

HUMBER AND NORTH YORKSHIRE YOUNG PEOPLE'S MENTAL HEALTH ADVISORY GROUP AGREEMENT

Terms of this newly established group, agreed by young people at the Humber and North Yorkshire Health and Care Partnership 'Nothing About Us Without Us' Engagement and Coproduction Event on 19th December 2022

TOP PRIORITIES



Humber and North Yorkshire's Young People's Mental Health Advisory Group's Top Priorities for Improving the Mental Health of Children and Young People across Humber and North Yorkshire: -

1

Young people led awareness-raising and training, on the signs and symptoms of mental health problems, and issues impacting young people's mental health, including LGBTQ+, racism, etc.

2

Easier access to services

3

Young people leading on work and courses about children and young people's mental health, to ensure their voices are heard, their lived experience is valued, and they are not 'shrugged off' by professionals

4

Listen to us more

WHAT?

Nothing About Us Without Us

A group of young people with an interest in / lived experience of mental health challenges, who meet frequently in their local area and twice a year across Humber and North Yorkshire, to influence mental health strategy, policy, and practice



WHY?

Nothing About Us Without Us

- To inform decision making about young people's mental health services
- To make a change
- To hold services accountable
- To improve awareness and understanding of mental health
- To ensure that young people's experiences and opinions are embedded in decision making processes from start to finish



WHERE?

Nothing About Us Without Us

Come together as a bigger group twice a year - in the York area again but a different venue

Meet locally more frequently

Three location groups:

NORTH & NORTH EAST LINCOLNSHIRE

Barton - Ropewalk

Grimsby - Navigo House / Carer's Centre

Scunthorpe - 2021 Arts Centre / Cafe INDIE / Normanby Hall

HULL & EAST RIDING

The Warren

The Guildhall

ASDA Mount Pleasant Community Room

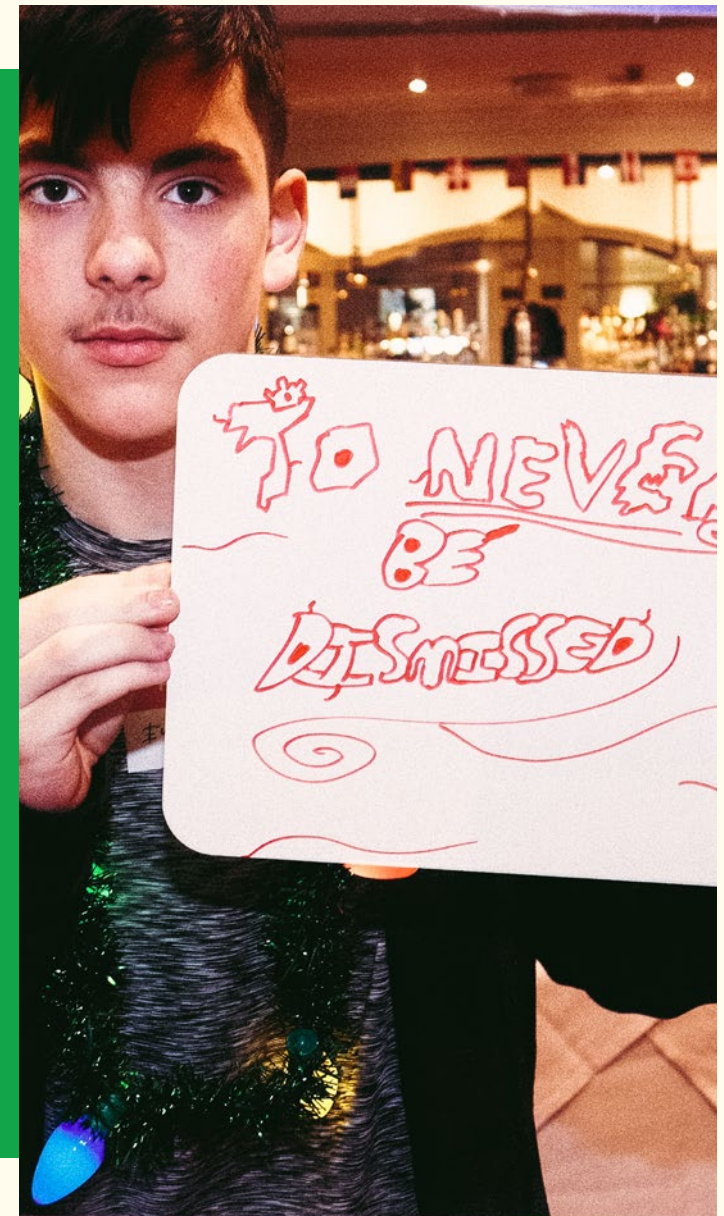
Kingston Youth Centre

The Conservatory at KIDS

NORTH YORKSHIRE & YORK

Museum Gardens

Indoor meeting space - not yet agreed



WHEN?

