

Service Summary



Youth in Mind Bradford, Airedale, Wharfedale and Craven

Youth in Mind is a new partnership approach designed in participation with Youth on Health (Barnardo's, young people's participation health network) backed by the CCG, BDCFT and NHS England. Youth in Mind was set up to provide additional pathways for young people to engage with activities that will impact positively on their mental health and emotional wellbeing. Initially the model focuses on targeting CAMHS wait times; as part of Waves 1 and 2 CAMHS refer from their waiting list for treatment and assessment, respectively. The model is currently at Wave 2, and is likely to move to Wave 3, opening up to wider early help referrals, imminently.

Youth in Mind is a partnership between statutory, voluntary and health services and offers a wide range of support organised around six main services all with a clear focus on the young person, their family and their community. The six main services offer:

Buddies, MYMUP, WRAP, Mentoring, Peer Groups and Young People's Safer Space

Following a referral from CAMHS a young person is allocated a Buddy (Youth Worker from Bradford Youth Service) who will support their holistic wellbeing for 12 weeks; linking them in to their local communities and helping them to build resilience.

The relationship begins with the Buddy supporting the young person to complete a self-assessment via MYMUP (Making Your Mind Up) a digital wellbeing application that promotes self-care and early help. The young person will self assess again at the end of the 12 week Buddy support, to measure distance travelled. As part of the MYMUP application, the young person has access to a personal profile, wellness area, access to video, audio, live and written interventions, and they can create a virtual city based upon their wellbeing. They have access to this digital tool for a year.

The Buddy works alongside the young person utilising social and emotional health interventions, which promote improvements for the young person in areas of their life such as confidence, physical and emotional wellbeing, support network, community engagement, personal safety, isolation, independence and more.

The Buddy socially prescribes where appropriate into wider support within Youth in Mind, such as:

- Barnardo's WRAP (VCS)- Wellness Recovery Action Planning, 10-week course focusing on peer support and group work, promoting self-care and daily maintenance. Children and Young People's WRAP has been running in Bradford for 4 years and is innovative to Bradford
- Yorkshire Mentoring (VCS) - skilled volunteer adult mentors befriend and support young people's wellbeing, access to their community and focus ambitions through adult role modelling. They provide a service for up to 6 months.
- Weekly Peer Support groups ran by the Youth Service and volunteers are held in Bradford and Keighley for young people who are part of the YiM service. The small groupwork focuses on peer support, socialising and wellbeing, for an unlimited period for the young person.
- Young People who have grown in confidence can be engaged into wider generic youth work and activities across the district that they may not have found accessible prior to the support given.
- Young People's Safer Space ran by Creative Support offers a one-night stay from 10pm – 10am, in a homely, non-clinical place for children & young people under 18 who are in or at

risk of mental health crisis or emotional distress. During a stay at Safer Spaces, trained, friendly staff help the CYP to make sense of what is going on in a warm, safe environment. This service is available to all young people across the localities, it is not limited to young people who are on CAMHS waiting lists or those referred to Buddies.

If still needed, the Buddy, post 12 weeks will aid the young person to transition into and build relationships with the CAMHS service for their treatment, reducing DNA rates.

The Youth in Mind model has the ability to:

- Provide CAMHS with a detailed documented wellbeing assessment of the distance travelled by the young person, in partnership with the young person.
- Meet the needs of the young person at a social level and divert away from the need to use CAMHS. This releases pressure on the specialist service to see those that need it the most.
- Increase community engagement and decrease social isolation.
- Develop and promote the value and benefit of peer support models across the district within communities leading to the destigmatising of mental health.
- Increase the provision of joined up innovative, user led emotional and mental health care pathways enabling communities to be healthier and happier.

All reporting and impact is collated via the MYMUP digital application which acts as a joined-up communication system for partners as well as an online web based digital wellbeing application for the young person.

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