



Digital Resources for Youth Mental Health...

“Learning and making together”

Welcome to #ayemind

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@ayemind99



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

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.



Young People

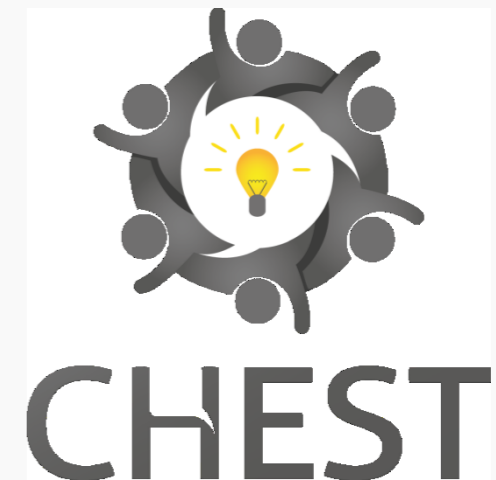


Professionals

Collaborative Approach...



Mental Health
Foundation



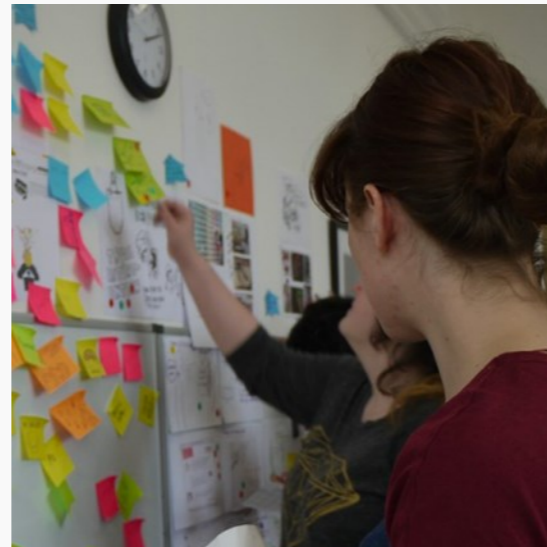
‘Digital Wellbeing Collaborative’ members and range of local youth groups and young people

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”

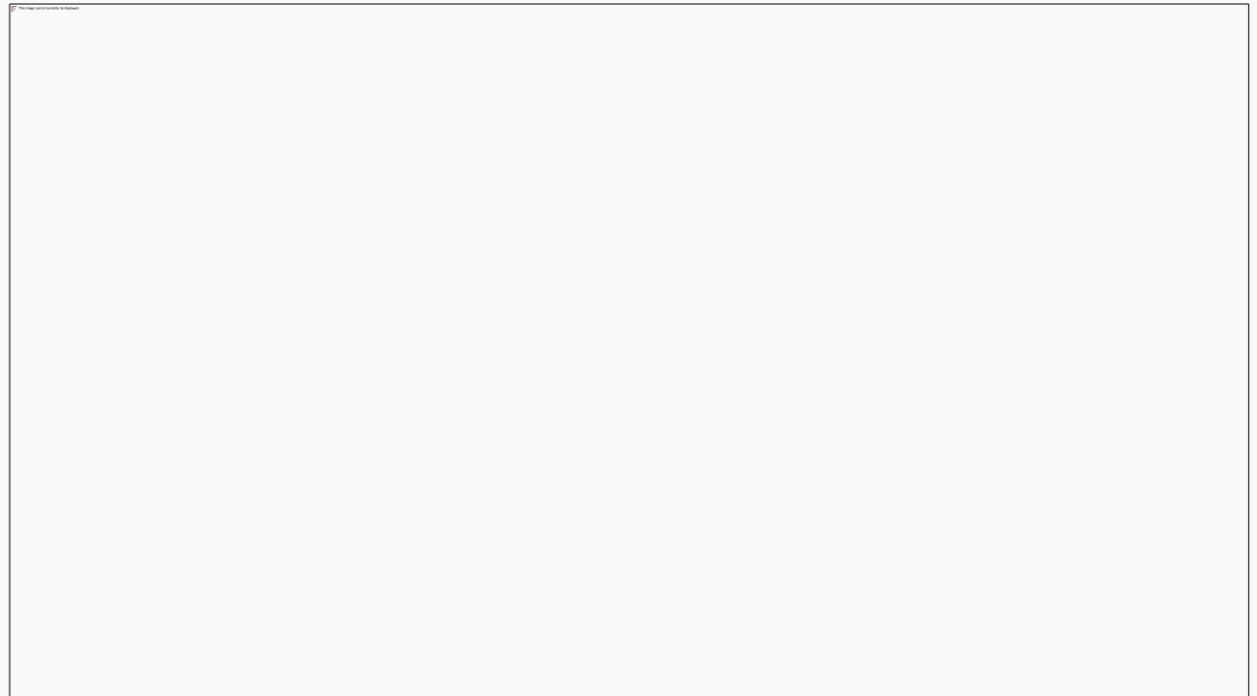
Co-production in action

‘Support Squared’



