

PPS 1 & 4 Community Impact – **MAIN ROOM**

Andy Sykes, Chief Executive, E:merge

PPS 2 & 5- Mental Health & Wellbeing – **DRAMA ROOM (This Room)**

Bea Herbert, Founder & Director, States of Mind (Social Enterprise)

PPS 3 & 6 Employment & Skills: Engaging young people through Football Family Programme – **GEOGRAPHY ROOM**

David Simms, Head of Business Development & Partnerships, Inspire & Educate

States of mind

**YOUTH LED
APPROACHES TO
WELLBEING**



THE VISION

- To make psychological research and practice more accessible for young people
- To engage young people in designing a mental health organisation
- To create a preventative model of mental health support
- To provide an understanding of mental health that is holistic and non pathologising - Focusing on context

WHAT DO YOUNG PEOPLE WANT?

- Less medicalised/ clinical language.
- To move beyond public awareness, to self awareness.
- To understand the causes of mental health concerns.
- To create change by **doing**.
- To work with professionals to develop solutions.

ONE YEAR LATER

- **350 Students** have taken part in the programme
- **Wellbeing Week 'A Holistic Journey to Mental Health'**
- **Podcast Series** on mental health and wellbeing - coproduced with teachers and students.
- **Film** coproduced with students and teachers exploring the causes of mental health problems
- **'Breaking the Silence' Project** Exploring the impact Ofsted has on students mental health and identity: A letter to Amanda Spielman
- **Wellbeing Ambassadors Programme** Co-produced with a student team
- **45 Wellbeing Ambassadors** Trained and ready to go!

WHATS NEXT?

Newham Wellbeing Ambassadors Programme

- 8 schools and colleges
- 240 Ambassadors
- Recruitment and Training
- 3 projects per school
- Social Impact and Sustainability focus
- Innovation in Education Event

MAKING THE PROCESS THERAPEUTIC

- Ask young people for help
- Replace the need to fix with curiosity
- Sitting with uncertainty (empathy)
- Allow young people to have ownership
- Set clear timelines/ manage expectations
- Give young people a seat at the table - Remove Power Imbalances
- Explore the value of failing

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