



**OLDHAM
YOUTH COUNCIL**



A Standard Day



**Mental Health Training
Report**

A Standard Day in numbers



The infographic features four stylized head silhouettes in profile, facing left. Each silhouette is a different color and contains a large number in a white circle. The colors of the silhouettes are maroon, grey, yellow, and orange. The background is a solid blue color.

2

**weeks of training
from 26th November
- 7th December 2018**

12

**training
workshops**

65

**different organisations
represented**

177

**adults and professionals
who care for or work with
young people in the training**

*"This has been a brilliant morning.
We need to do more of this."*



*"'Tried and tested' solutions -
we need to think differently with
person focused solutions"*



*"Young people need constant
regular time, to build a
relationship to be able to talk"*



*Relationships are the golden thread.
When working in schools, emphasise the
importance of collaborative thinking, including
voice of the child.*



*"Many people are suffering! Ask them are they
OK? Be available to talk"*



*"The views of children and young people is
paramount in creating systemic change"*



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INTRODUCTION

A Standard Day: Mental Health Training was a collaborative project between Oldham Youth Council and Oldham Theatre Workshop. The training, that took place between 26th November 2018 and 7th December 2018, offered 12 interactive workshops delivered to professionals and adults working with or caring for children and young people. The 2 hour workshops included a 40 minute performance and 2 activities that explored different aspects of young people's lives that impact their mental health.

RATIONALE

Since 2013, Oldham Youth Council have coordinated the Make Your Ballot for UK Youth Parliament. In that time nearly 80,000 young people in Oldham have had their say on what issues are important. Year on year mental health has been a priority for young people and since 2015 Mental Health has received over 11% of the vote, consistently appearing in the top 5 issues. These results led to Oldham Youth Council having campaigned on Mental Health, looking at issues such as 'stressed, depressed and food obsessed' with their SNAP campaign and self-esteem, confidence and body image with the I Love Me campaign. The Youth Councillors have also sat on an overview and scrutiny panel of Oldham's Mental Health services and have worked with Health Young Minds (formally CAMHS) to see how services can be improved. Through the Kerrching commissioning funding they have also been able to fund counselling hours on Kooth.com for Oldham's Young People. Even with all of this work the issue of Mental Health appears to be getting worse.

Through consultation it was found that although young people had awareness of mental health issues they still felt uncomfortable talking with professionals. Once disclosing that they were having problems anecdotal evidence suggested that they are often refer on to the 'designated' member of staff, who would then often bring in other professionals or even parents to 'help'. This meant the young people did not seek help when issues were low level and it was only when at crisis point they felt they should speak with teachers. The rationale behind A Standard Day was to change tack, working with professionals rather than raising awareness with young people. Oldham Youth Council and Oldham Theatre workshop worked together to get across the message that the young person should decide who they confide in and when; that young people want to build positive relationships with professionals who can be available to chat about issues rather than solving them. That it is the staff member who then seeks information from the designated person and brings it back to the next discussion. To do this young people wanted to talk with professionals.

WORKSHOP STRUCTURE

A Standard Day was the amalgamation to 2 projects to form training workshops. Oldham Libraries, back in February 2018, commissioned Oldham Theatre Workshop to produce a short performance piece that would allow young people to explore mental health and use this as inspiration to work with a writer and artist to produce a graphic novel. Oldham Youth Councillors were a part of this group and helped to produce a short comic entitled Jack and Lucy that raises awareness of mental health issues, challenging the stigma and stereotypes

that goes with it (copies of Jack and Lucy can be acquired victoria.varley@oldham.gov.uk). The performance looks at 3 characters (Jo, Charlie and George), 3 young people all facing different issues within their lives that impact on their mental health.

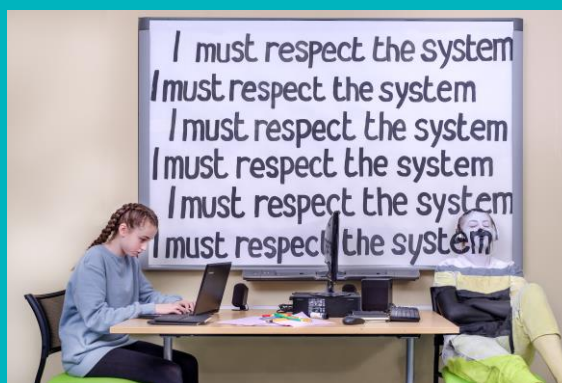
The second project allowed members of Oldham Youth Council and Oldham Theatre Workshop to work with the artist Emma Cammack (<http://www.emmacammack.net/>), a famous body painter who blended young people into images portraying various aspects of our lives that impact young people's mental health. These images were then released and used to raise awareness during Mental Health Awareness Week in May 2018.

EMMA CAMMACK IMAGES



Images produced with
Emma Cammack in April 2018

Top Left: Family
Middle Left: Social Media
Middle Right: Body Image
Bottom Left: Consumerism
Bottom Right: Education



The workshops themselves were split into two sections with the first section a 40 minutes performance by Oldham Theatre Workshop.

The second part of the workshop had two activities facilitated by Youth Councillors from Oldham Youth Council.

