



FINAL REPORT

AUGUST 2022

R.143/2022



Meet the group members...

"There is still a lot of room for improvement within mental health."

"A view shared by many people that we spoke to was that the key to tackling mental health issues is to listen to people. "



Joel



Aarya



Kim



Lucas

With support from Tom, Kenan, & Poppy & Ciara.

Our Campaign...

We are the Jersey Youth Parliament Mental Health campaign group.

We feel passionately about mental health for young people and have come together to look at this topic.

Our group began by campaigning to improve mental health in Jersey with the aim to:

- Improve mental health facilities
- Improve services and care
- Improve early prevention strategies
- Improve education and awareness in schools

As the campaign progressed we also considered the causes of poor mental health and wellbeing as well as the barriers that prevented people from accessing support. We hoped to better understand issues faced by our community and make recommendations to the States Assembly to improve prevention strategies.

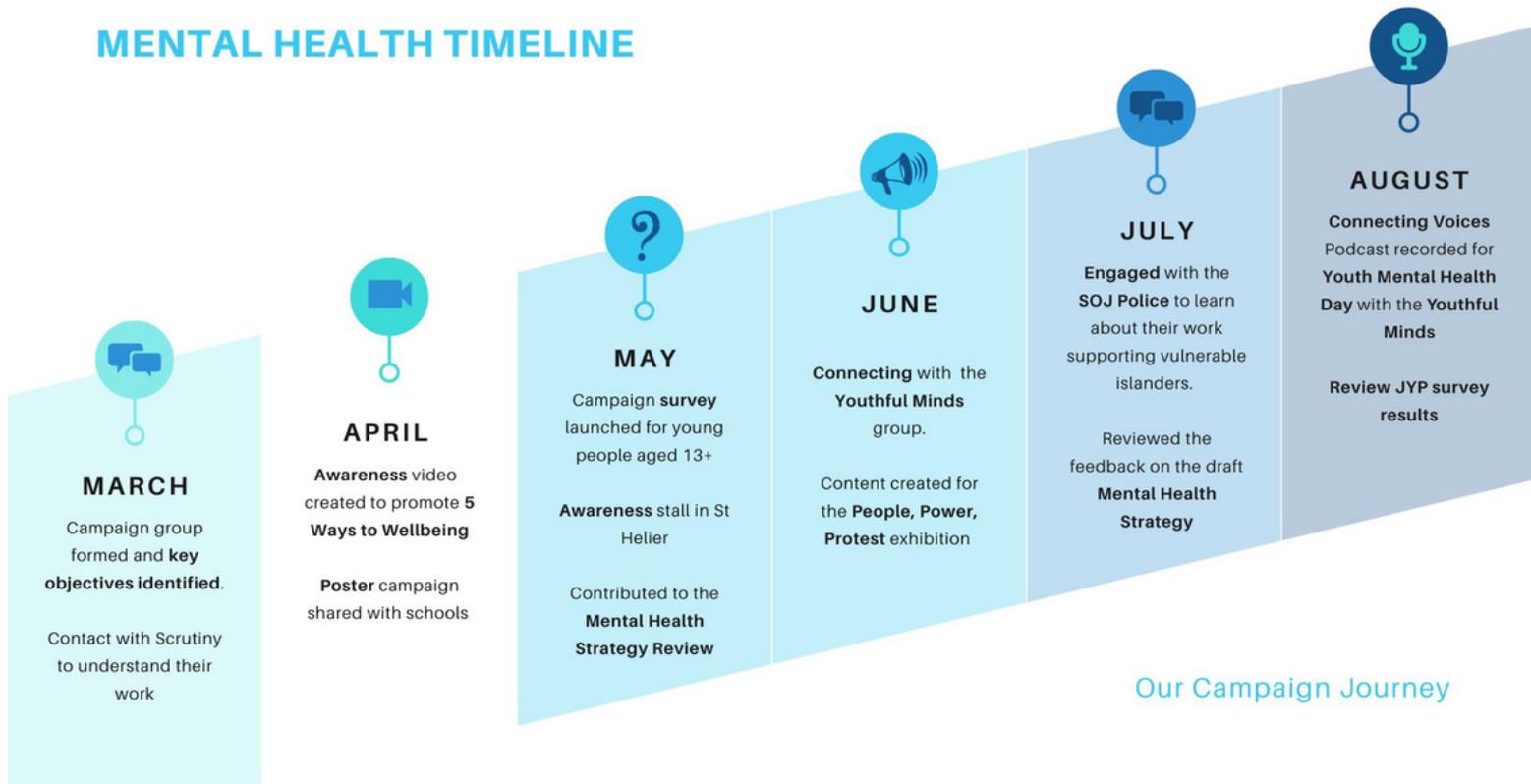
We have been exploring Article 24, of the United Nations Convention on the Rights of the Child, which states that young people have the right to the best healthcare possible and access to information that will help to keep you well. This aligns directly with our campaign work.

