

### **October 2017 Trust Board - Chloe and Stacey's story**

A new innovative service 'Youth in Mind' has been launch in Bradford, which will enhance mental health support for children and young people, aged under 18, across the district.

Chloe\* and Stacey\* attended the Board meeting to share their own personal stories on how they have benefitted from the new innovative service 'Youth in Mind' a buddying scheme, which pairs a young person up with a mental health trained youth worker whilst waiting for Child and Adolescent Mental Health Services (CAMHS) support.

The new service provides vulnerable young people with additional support which includes a 12-week holistic wellbeing programme, and access to a range of online tools, allowing them to track their progress and learn how to cope better in future times of crisis. The overarching aim of the Youth in Mind service is to divert patients away from the CAMHS, although buddies will ensure that patients who require additional help continue with their original referral. This will ensure that every young person who needs mental health support gets effective treatment which is tailored to them, encouraging recovery and leaving them better-equipped with techniques to manage their mental health in future.

As well as the new service, the Care Trust also runs a safer space for young people who need somewhere to go in a time of crisis, where they can find friendly, understanding staff in a welcoming environment. The Trust's groundbreaking First Response service is also available to anyone in the district who requires immediate help with a mental health problem.

Chloe and Stacey have credited the pioneering new scheme with helping them to manage their low moods and anxiety, enabling them to leave the house and socialise with more confidence. Chloe felt isolated, but with the help of her buddy has built up her confidence: "It's helped me understand my feelings – before I was really introverted and didn't speak much. The programme has made me want to talk about things to my family and open up."

Stacey added: "It built up my confidence and it was nice to have that support. It's changed my life because now I've got mates, I go to youth club, and I get out of the house."

