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<b>Title of Briefing:</b>	<b>Children &amp; Young People's Mental Health Awareness Week</b>
<b>Date:</b>	<b>15/10/2018</b>
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<b>Unit / Directorate:</b>	<b>Corporate, Customer and Community Services</b>
<b>Audience:</b>	<b>Eden Local Committee</b>

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## **1.0 PURPOSE OF BRIEFING**

- 1.1 To update Eden Local Committee on the development of a project to support the Emotional Resilience of Children and Young People in Eden. Increasing emotional resilience is a strategic priority of the Children and Young People's Group and the project has been devised to use the National Children and Young People's Awareness Week as a catalyst for activity in Eden.
- 1.2 To seek the permission of Eden Local Committee to move forward with the Children and Young People's Mental Health Awareness Week Project.

## **2.0 BACKGROUND**

- 2.1 Children and Young People's Mental Health Awareness Week is on 4<sup>th</sup> to 10<sup>th</sup> February 2019. The week aims to encourage organisations such as schools to take action to help raise awareness of children's mental health, reduce stigma and improve children's wellbeing.
- 2.2 Eden Community Development Team has been working with Public Health Nurses, Active Cumbria and Eden Mind to develop and deliver activities which will take place during the period leading up to and throughout Children and Young People's Awareness Week 2019. Thought has been given as to the best way to engage children and young people and the project team has good links with schools, it was therefore decided that the best way to deliver the activities would be through the primary and secondary schools in Eden. In spite of the fact that progress that has been made to raise awareness of mental health, children's mental health is still often overlooked or misunderstood and schools need additional support if they are going to be able to contribute to this agenda.
- 2.3 The project will help to make mental health a more approachable subject in Eden, it will provide expert training in schools, equip young people to take leadership roles, run events in schools throughout the Spring Term and provide primary schools in Eden with a resource pack containing guidance and information about local sources of support. The theme during the awareness week will be 'Random Acts of Kindness', it will focus on creating a culture of kindness in schools and encouraging young people to be kinder to themselves, and spread out into the wider community.
- 2.4 The project will offer Youth Mental Health First Aid training for up to eight Year 12 students, plus one staff member from each secondary school to become Youth Mental Health Champions (YMHCs). YMHCs will deliver assemblies in partner schools and take on an extended role for their community developing and coordinating engagement in project activities with support from Carlisle and Eden Mind.

- 2.5 YMCHs will plan and deliver Random Acts of Kindness in the weeks leading up to the awareness week. These will take place in their communities and might include paying for coffee, giving a balloon, providing free entry to a film or hiding Golden Tickets with messages to encourage people to pass on kindness. There will be opportunities for Members to get involved with this and to encourage wide community participation.
- 2.6 YMCHs will be supported by Carlisle and Eden Mind to deliver a poster design competition and there will also be Random Act of Kindness social media competition. The YMHC role will extend throughout the 2019-20 academic year to keep up the momentum through Monthly Random Act of Kindness activities, information on noticeboards etc.
- 2.7 The project will be run by a paid project co-ordinator from Carlisle and Eden Mind who will work with the project team to deliver the project. The project co-ordinator will develop and create the project resources, establish school contacts, engage and train YMHCs.

2.8

<b>Mental Health Awareness Week Project Expenses</b>	
Development and training Mental Health Champions (up to 8 plus staff) in secondary schools	£4,600
Delivery of Primary School sessions with Mental Health Champions	£1,200
Project resource pack with social media and networking	£1,200
Engagement and support for schools	£1,800
Development of Random Acts of Kindness activities in schools	£300
Poster Competition	£100
Legacy Event	£600
Materials	£200
Cost	£10,000

- 2.6 Project resources will equip schools with the resources, knowledge and skills to be able to do similar activities during the national Children and Young People's Mental Health Awareness Week in the future. The YMHCs will still be in schools next year to support such activities and will work to keep the project alive until that time. Staff in schools will have been trained and if the funding can be found just to support the Young People's training in the future it would be possible to repeat the whole process for the Academic Year 2019/20 when plans to roll out designated lead for mental health in schools should begin to come into effect.

### **3.0 RECOMMENDATIONS**

- 3.1 Eden Local Committee approves the Children and Mental Health Awareness Week Project