Activity 1 used the Body paint images, seen above, to explore 5 themes: Social Media; Consumerism; Family; Education; and Body Image, although these themes were open to interpretation of the participants. After discussing the images the Youth Councillors then further facilitated a conversation by asking the following questions:

- What is this image about?
- How does this impact on young people's emotional wellbeing and mental health?
- What can you do to reduce the negative impacts of this on Children and young people?

This allowed professionals to talk about what they currently deliver but also the young people were able to put their opinions across.

Activity 2 saw the performers join the groups, staying in character and participants were given another set of 3 cards with a summary of the characters' stories. Again Youth Councillors introduced the characters, allowing participants the opportunity to discuss the issue they faced and ask questions of the help and support the need or receive. The conversation was further facilitated by asking the following:

- What do you think are the issues affecting this character?
- How do/could these issues impact on their Emotional and mental health?
- What support could/should be offered to this character?

Again this allowed professional the opportunity to ask what young people wanted and need, in a safe environment, and compare it to what they already deliver.

EMERGING ISSUES

During the conversations several issues emerged. In particular social media appears to be a sticking point between young people and adults, often seen as a negative due to the high amounts of bullying seen by professionals. A positive that came from the training was that young people were able to put forward the argument for social media. They felt they receive mixed messages; told at school that they shouldn't access social media unless it was in favour of the school such as following the school twitter account. Some of the adults participating also very little understanding of what the platforms do and those who did use social media did not knowing what organisations use social media and how they can be used for 'good'.

EVALUATION

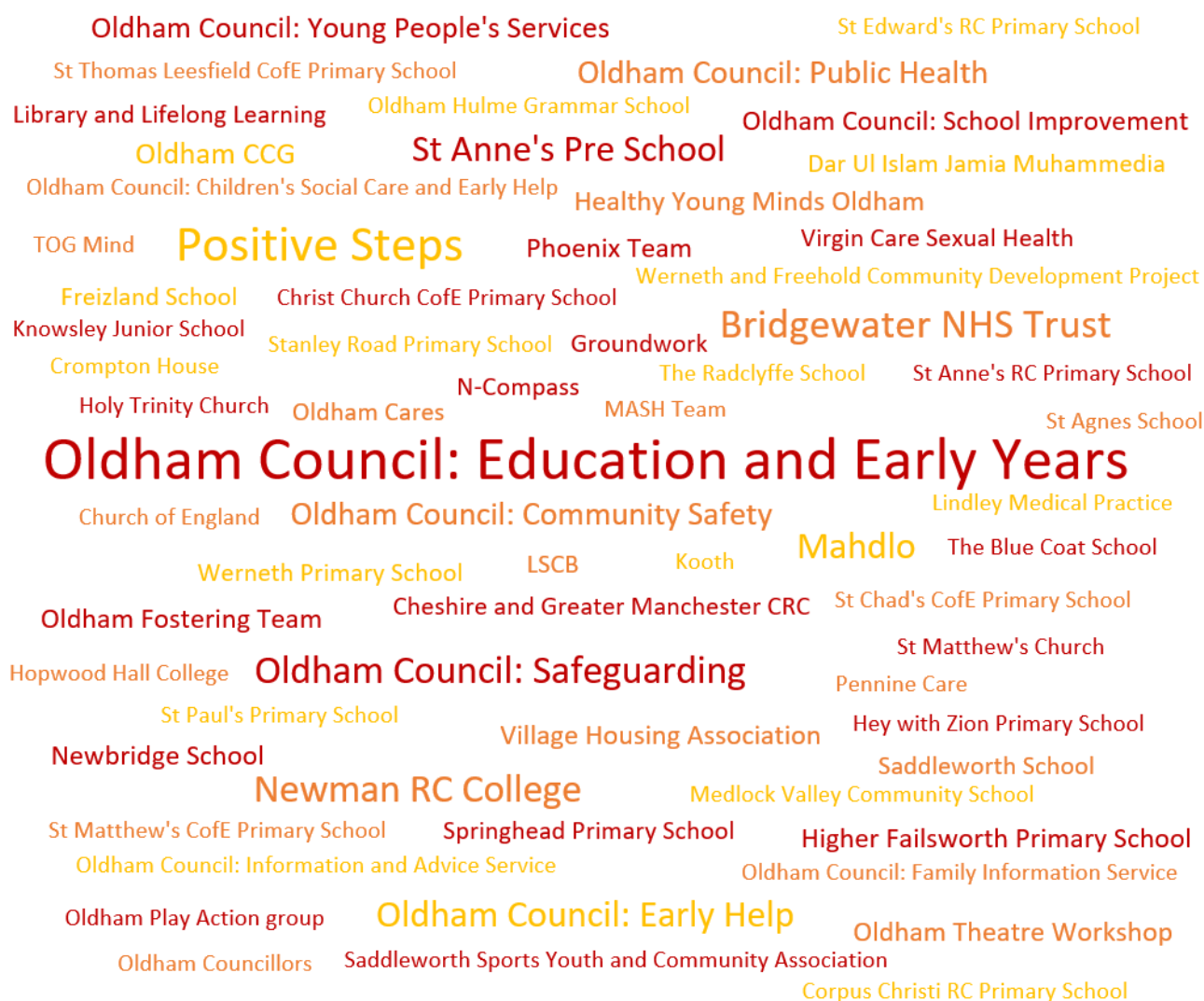
Overall the evaluation of the project has been positive. The majority of evaluation forms

received positive feedback with very few people having anything negative to say about the training. Those with criticisms appeared to be aimed at the room, it's layout or other participants; all of which will be used in the betterment of future training.