Nothing About Us Without Us

Starting in 2023

A big event twice a year

- July (at the start of the school summer holiday) face-to-face meeting
- November hybrid meeting of face-to-face with online remote link also (evening or weekend)
- York area again
- Travel budget

Smaller more local meetings

Frequency not yet agreed but suggestions include:

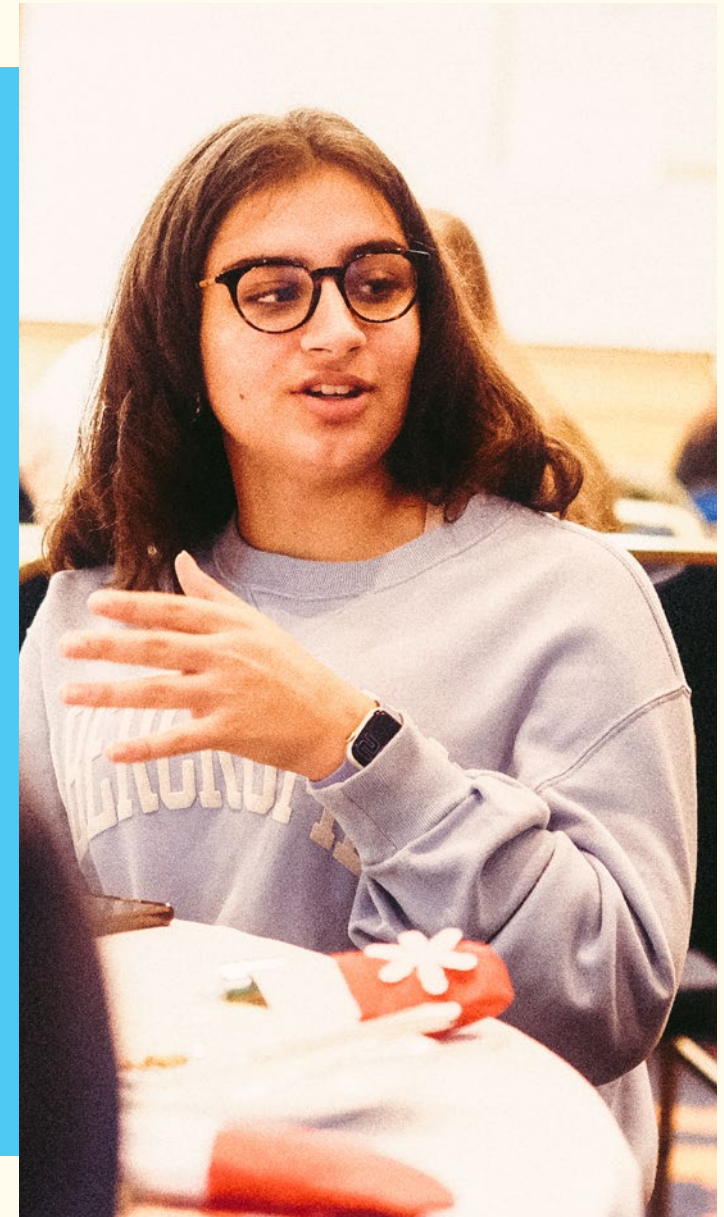
- Once a month
- Every 6 weeks
- Bi-monthly



WHO?

Nothing About Us Without Us

- A young people's mental health advisory group made up of **young people up to and including the age of 25, from the Humber and North Yorkshire area, with an interest in / lived experience of mental health challenges**
- **Supported by Clair Atherton**, Children and Young People's Engagement and Coproduction Manager (Humber and North Yorkshire Health and Care Partnership), and other engagement professionals from across Humber and North Yorkshire
- To informed decision making by relevant steering groups such as the Humber and North Yorkshire Health and Care Partnership Children and **Young People's Mental Health Steering Group** and the **Trauma Informed Care Steering Group**



