

## Involving young people in the Sheffield Local Area Transformation Plan for Children and Young People's Mental Health and Wellbeing

Sheffield has a plan to try to transform children and young people's mental health and wellbeing. Chilypep (The Children and Young People's Empowerment Project) is making sure that young people can have a say in this plan and in any changes that happen around mental health and emotional wellbeing. Some of the things we are doing are:

### 1. Supporting strategic groups to develop participation and involvement plans

There are lots of groups and meetings to look at improving mental health and wellbeing of children and young people. We are trying to help them better involve young people in these groups and meetings so that children and young people are listened to. This could be consulting with young people, involving them in different projects, or helping them to influence change.



*Young commissioners working on service design ideas*

### 2. Getting young people involved in commissioning and service design

Chilypep has trained up young people around commissioning (funding of services) and service design so that they can directly influence what services look like. We do this through our 'young commissioners' programme and also through the STAMP group, which is a mental health participation group for young people aged 14-25.

### 3. Awareness raising and signposting

We have worked with young people to create posters and postcards raising awareness about mental health to encourage young people to speak out and seek support using the campaign slogan #NotTheOnlyOne. These are linked to the 'Let's Talk' directory of wellbeing services for Sheffield where young people can find out where to go for support.



*#NotTheOnlyOne campaign poster*

#### 4. Services for 16-17 year olds and work on transitions

In January 2014 Sheffield Children and Adolescent Mental Health Service started working with 16-17 year olds (before it only worked with young people up to 16). We are working to see what's been successful about this and what could be improved for young people of this age range so that we can work with young people to make services better for this age range.



*Young people helping to recruit new mental health workers*

#### 5. Supporting re-design of Eating Disorder Pathways

There is lots of work going on to try to make eating disorder services better for young people and we are trying to involve young people in the design of these services and the pathways for the different services.

#### 6. Making sure young people's views are fed into meetings and plans

Chilypep goes to different meetings around Sheffield's Local Area Transformation Plan to make sure that young people's views are listened to and feed directly into these meetings and the plan for the City.

#### 7. Feedback and consultation with the voluntary sector

Chilypep is a charity and we try to make sure that we feedback all the work we are doing to the wider voluntary sector and consult with them about what they think is important for the plan to work so that their voices, and those they work with, are also heard. We do this by going to different meetings and joining different networks across the City.

**If you would like to find out more about Chilypep or would like to have a say around young people's mental health in Sheffield please get in touch!**

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