OUTPUTS

- Over the 2 week period the training was delivered a total of 12 times (11 to adults and 1 to Oldham Youth Council).
- 177 adults and professionals who care for or work with young people both directly and indirectly attended the workshops
- 65 different organisations were represented by staff at the training. All these organisations can be seen below in the work cloud; the larger the font the more staff from that organisation attended.

ORGANISATIONS



PLEDGES

At the end of each training workshop participants were invited to make pledges for the future. Below are the pledges made:

- I PLEDGE TO: show more compassion towards YP who have social anxiety/self-esteem issues. Listen more and take notice
- I PLEDGE TO: be young person led conversations rather than trying to be a 'fixer'.
- I PLEDGE TO: be open for everyone / anyone.
- I PLEDGE TO: listen to our youth
- I PLEDGE TO: start my work by listening to young person's view
- I PLEDGE TO: share with colleagues
- WE PLEDGE TO: Listen and always be there!
- I PLEDGE TO: actively listen
- I PLEDGE TO: ask 'How are you?'
- I PLEDGE TO: ask more questions; listen more; make contact with young people; think outside the box; be approachable; build relationships;
- I PLEDGE TO: advertise and promote work through the LSCB training arm
- I PLEDGE TO: make a difference for young people I work with
- I PLEDGE TO: ask the youngsters at school if the 'Reflections room' works for them – or is there a better way to listen to worries / concerns?
- I PLEDGE TO: keep mental health issues/discussion on the agenda. Encourage people to talk.
- I PLEDGE TO: to use the art cards and start some positive conversations
- I PLEDGE TO: continue to make a difference in my role
- I PLEDGE TO: use the cards with young people to start discussion
- I PLEDGE TO: use the images of social media to prompt discussions in English classes with adults at Oldham Lifelong Learning.
- I PLEDGE TO: accept and understand social media platforms that young people are using
- I PLEDGE TO: offer a listening ear to all young people I come across
- I PLEDGE TO: be available
- I PLEDGE TO: continue to try, in my own small way, to make a difference to young people's mental health.
- I PLEDGE TO: listen to all the young people I work with and respect and accept them for who they are
- I PLEDGE TO: always be curious!
- WE PLEDGE TO: make time to listen and show understanding for children who need more positive mental health
- I PLEDGE TO: listen to young people and what they are asking – it is their life, we need to support them.
- I PLEDGE TO: smile every day at my young people
- I PLEDGE TO: always make time for our young people

SOCIAL MEDIA RESPONSE

All social media from both organisers and participants was monitored via the hashtag #AStandardDay. Using www.wakelet.com this was collated to gain a picture of evaluation (an example is shown below), please go to <http://wke.lt/w/s/kvhw6> to see all the twitter responses.



Social media from the training workshops



PARTICIPANT TESTIMONY

Participant testimony was gained using the 'hand' evaluation template. Everyone was asked to write something they had enjoyed, something they would like to point out, something they did not enjoy, something they made a connection with, something they will remember and something they will take away with them. Below are a selection of the responses.

- Something they had enjoyed

"Great acting, very real, could relate it to young people I work with."

"Really enjoyed the workshop, everyone was open and caring."

“Relevant, thought provoking & excellent performance.”

- Something they would like to point out

“Thinking about preventing measures starting from primary school.”

“How great the young people have been in putting this together.”

“It would be good to go away, reflect and have the opportunity to revisit – would have explored the issues much further/longer.”

- Something they did not enjoy

“I feel like the discussion time could be longer.”

“Wearing ear-aids, struggled with noise when everyone was discussing.”

“I found the group dynamics frustrating at times – i.e. someone always had to talk about everything!”

- Something they made a connection with

“Snapchat issues affecting young people.”

“Being a parent relating to the issues on social media.”

“Talking about young people, issues they face and relating it to my own secondary school experience.”

- Something they will remember

“How important it is to take the time and be patient with anybody going through a tough time.”

“The actors and the discussion on interaction with young people and how we can help them.”

“The accuracy of the stories. Facilitator was very good!”

- Something they will take away with them.

“Recognising how social media and peer pressure impacts young people. Young people’s stories.”

“Mental health needs more highlighting in school. From primary to university.”

“The cards to use as conversation starters with young people. The evaluation form to use with young people.”

RECOMMENDATIONS

Further training workshops and school tour - Many participants had colleagues they felt could benefit from the training and also wanted to bring the performance and workshops into schools for young people to experience as well as the staff.

A recommendation has been made to the LSCB’s E-safety sub group to see how adults can better be informed about different social media platforms, how they work, how they are used and who is on there as well as how to be safe.