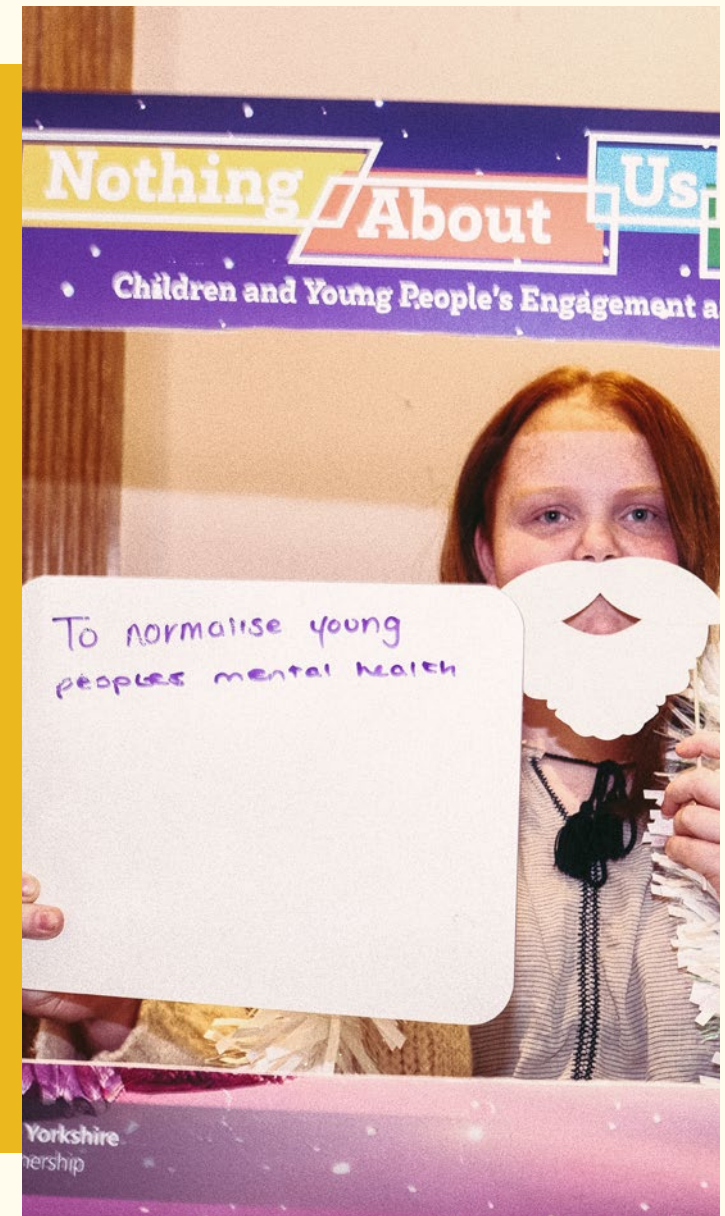
HOW?

A mix of..

- Online
- Face to face
- WhatsApp Group
- Other social media

As a way to communicate and meet with the group

Nothing About Us Without Us



TO WHAT WE NEED TO MAKE THIS HAPPEN

Nothing About Us Without Us

- Services to offer support
- Professionals to understand what is important to young people when accessing services
- Creative support
- Venues/spaces to meet
- Media support
- To be listened to
- Funding
- People to hear our own experiences / view of what WE need



HOW ELSE CAN PROFESSIONALS HELP?

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EVALUATION

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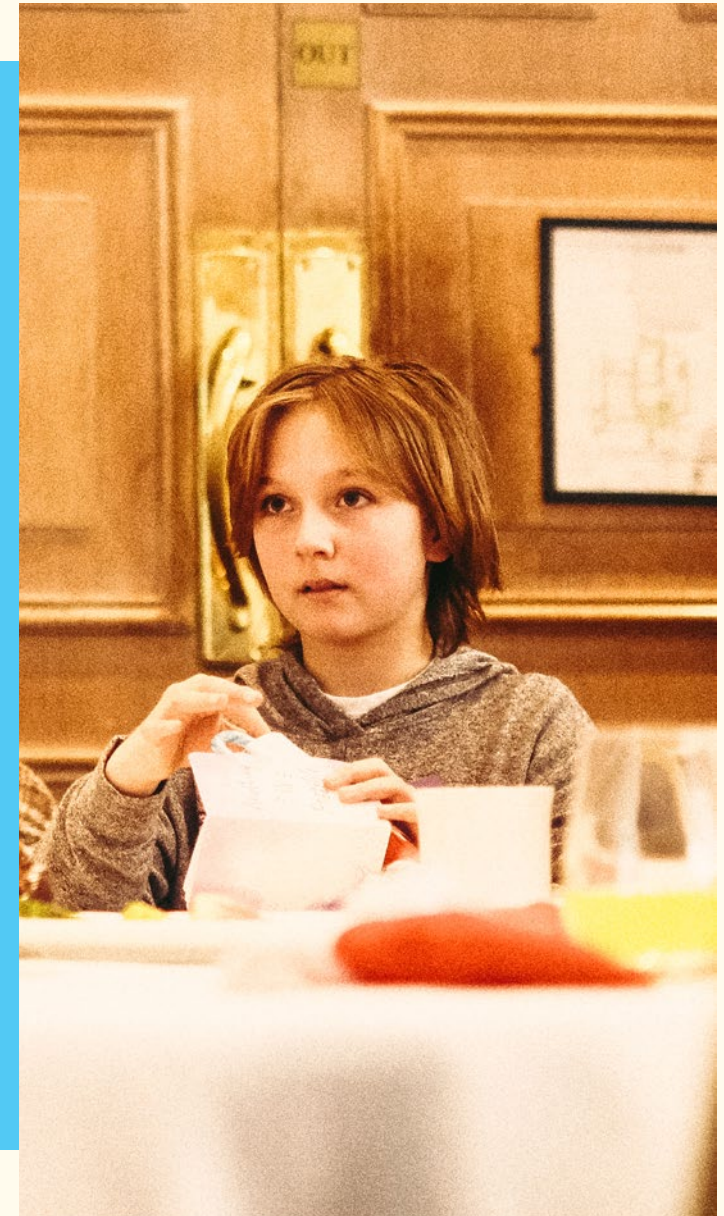
The group will use their big events twice a year, in July and November, to evaluate their priorities, their planned work, and the impact of the group so far



