



One Giant Leap – Exploring Digital Approaches to Youth Mental Health with Aye Mind

Dr Trevor Lakey

**Health Improvement and Inequalities Manager –
Mental Health, Alcohol and Drugs, NHS Greater Glasgow and Clyde**

@ayemind99

SNCOOK™

NHS
Greater Glasgow
and Clyde

**YOUNg
SCOT**



**Mental Health
Foundation**

 **CHEST**
Collective enhanced
Environment for Social Teams



The case for action on young people's mental health – “a moral obligation”

Youth mental health neglect a 'moral scandal and enormous economic mistake', says LSE report



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

Collaborative Approach...



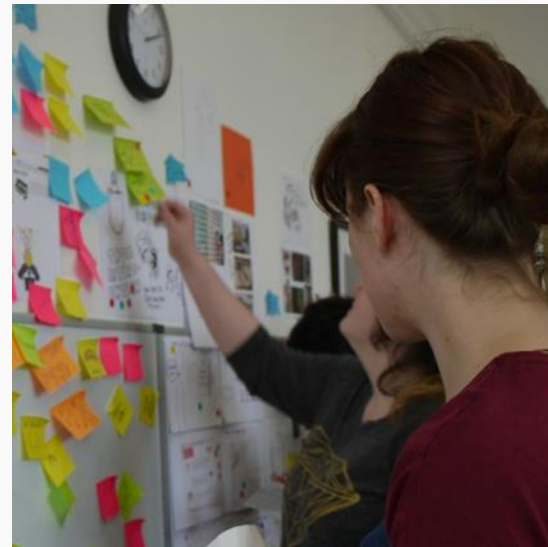
‘Digital Wellbeing Collaborative’ members and range of local youth groups and young people

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

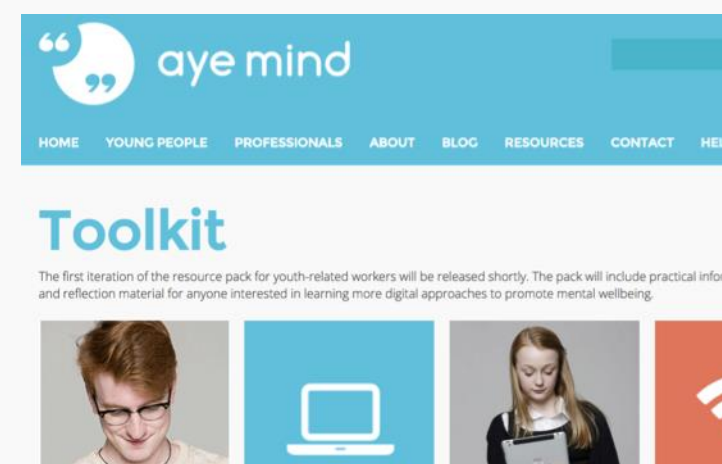
Objectives



Create a **digital resource platform** for young people to help promote their mental wellbeing



Create **digital resources** to support young people who support their peers



Create a **workers' toolkit** on how to better utilise the “digital world” for wellbeing

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

Co-production in action

- Making animated gifs to communicate on mental wellbeing issues



“serious fun”

Co-production in action

- Making animated gifs to communicate on mental wellbeing issues



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





aye mind



HOME

YOUNG PEOPLE

PROFESSIONALS

ABOUT

BLOG

RESOURCES

CONTACT

HELP

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.



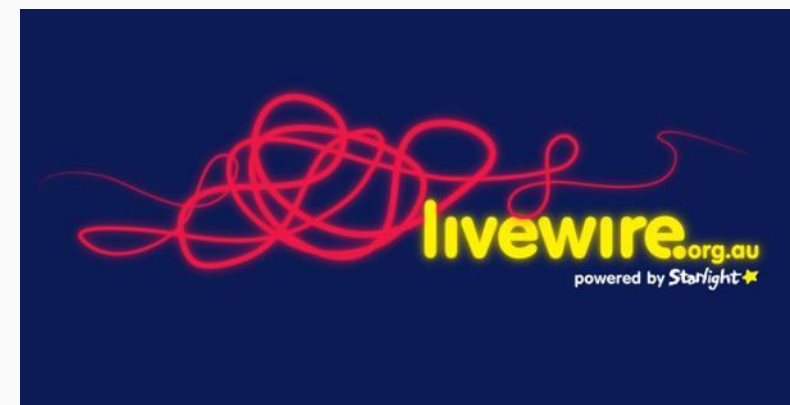
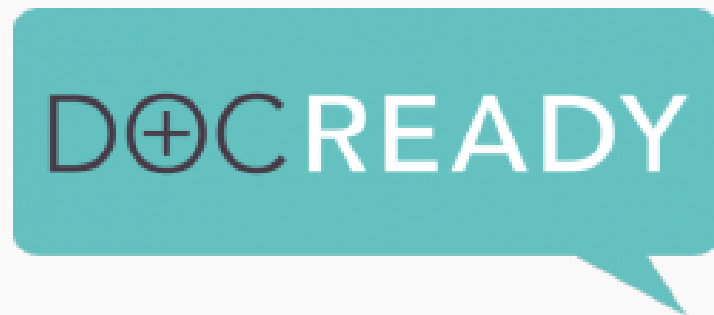
The digital landscape

