

People in Partnership Newsletter



Special Edition 2020

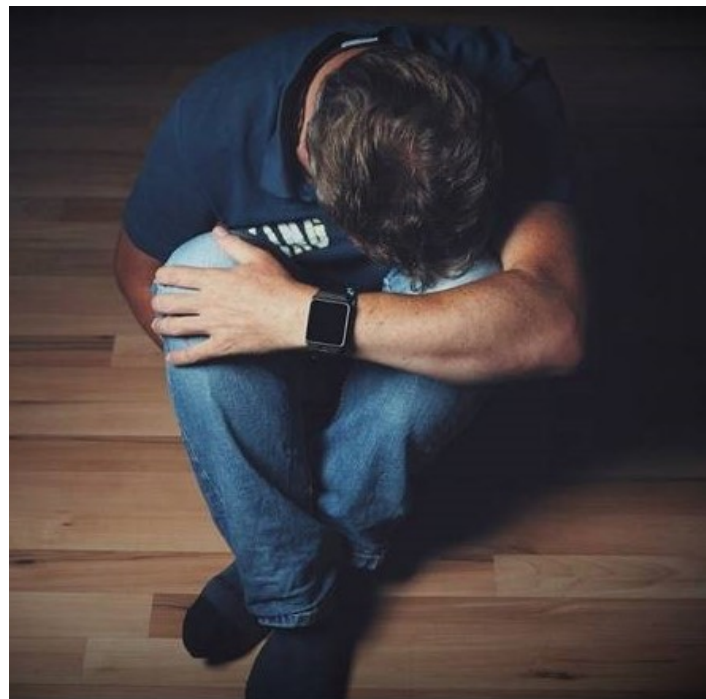
People in Partnership work in collaboration with people who have lived experience of Mental Health issues, their Carers and external service providers to influence and develop Mental Health provision across Hailsham, Seaford, Hastings, Rother and Eastbourne.

time to change

let's end mental health discrimination

In this edition:

- * Findings
- * Pledges
- * Feedback
- * Photos



'Creating Positive Change for our Young People'

On the 6th February, **People in Partnership** brought together over 40 representatives from local Statutory and Third Sector Mental Health support services for **Time to Talk Day 2020**.

Time to Talk Day is a part of the national '[Time to Change](#)' campaign that works to change the way we think & act about mental health.

People in Partnership worked with the East Sussex College Group to facilitate the event at **Sussex Coast College in Hastings**. This newsletter highlights what we learnt and our next steps. *The People in Partnership team would like to thank everyone who attended and supported the event to make it such a success!*

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Discussion Points

People in Partnership wanted to use Time to Talk Day 2020 as an opportunity to reflect on our ongoing work with young people. Throughout 2019 we facilitated events and focus groups to gather feedback from young people about what they need in terms of mental health provision (*previous reports can be found on our [website](#)*)

Based on what we've already learnt, we wanted to encourage participants to think about what they could do (in their professional and/ or personal lives) to improve mental health provision for young people.

On the day we set up table top discussions providing each table with information and questions raised from our reports around young men's mental health. The questions were as follows;

- I. What do you feel young men mean by 'expectations', where do these 'expectations' come from and how can we address this to influence change?
- II. How can we prevent young men engaging in negative behaviours as a coping strategy? How can we ensure that services meet the needs and preferences of young people (men)?
- III. In a modern society where mental health support is now actively promoted, why do you men still feel 'shame' and 'fear' of disclosing their feelings? How can we enable and empower young people to talk about their mental health without fear of embarrassment and shame?
- IV. Whilst the majority of young men indicated that they would speak to family/friends about their mental health, a smaller percentage said they would seek support from more formal/professional sources. What is preventing young people from seeking more 'formal/professional' support/help?
- V. We asked young people whether they cared for a family member who had mental health issues. Even though half the learners answered yes, they didn't identify themselves as a 'Carer'. What does this feedback indicate about not just the needs of the young person but the needs of the wider community? What impact does this have on the young person and how can we help to support them with this?
- VI. Where does this lack of 'trust' [in young people providing feedback about mental health services] come from? How can we develop services that young people feel confident in accessing?



