

Royal Society for Public Health

**YOUNG
HEALTH
MOVE-
MENT**

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

Setting the Scene

- Rising rates of poor mental health
- widening inequalities in mental wellbeing and mental illness;
- unsustainable health service provision;
- reduced public resources impacting on core

Current Approach

Does not afford the public an opportunity to explore their psychological or emotional issues and further reinforces the silent struggle that many with mental health issues face

Misses the opportunity to 'normalise' stress and distress and promote hope, recovery, self-help and self-management

Signposts members of the public inappropriately to overstretched clinical mental health services where it might not be necessary

Misses all the benefits of peer-to-peer education

YOUNG HEALTH MOVEMENT?

A call to action by young people on health + wellbeing

**A COLLECTIVE OF YOUNG PEOPLE + ORGANISATIONS
CHAMPIONING ALL THINGS HEALTH + WELLBEING**

- TRAINING + QUALIFICATIONS**
 - PROJECTS + CAMPAIGNS**
 - ONLINE + SOCIAL MEDIA**

Aims of the YHM

1. To give young people the skills, knowledge and confidence to feel in control of their health and wellbeing and the ability to pass these onto their peers
2. To raise awareness of the full range of job roles and career types within the health and care sectors
3. To clearly show the link between education and employment and how schemes like the YHC create pathways into work

DREAM IT. TRY IT. LIVE IT.



CHILD OBESITY STRATEGY



YOUNG GAMBLING



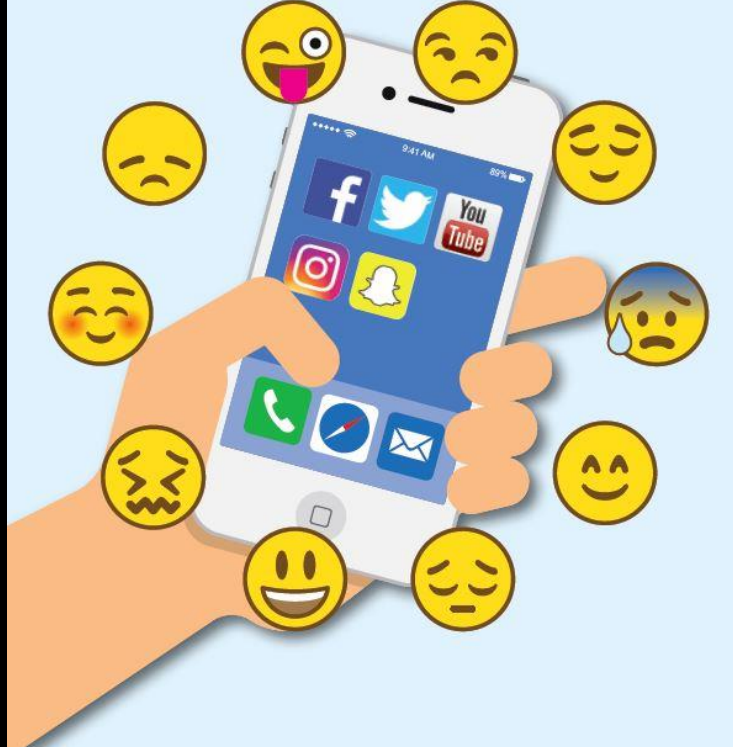
SOCIAL MEDIA

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#StatusOfMind

Social media and young people's mental health and wellbeing

An illustration of a hand holding a white smartphone. The phone's screen displays several social media icons: Facebook (f), Twitter (bird), YouTube (play button), Instagram (camera), and Snapchat (ghost). Below the screen are icons for Phone, Maps, and Mail. Surrounding the phone are approximately 12 yellow emoji icons with various expressions, including a tongue sticking out, a sad face, a neutral face, a smiling face with rosy cheeks, a face with a sweat drop, a face with a wide grin, a face with a neutral expression, a face with a sad expression, a face with a neutral expression, a face with a sad expression, a face with a neutral expression, and a face with a sad expression.

TRAINING + QUALIFICATIONS

Jemma's Story - Sepsis awareness by Wigan Borough Young Health Champions



▶ ⏪ 🔊 0:03 / 1:29



Delivering Young Mental Health

1. Young Health Champions
2. Connect 5 for Young People

What is a Young Health Champion?



Scenario Approach



As you have learned, it is incredibly important for health and care organisations to actively work with us help improve our own health and well-being, so that we can avoid becoming ill and relying too much on health improvement services.

You are now going to take on the role of a Discharge Coordinator working in a busy Accident and Emergency department.

You are about to encounter five different patients, all of whom originally reported to A+E as a direct or indirect result of one of the health and well-being issues covered in Unit 1.

As part of the **Making Every Contact Count** initiative, your job is to give them guidance and support by suggesting both changes they could make to their behaviour and health improvement services they could make use of, in order to avoid the situation reoccurring.

Patient 1

Dave is a fifty year old male, who has suffered from type 2 diabetes for the last ten years or so. He collapsed at work after suffering a hypoglycaemia.

It was recently his fiftieth birthday, which he celebrated with a long weekend of fatty food and red wine.

From looking at his most recent patient records you notice that his BMI index score is 31.8.



Patient 2

Drew is a fourteen year old male, who was rushed to A+E after seeming to have suffered a possible asthma attack at school, despite not being diagnosed with the condition.

He is very quiet and shy when you try and talk to him, especially when his mum is in the room. You notice that he has yellow stains around the end of his fingers.



Patient 3

Lucy is a seventeen year old girl, who has been brought to your department with severe cuts to her wrists.

A teacher accompanied Lucy in the ambulance from school, as they are currently finding it difficult to contact her parents.

The teacher tells you that Lucy's grades have recently deteriorated and that she has seemed to be very withdrawn and downbeat around school.



Service	Patient(s)	Name of service	Address of service	Problems with access?
Reducing alcohol, tobacco or drug consumption				
Increasing physical activity				
Promoting a healthy weight				
Sexual health				
Mental health and emotional support				

Life Stages Approach



YOUNG
CARERS



Connect 5 Programme

- Three day course designed for frontline workforce
- Focuses on prevention and taking mental health away from 'experts'
- Conversation and culture change – defusing mental
- Connect 5 for Young People

Connect 5 Programme

- Piloted to 20 groups containing over 260 participants
- Predominantly local authorities in nine pilot regions – also local Police and Fire Services
- When asked how they would rate their current knowledge and understanding of mental health and wellbeing, 100% of participants responded with 'good' or 'excellent', compared to 34% prior to their programme
- When asked how confident they would feel in having a conversation with an individual around mental health and wellbeing, 71% of respondents indicated that they would feel 'quite confident' or 'very confident', compared to an equivalent figure of 41% in pre-evaluation.

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