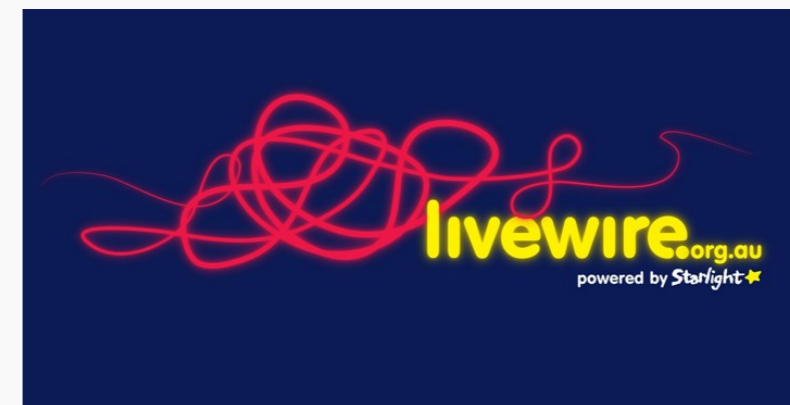
Gif making competition – run by Young Scot – around 80 submissions, winning Young Scot reward points

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



Digital Resources for Mental Wellbeing... Much More Than Apps!

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





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 wellbeing.



Lives led online

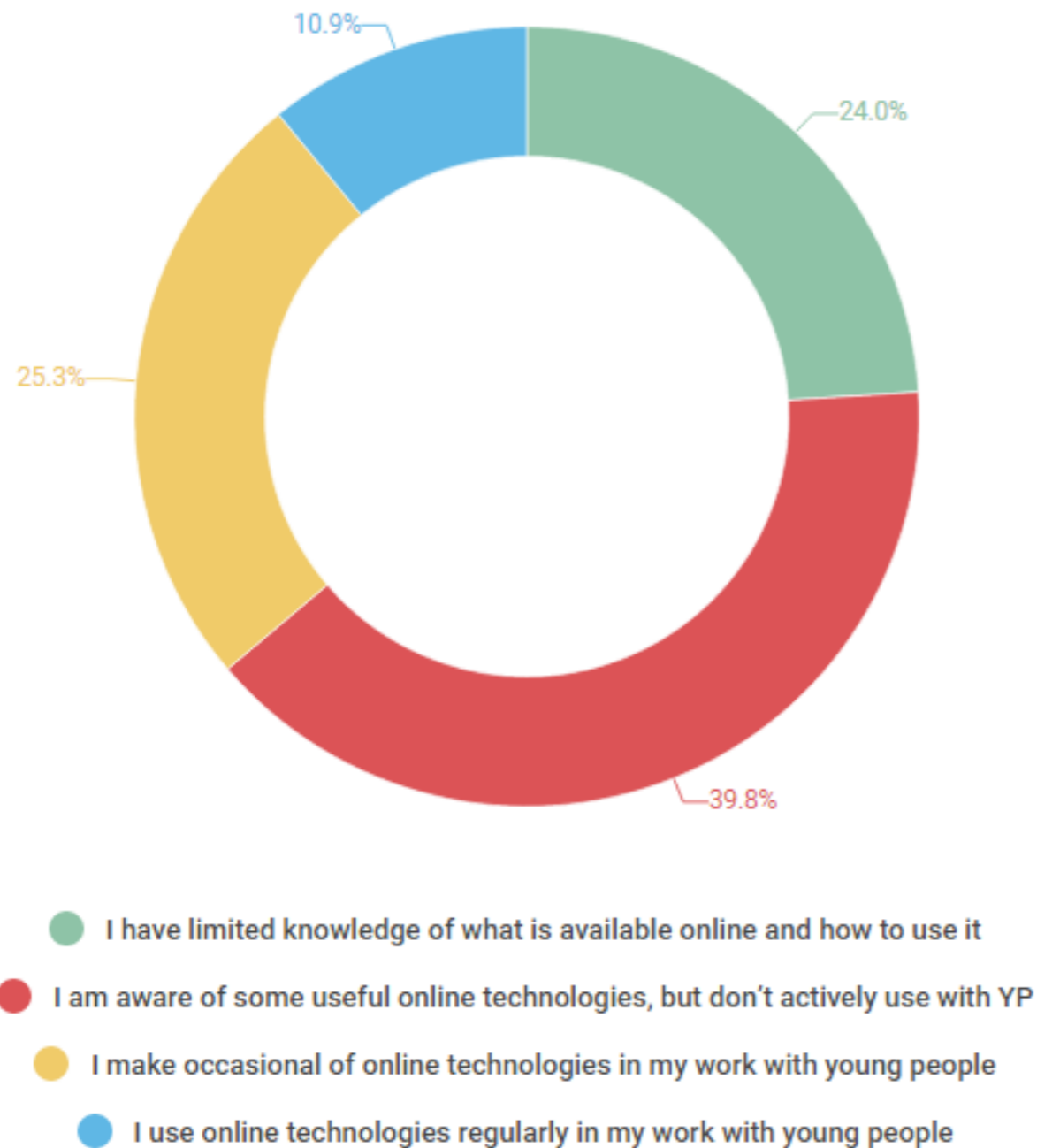
There is a little distinction between online and offline worlds. Here, you'll find an overview of different activities young people undertake online.



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

Aye Mind Manifesto...



- 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**