

Our **GIFT** to future services
is to engage the citizens and
leaders of tomorrow

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cernis
limited

'Parent' organisations



Established 2008
Private company
Service transformation

Established 2010
Social enterprise
Digital innovation



GIFT

MOM
MIND OF MY OWN

Collaboration
User participation
Youth mental health

Young people in care
Having a voice
App based service

Projects, partnerships, products

From theory to practice – why participation makes sense



- ◆ International democracy and participation
- ◆ International human rights, children's rights
- ◆ Positive results

International democracy

- ◆ Active participation is seen as one of the main aims of governments on an almost world-wide basis (OECD 2001, 2005, 2009)
- ◆ The need to strengthen ‘the citizen relationship’ context requires transparent leadership to ensure that people’s rights are protected within organisational operations and objectives
- ◆ This is controversial; public institutions rarely create opportunities for public value – a real challenge for us?

International children's rights

UNCRC

- ◆ Article 2: all the rights in UNCRC to be implemented for every child, without discrimination
- ◆ Article 12: all children have the right to express their views, and to have these views given due weight in all matters that affect them
- ◆ Article 13: every child has the right to freedom of expression – so long as they respect the rights of others
- ◆ Article 17: children have the right to receive, seek and give information
- ◆ Article 23: disabled children have the right to active participation in their community

Positive results – UK case study

- ◆ Effective participation needs both top down and bottom up infra-structure
- ◆ Important in the UK – an evolving policy context for children's and young people's mental health that focuses on improvement and transformation

UK Policy – children's and young people's mental health

Before 1995 – fragmentary, no standards, no framework

1995 – *Together We Stand* Health Advisory Service (Tiered framework, service standards)

1999 – *Children in Mind* Audit Commission (CAMHS specification)

2004 – *National Service Framework* HM Government (10 year strategy)

2008 – CAMHS review Independent

2010 – Change of government: localism, austerity

UK Policy – children's and young people's mental health

2011 – *No Health Without Mental Health* HM Government (Early intervention, positive mental health, recovery – all ages)

2012 – *Transformation programme CYPIAPT* Department of Health, then NHS England

2013 – *Health Select Committee Inquiry into CAMHS*

2014 – *CAMHS Taskforce*

2015 – *Future in Mind* HM Government (Policy: integration, transformation)

Key concepts

CYPIAPT – Evidence based interventions

Routine outcomes monitoring

User participation

Self referral

Leadership

Wider transformation -

Integrated commissioning

Multiple providers

Services based on need

GIFT

Great Involvement, Future Thinking

Background

- ◆ 2005 First national conference on youth participation in CAMHS
- ◆ 2008 'Turning what young people say into what services do' Department of Health funded
- ◆ 2010 National focus, conferences, national standards: youth participation, mental health
- ◆ 2012 National strategy
- ◆Transformation programme CYPIAPT

What is GIFT?

- ◆ A partnership between two organisations
- ◆ We innovated the national co-production team for young people's mental health via CYPIAPT
- ◆ Where professionals and young people work alongside one another in partnership
- ◆ We believe this has been key in transforming services

National co-produced conference



Young people's participation UK

- ◆ Staff recruitment
- ◆ Staff training
- ◆ Mystery shopping
- ◆ Service transformation
- ◆ Staff supervision
- ◆ Part of decision making groups
- ◆ Board membership
- ◆ Local and national policymaking
- ◆ Conference organisation and presentation
- ◆ Product development, including e-books, video

GIFT in an expert reference group



We've come a long way

- ◆ Only 10 years, even 5 years ago, young people's participation in mental health services was patchy; many health staff were suspicious of it and reluctant to get involved.
- ◆ Now – most services in England are having a go at involving young people in a meaningful way. And practically everyone has become convinced of the benefits.

Young people benefit

Young people –

- ◆ develop new skills
- ◆ grow in confidence
- ◆ experience symptom reduction/recovery
- ◆ make good friends
- ◆ feel less alone
- ◆ improve their employability

All young people have a better experience because mental health services are more youth-friendly.

GIFT at Adocare in Rome




Families benefit

Families –

- ◆ experience reduced stress
- ◆ have less worry
- ◆ feel more connected
- ◆ understand the service better

What parents told us they want



A child friendly environment, taking parents/carers seriously and understanding the problems of our child, actually listening to us, more open communication

Staff benefit

Staff –

- ◆ are surprised – in a good way
- ◆ develop new ways of thinking
- ◆ have better job satisfaction
- ◆ acquire new skills and knowledge
- ◆ become more creative
- ◆ innovate more

Organisations benefit

Organisations –

- ◆ become more efficient
- ◆ are more effective
- ◆ gain a better reputation

What the professionals say

Young people's involvement leads to:

- ◆ Less jargon
- ◆ The professionals stay more focused
- ◆ More innovative and fun methods are used
- ◆ Greater focus on getting the young person's view directly
- ◆ The agenda is developed together, which is better.

What participation means

“What have I learnt? That just having young people on a group is not enough, something fundamentally shifts to have them leading alongside, and equally, with professionals. Being together, not just with.

Professionals have to change the way they do things, it is not just having young people 'join in'. Something new is created which is better than before and more than just an additive effect.” *Dr Ann York*

What evidence do we have?

We have a large amount of experiential data:

- ◆ small scale evaluations from all over the country
- ◆ reports from staff
- ◆ case studies
- ◆ testimony from young people
- ◆ small scale research
- ◆ literature reviews.

What next for GIFT

- ◆ More digital work – reaching out to excluded young people via social media
- ◆ Young leadership programmes
- ◆ Exploring alternatives – for example
 - Values based vs Evidence based practice
 - Moving beyond diagnosis in the quest for ‘what works for whom’
 - Progression- from participation to citizen? New careers?

Links and downloads

- ◆ GIFT portal [MyApt](#)
- ◆ GIFT [E-Book](#) Sustaining Participation
- ◆ GIFT [Reading List](#) to support participation
- ◆ GIFT [Facebook](#) page
- ◆ GIFT [YouTube](#) channel
- ◆ Leanne's YouTube channel [The Whisperr Kid](#)
- ◆ [Turning what young people say into what services do](#)

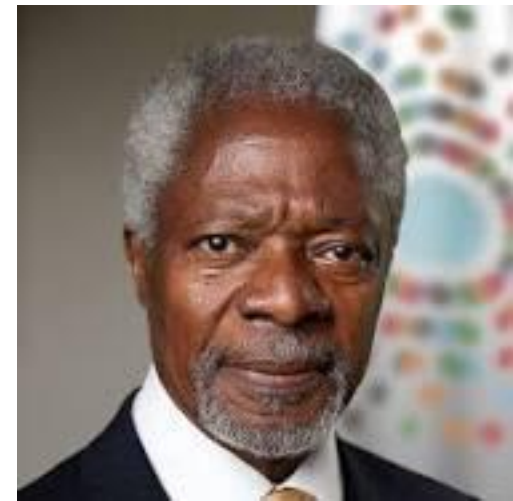
- ◆ CYPIAPT [WEBSITE](#)
- ◆ No Health Without Mental Health [HERE](#)
- ◆ Future in Mind [HERE](#)



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“No one is born a good citizen; no nation is born a democracy. Rather, both are processes that continue to evolve over a lifetime. Young people must be included from birth. A society that cuts off from its youth severs its lifeline.”

Kofi Annan





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Also on [LinkedIn](#)