NEXT STEPS

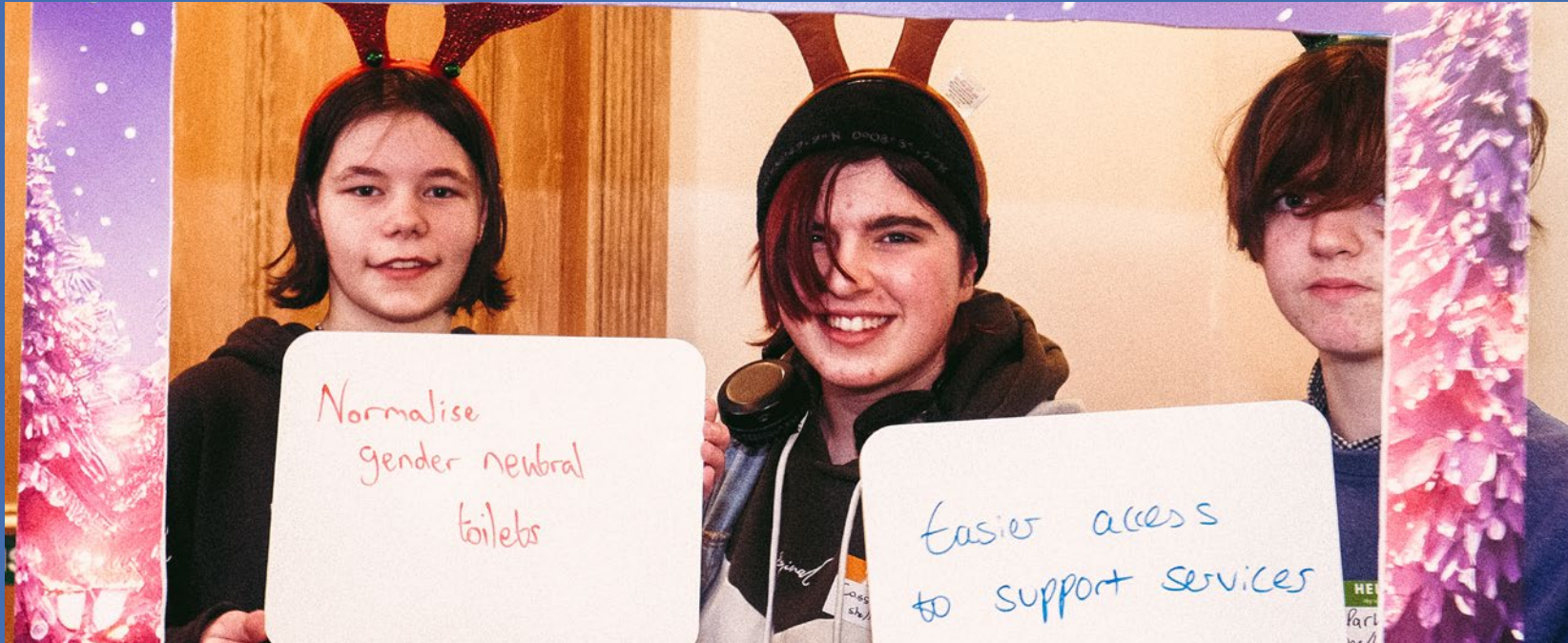
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- Identify staff available to support
- Get consent to be added to WhatsApp group / other social media groups
- Agree specific meeting dates, times, and venues for meetings in local areas
- Identify ways of covering young people's expenses to attend meeting
- Agree platform for online meetings
- Set dates for both the July meeting and the November meeting
- Type up all feedback and share with the young people who contributed to check it's accurate
- Share this agreement with professionals across Humber and North Yorkshire, and ask them to respond with offers, ideas and information to help make this all happen





THANK YOU



WANT TO KNOW MORE?

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