Themes

Following table top discussion we were able to identify key themes related to young men's mental health including what is currently in place and suggestions for improved local provision. See themes and comments below:

Reducing 'Expectations' on young people.

[We need] 'More men in support & social care services'.

'Asking more young carers to come forwards about their experiences to feed into service design and delivery'.

Early Intervention is vital.

'Engaging young people in activities that increase confidence'.



Education to spot signs and symptoms of ill mental health & to be able to signpost to relevant support.

'Positive male role models are needed in the home and community'.

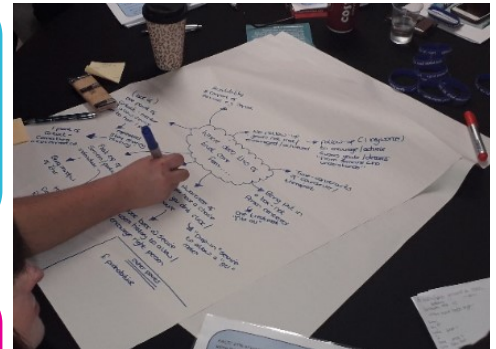


Increase Funding

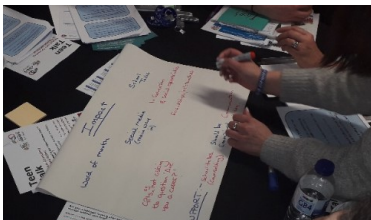
'Lack of support for the family unit when young people experience mental health challenges'

Longer terms of support & flexibility in length of support. Continuity of care.

'More young people [need to be] involved in the design and development of services'.



Accessibility of support—alternative options and locality of support services (transport links).



Continuing to challenge Stigma about experiencing mental health challenges & better recognition and support for young carers.

Bespoke activities for young people and an increase in engagement opportunities with support services and the community.

'Peer support could help young people with mental health issues' [recovery is possible].

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Pledges

We collected in 32 pledges this Time to Talk Day. These were produced by partners who attended. Some of these pledges can be found below.



'Keep talking to young men/ young people about emotions and supporting conversation about emotional wellbeing. Provide activities that young men will engage with to enable those conversations to happen'.

Mind, Brighton and Hove

'Educate our young people to recognise symptoms and be more aware of issues young men face (male perspective)'.

Department of Work & Pensions, Jobcentre Plus, Hastings

'Continue to provide a space for conversations about mental health and wellbeing & signpost'.

The University of Brighton

'Increase our presence in 6th forms and colleges to raise awareness of social prescribing support'.

Community Connectors, Southdown

'Work to understand young people's perspective of mental health and the impact (& importance) of their community'.

Physical Health Lead, 'Community Connectors', Southdown

'[To] ensure consultation with young people is used to implement new support services they want- not what adults think they need'.

Fellowship of St. Nicholas, FSN

'Educate- offer education to improve mental health awareness in the wider community ensuring young people are supported and empowered to talk about it'.

People Plus

'[To] support schools and colleges to be more mental health aware & friendly by adopting a whole school approach'.

East Sussex County Council

'[To] include young carers in the development of our service at a higher level (ambassadors/ trustees)'.

Care for the Carers

'Not to give up fighting for funding. Keep talking to the young people and families who need the support. Keep innovating, keep creating and keep going'.

The Eggtooth Project



Final Comments

'Amazing & courageous story from RL! Great space for discussion. Good space for partnership work!'

'All guests [were] very passionate & involved in the cause to address stigma & work towards better services'.

'Thank you for putting this event together & bringing everyone together'.

'Lots of lived experience shared [&] networking to meet other organisations'.

'Lets keep the conversation going & collaborating outside of the event'.

Conclusion

People in Partnership would like to continue to work with young people, external partners and the wider community to identify support needs & continue to develop and design mental health provision that better meets the needs of service users.

Feedback from the event will be reported to Commissioners, partners and stakeholders to ensure key themes, information and recommendations are noted.

We would also like to continue working with all the partners involved, particularly around key events/dates to continue to raise awareness around young people's mental health and to encourage open conversations with young people around their experiences and needs.

People in Partnership would like to thank all those who attended our event, shared their ideas and made a pledge to change our young people's future.

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