



Norfolk and Waveney

**Children and
young people's**
mental health service

Youth in Mind

Shaping mental health services in Norfolk & Waveney

What is Youth in Mind?

An NHS-funded project

Hosted by youth services charity MAP

Brings together young people with an interest in mental health and wellbeing and a desire to make services better for the future

Gives young people a voice



Input from over 200 children and young people

Instagram: @YouthInMindNorfolkWaveney

Developing the CYP Mental Health Charter



- Workshops with professionals and CYP
- Outreach
- Focus Groups
- Online survey

Introducing the CYP MH Charter



<https://vimeo.com/718795600>



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Ally Williams

Ormiston Families – Putting the CYP MH Charter into practice

Where to start?

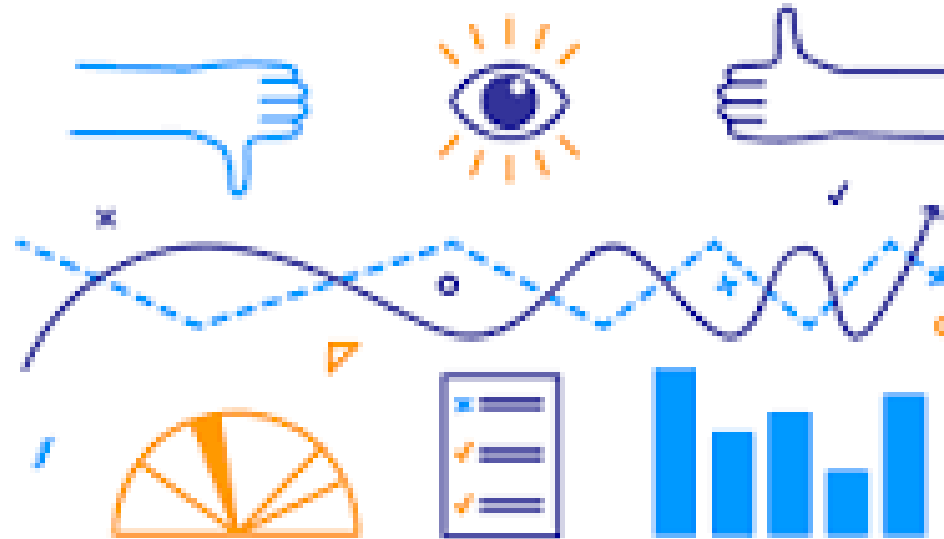
- * **Self- assessment tool**
- * Breaking it down
- * Celebrating success
- * Identify gaps and & mapping




How do we know? How do others know?

- * Monitoring
- * Reporting
- * Softer sense

- ESQ
- Website
- Concrete action

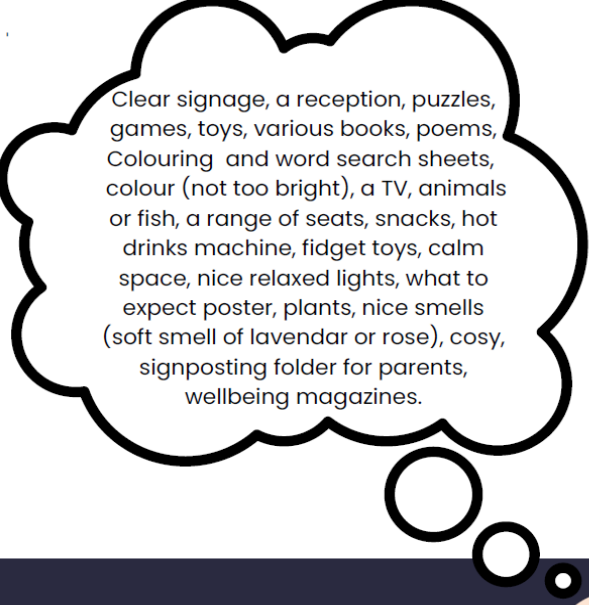


Invest in a project, however small

Dream Waiting Area 
REPORT FOR SUPPORTING SMILES JANUARY 2023

WHAT A DREAM CHILDRENS WELLBEING WAITING AREA WOULD INCLUDE...

Clear signage, a reception, puzzles, games, toys, various books, poems, Colouring and word search sheets, colour (not too bright), a TV, animals or fish, a range of seats, snacks, hot drinks machine, fidget toys, calm space, nice relaxed lights, what to expect poster, plants, nice smells (soft smell of lavender or rose), cosy, signposting folder for parents, wellbeing magazines.



Waiting Area  **Families**
Brighter futures
REPORT FOR SUPPORTING SMILES JANUARY 2023

REPORT OVERVIEW

This report has been written by Ormiston Families Service User Involvement Officer based on responses received to a short Qualitative survey and four youth discussion groups held over November and December 2022. The report includes summaries responses of what people dislike, what they would to see improved, and what a dream waiting area for a wellbeing service would include for them.

CLOSING THE FEEDBACK LOOP

The feedback in this report was given by people wanting to share their opinion and many gave up their own free time to share ways in which the waiting area can be improved. It is vital we let them know how there views have been listened to and that we respond to this. This will ensure people feel that their views and time are valued. This will help further involvement projects in the future too as people will be more

Over to you!

Breakout Room discussions:

- **How could you use the CYP Mental Health Charter in your work?**
- **What might the barriers be to you implementing the CYP Mental Health Charter in your organisation?**
- **What help might you need?**

Tess Lewis-Williams

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Benefits of getting involved



Helps young people
to develop new skills



Improves confidence
and self-esteem



Young people get
better services



Can be part of the
therapeutic response



Thank you for listening

Any questions?