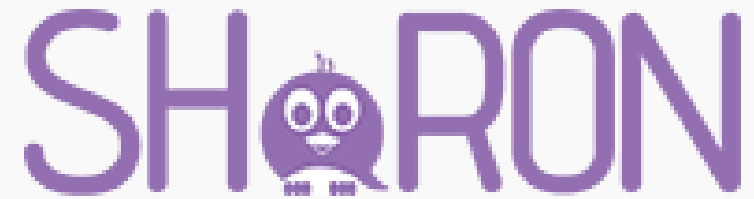
We can't ignore digital. From apps and software to social media, this chapter will introduce you to what's out there in terms of digital and mental health tools.

Digital Resources for Mental Wellbeing...

Much More Than Apps!

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



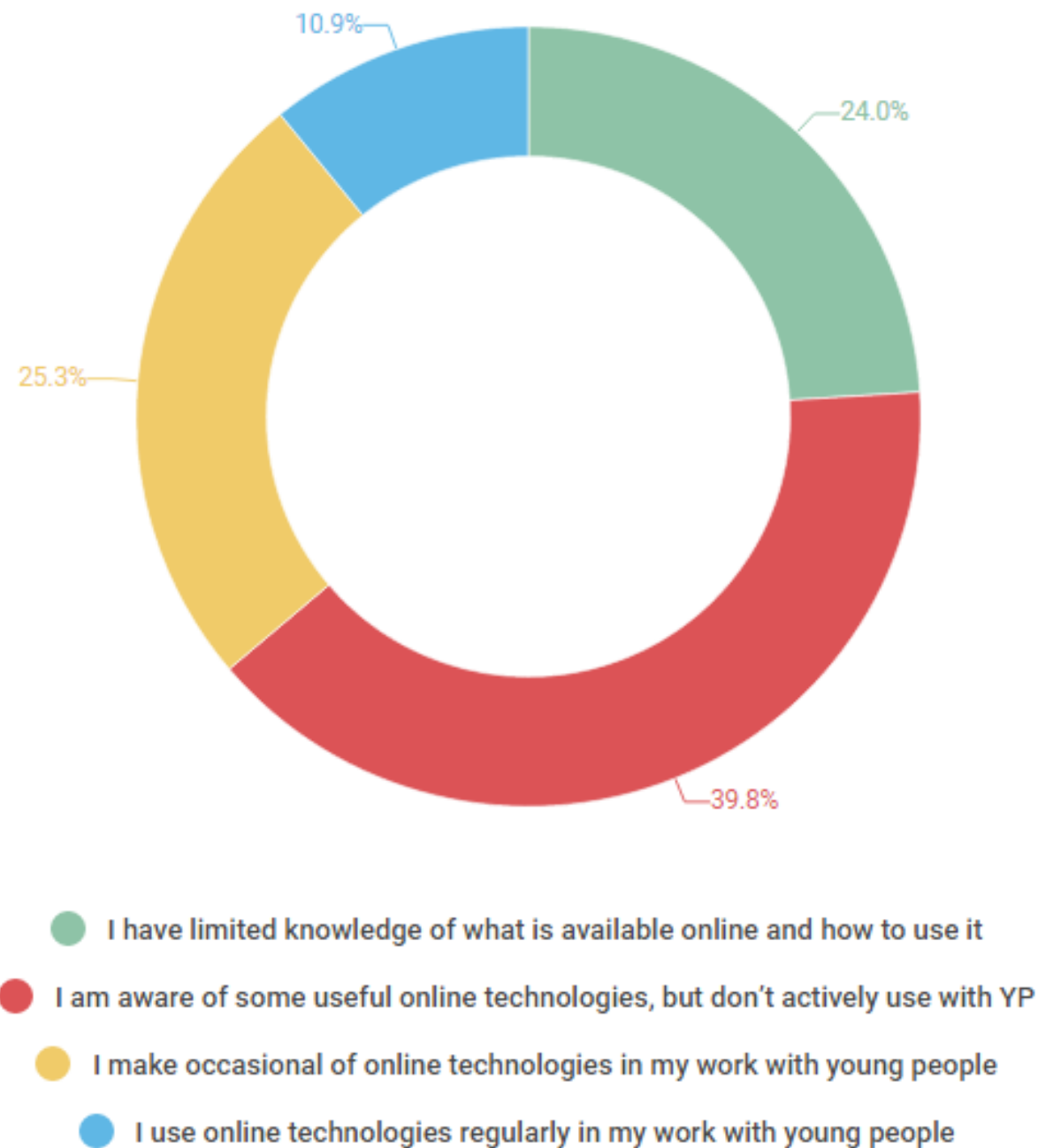


Support Hope and Recovery Online Network (SHaRON) is an Eating Disorders Tele Health System that connects individuals to each other and to their care providers

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

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

What would improve your ability to use online technologies to support young people's mental health and wellbeing?

Staff development Staff need time to improve their ability as well as access to <u>specific</u> learning and skills development.	Access to modern technology in the office and in the field Modernised infrastructure and equipment including access to tablets, smartphones and printers	Curated resources Appropriate, helpful, interesting, quality controlled, current, and free (or funded). Need more aimed at older young people, and more developed by young people
Trends watch Regular briefings on the latest trends in technologies used by young people including platforms, apps and forums as well as current jargon and abbreviations.		
Organisational policies Many policies currently limit or prohibit the use of online technologies including apps. Ensure policies contribute to protecting workers and young people e.g. safe practice, cyberbullying and confidentiality.	Concerns addressed <i>And</i> accessing and contributing to the evidence base.	

Youth Mental Health and the Digital World

Four strands of development work
emerging from Aye Mind experiences



- **Digital Citizenship** - Assisting young people to be confident, skilled, active, social, empathic & empowered citizens (& **5Rights**)
- **Digital Inclusion** - Focused work with vulnerable young people using creative digital methods (e.g. **#notwithoutme**)
- **Digital Wellbeing** - Tools and approaches to support and encourage mental wellbeing, resilience and peer support
- **Digitally Enhanced Care** - Specialist therapeutic and allied tools and services

One Giant Leap.....

