

Champs Public Health Collaborative Briefing

Youth Connect 5 training programme in Cheshire & Merseyside (December 2016)

1. Purpose of the Briefing

To inform elected members and other local authority colleagues of the new Youth Connect 5 training programme that will support parents and carers across Cheshire and Merseyside providing them with the knowledge, skills and understanding to enable them - and their children - to develop resilience and emotional wellbeing.

2. Action required

It would be appreciated if elected members and local authority colleagues working in the areas of public health and wellbeing, children and young people and adults could support and promote Youth Connect 5 by visiting the website and liking/following on social media, details below.

Communications officers within your local authority will be supplied with a communications tool kit to help with local promotion to residents and may be in contact with you regarding possible media opportunities.

3. Background

The Department of Health 'Future in Mind' report highlighted that 75% of mental health problems in adult life, excluding dementia, start by the age of 18 providing a strong case for investment in the mental health and wellbeing of children and young people. Research has also found that mental health problems costs the UK over £105.2 billion per annum in health, care, lost productivity, benefits and taxes further evidence to support investment in a preventative programme. (Centre for Mental Health, 'The Economic and Social Costs of Mental Health Problems in 2009/10', 2010)

Within the local Cheshire & Merseyside population of 2.5 million, 552,671 are children and young people under the age of 18 years. Findings from a report produced by Liverpool John Moores University, Centre for Public Health, on the emotional wellbeing of children and young people across Cheshire & Merseyside revealed that there were low levels of resilience and high levels of risk factors relating to emotional health. The strongest driver of low wellbeing is when children experience weak and uncaring relationships with their family or carer.

4. About Youth Connect 5

Parents and carers play a pivotal role in promoting the knowledge, skills and environment that can help children cope with adversity. Supporting families has a dual role of strengthening parents' and childrens' resilience.

Youth Connect 5 is a 'train the trainer' programme that will be rolled out across the nine local authorities of Cheshire & Merseyside. Funded by Champs Public Health Collaborative, following a successful bid to Health Education England, the training, delivered by Merseyside Youth Association, is **free of charge** and courses for parents and carers will be run in all areas in Cheshire and Merseyside.

N.B This is a pilot programme that could, if successful, be rolled out nationally.

The frontline workforce who will participate in the 'train the trainer' programme includes professionals working closely with children and young people, and their families, such as:

- Teachers & school staff
- Social workers
- Youth workers
- Children's Centres
- Public health specialists
- Family and parenting services
- College support services
- School nurses/Mental health leads
- Employer

Because contact between family and schools frequently drops off following transition to secondary school and there is a recognised lack of training or support programmes directed to families in relation to resilience, a target group of parents/carers with children in school years 6 and 7 has been agreed.

The five-part course will:

- Build upon parents' and carers' knowledge, empathy, skills and attributes to promote and strengthen children and young people's resilience and emotional wellbeing
- Strengthen parents' and carers' own levels of resilience
- Increase confidence and ability explore different ways to support their children; and
- Improve/enhance relationships parent/carers have with their children

The course will also ensure parents and carers are familiar with how to access information, support and services.

Local Authority areas are in the process of recruiting participants on the train the trainer element of the Youth Connect 5 programme. Once this group has been identified and trained they will then be tasked with recruiting parent / carer participants on the course.

A target of 2 x 5 week courses to minimum of 10 parent/carer delegates has been set for each trainer and an overall target of 5000 has been set for Cheshire and Merseyside.

5. Key Benefits

Benefits for young people: Children and young people gain clearer awareness and better information about resilience, staying emotionally healthy and conducive family relationships.

Benefits for parents/carers: Parents and carers skills to strengthen family relationships and family resilience are enhanced, supporting skills in listening and communicating and teaching an understanding of behaviour in the context of relationships.

Benefits for local authorities: Local families have strengthened resilience and are better able to self-care. Key local workforce can access free training and have improved knowledge and skills in emotional resilience and mental wellbeing. Youth Connect 5 complements the Local CAMHS Transformation Plans for each area.

6. Marketing and promotion

A suite of marketing materials will be provided to each local authority to assist with the recruitment of course delegates. Marketing materials will include:

- Dedicated website www.youthconnect5.org.uk
- Course Material (digital)
- A communications toolkit for local authority communications teams
- Dedicated social media channels - Twitter @youthconnect5 and Facebook "YouthConnect5"
- Posters and Flyers (example attached)
- Direct marketing – e-marketing and postal
- PR (internal and external)

7. Evaluation

Ongoing evaluation will be an integral element of the programme and the majority of this will be done online and will include: monitoring the course output activity, tracking of all professional participants to ensure they have cascaded delivery, a robust monitoring system to record all end users and undertake evaluations with them including focus groups. External evaluation of the Youth Connect 5 Pilot will be conducted by a Higher Education Institute.

8. Timeframes

Training of the workforce – November 2016 to January 2017

Roll out of course to parents/carers – January 2017 – September 2017

If you have any questions or require more details please contact Pat Nicholl, Mental Wellbeing Lead at the Champs support team patnicholl@wirral.gov.uk