there? This section will help you find out more.

The case for digital

Young people said “improve the quality of the online content: we rely on it!”. Read more about the potential of using online technologies for young people’s mental health.

Lives led online

There is a little distinction between online and offline worlds. Here, you’ll find an overview of different activities young people undertake online.

The digital landscape

We can’t ignore digital. From apps and software to social media, this chapter will introduce you to what’s out there in terms of digital and mental health tools.
Use of online technologies to support mental health and wellbeing for young people - from our Aye Mind Survey Monkey

“Social media is here to stay - NHS and its partners need to embrace it, and work with young people to maximise the positive potential, rather than think only of risks.”

Answered: 305   Skipped: 85
Youth Mental Health and the Digital World

What next?

Four strands of development work emerging from Aye Mind experiences…

- Digital Citizenship
- Digital Inclusion
- Digital Wellbeing
- Digitally-Enhanced Care
1. Make young people’s mental health and wellbeing a priority – build comprehensive, joined-up responses

2. Consider digital technologies as part of a wider mix of resources available, rather than as a magic wand or the latest fad

3. Actively involve young people in learning about needs and experiences, and in design, development, refinement of new approaches

4. Focus on inclusion and needs of those with additional risks and challenges

5. Build confidence, skills and knowledge of all who support young people to understand, use and refine digital technologies for wellbeing – including peers

6. Create organisational cultures and environments that support safe, productive use of technologies for and with young people