What you do with technology and who is involved in developing it matters most. Our “One Giant Leap” of understanding is **not** that technology will of itself fix youth mental health – though it has an increasingly valuable role to play.

It is that we need to start seeing young people as partners in creating their own wellbeing. They need to be enabled through digital literacy and wider citizenship approaches to be active agents in this process.

And that young people need multiple support options that work with the grain of their networked lives, backed by empathic adults

AyeMind.com blogpost, June 2016, Trevor Lakey



EMPOWER

#EMPOWERApp:
Supporting self-
management and
recovery in psychosis

empowerstudy.net
@EMPOWER_EWS



“In this country, we have a proud record of invention, but we lag behind in systematic uptake even of our own inventions.”

Lord Darzi, 2008



Digital interventions in severe mental health problems: lessons from the Actissist development and trial

“Staff attitudes... are a potentially major barrier to digital health care implementation. In our work, staff often expressed the opinion that resources would be better spent on professionals’ training than on technology development...”

“Without considering issues around implementation during the early stages of the development and delivery of digital health interventions, it is unlikely that these approaches will be disseminated beyond research studies and into the service setting.”

Sandra Bucci et al, 2018

13 Reasons Why We Should Act...

Google Trends research – JAMA Internal Medicine, 2017

Google queries about suicide rose by almost 20 per cent in 19 days after the **13 Reasons Why** netflix show came out, representing between 900,000 and 1.5 million more searches than usual regarding the subject

<https://www.13reasonswhytoolkit.org/>

What next? Taking Action aye mind

- How can Aye Mind and other digital resources be used in mainstream work with young people and in partnership with allied initiatives?
- What opportunities for further participatory / coproduction work with young people?
- What steps do organisations and workers need to take to enable effective use of digital resources and methods?
- How will you progress this agenda? Are you a “digital champion”?



www.ayemind.com

@ayemind99 – Aye Mind Twitter

@syndrum – Trevor's Twitter

Thank you!