



MENTAL HEALTH YOU CAN REPORT

2021-2023

Funded by NHS CAMHS



Background

You Can was a programme originally developed using a Wave 5 Groundwork Grant in response to COVID-19. The aim was to develop a course that improved young people's self-rated ability to cope and self-rated ability to engage in conversations about mental health in response to the pandemic.



**Children and Adolescent
Mental Health Services**



Development

In the development stages of **You Can** co-production with young people, in particular Mary's Youth Advisory Group, indicated to us that the scope of the topics covered were insufficient.

Young people raised concerns that were on different subjects than COVID-19 and there was a theme of concern about broader changes in their lives, particularly those where young people felt very little control.

Examples of issues raised included wars occurring globally and climate change. In response to this, the course was amended to focus on change and how coping mechanisms can assist a young person in dealing with change.



Youth Advisory Group. Left to right: India, Sullivan, Caleb, Alijah, Kayne, Silvian, Adil, Faduma and Malachi



Implementation

The development of **You Can** was overseen by a BACP Registered Counsellor, and the course has gained OCN Accreditation Level 1 in Emotional Resilience.

The **You Can** course operates over six weeks of one hour per week. The course operates as a group, with participation of between 6 and 10 young people. Each group had two youthworkers, a combination of JCN and non-JCN accredited, leading the group.

This report covers groups that ran using the full materials and complete six week course between January 2022 and March 2024 in London:

- Secondary schools in Camden
- Secondary schools in Hackney
- Pupil Referral Units in Camden
- Pupil Referral Units in Barnet
- Young people not in any educational facilities, held at Mary's Centre in Camden



Inclusion Criteria

The criteria for inclusion agreed with our funder was that participants met one of the following descriptions:

- Children and young people with mental health problems in the community, including improving access to services for those with protected characteristics or from marginalised groups, including mainstream CAMHS and crisis;
- Young adults, including students, who fall through the gap of services; or
- Children and young people affected by Serious Youth Violence at risk of poor mental health.



Who we reached

303 young people completed You Can.

The ethnicities of the participants were:

9% Asian or Asian British (Indian, Pakistani, Bangladeshi, Chinese, Any other Asian background);

36% Black, Black British, Caribbean or African (Caribbean, African, Any other Black, Black British or Caribbean African);

16% Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, White and Black African, White and Asian, Any other Mixed or multiple ethnic background);

38% White (English, Welsh, Scottish, Northern Irish or British, Irish, Gypsy or Irish Traveller, Roma, Any other White),

9% Ethnicity not recorded.





Materials: Part 1

Course materials included Session Guides for training and for the leadership of sessions, and Worksheets for young people.

Materials submitted to OCN enable the qualification of Emotional Resilience Level 1 to be achieved.

The image displays two educational materials from Mary's. The first is a 'Session Guide' with the 'YOU CAN' logo in a large, colorful box. The second is a worksheet titled 'Changes and Challenges' with the 'YOU CAN' logo in a smaller box. The worksheet includes a list of prompts for creating a character and exploring their experiences.

Mary's

Session Guide

YOU CAN

Mary's

Changes and Challenges

YOU CAN

Create a character using the outline below, drawing them yourself or listing their characteristics. Use the prompts below to guide you.

- Name
- Age
- Location
- Interests
- Favourite food
- Most fond memory
- Ethnicity
- Style of their hair
- h

For your character, explore the changes and challenges they may have experienced over the past few years based on the following areas of their life: verbal, mental, and emotional, family, friends, carers, financially.

What experiences might your character experience when returning 'back to normal'?

Example: Football practice for months but coach expects everyone's fitness levels to be high, a lot of traveling on a plane for two years but parents expect you to not feel tired, going to a party in a long time but friends expect you to be the life of the party.

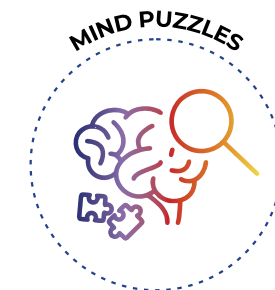
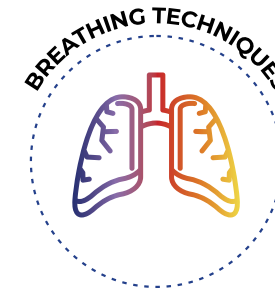


Materials: Part 2

COPING SKILLS

Materials adopted a holistic mental health outlook. Coping skills were discussed and young people chose their own engagement.

Board games developed as a major interest, enabling social connection, joy and time for interaction.



Board Games



Chess





Outcomes

151 individuals participated in evaluation. Participants stated they 'strongly agree' with the following outcomes:



I feel more confident to have conversations about mental health and wellbeing **97%**



I can think of ways to be happier **73%**



I can create goals and plan for the future **67%**



I have a better understanding of change **67%**



I understand myself more **68%**



I am more aware of different coping skills **75%**



Outcomes



Qualifications for 303 young people.

OCN
London
REGULATED

Mary's

Has completed the **YOU CAN** programme achieving _____

Level 1 Content:

- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
 - Appreciate themselves
 - Appreciate others
 - Improve effectiveness

Signed _____

CERTIFICATE NUMBER _____





St Mary's Centre Community Trust
Charity Number 1122054

www.maryscharity.org