[Our earlier reports, films and documents can be found via this link.](#)

Our Campaign...

We have been active for 18 months, meeting weekly to work on our campaign.

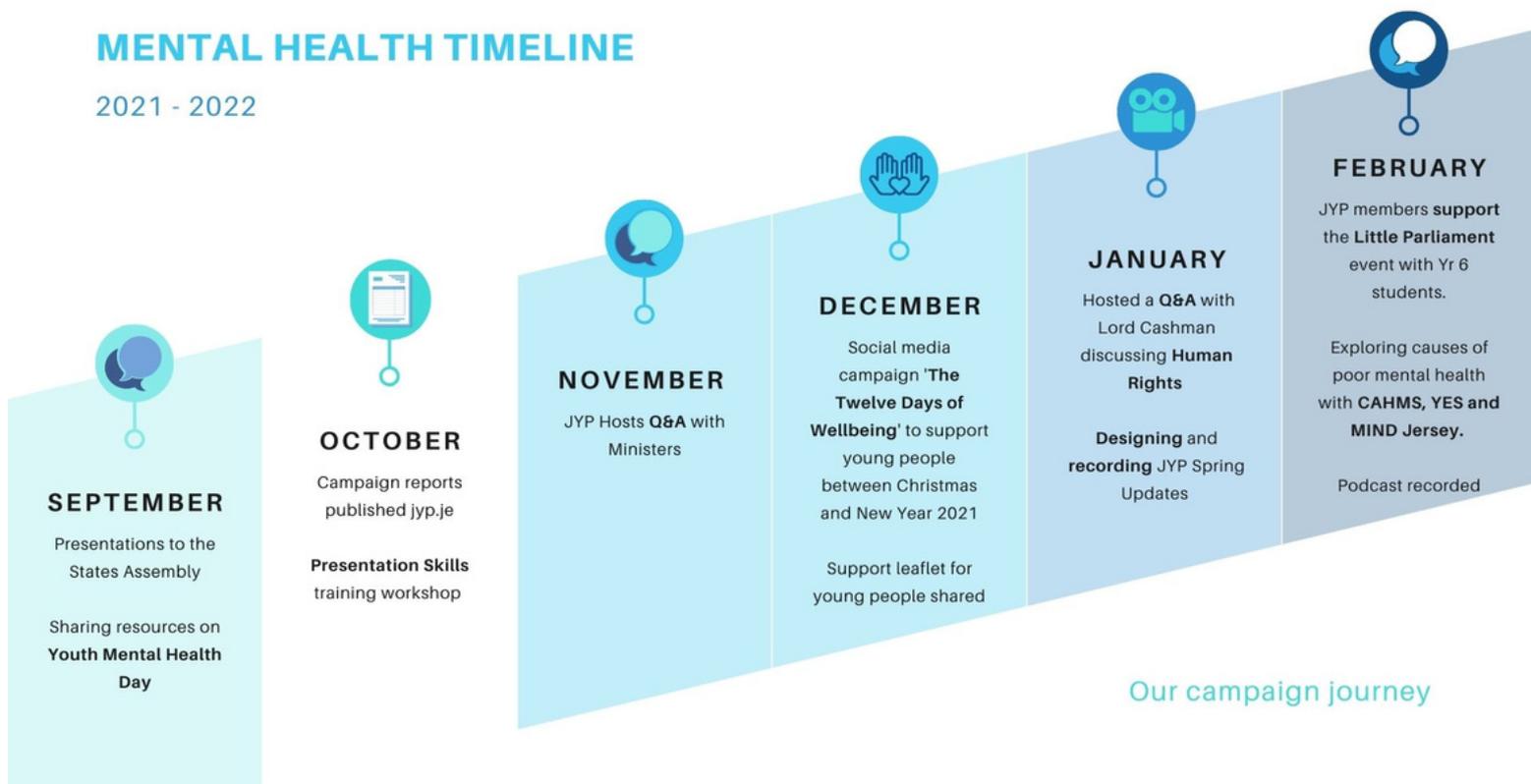
MENTAL HEALTH TIMELINE



Our Campaign Journey

MENTAL HEALTH TIMELINE

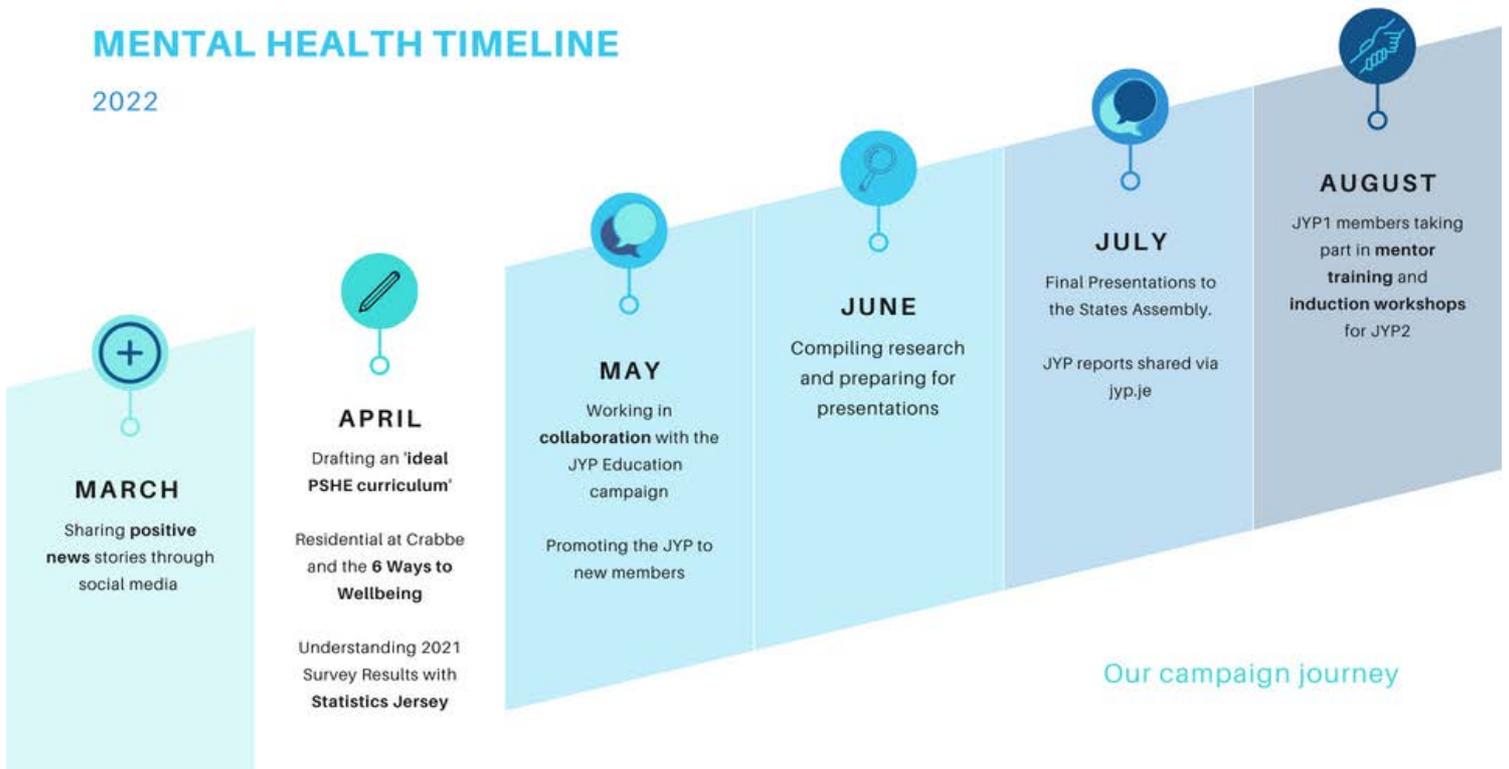
2021 - 2022



Our campaign journey

MENTAL HEALTH TIMELINE

2022



Campaign Highlights

One of the first things we did as part of our campaign was to run a mental health **awareness stall** in town to let people know about us and to hear their opinions and experiences. Here we launched our survey for young people.

A view shared by many people that we spoke to was that the key to tackling mental health issues is to **listen to people**. We think this is an incredibly important message, so we have tried our best to listen to everyone and we hope that we are listened to.

We have met with the **Health and Social Services Scrutiny Panel**, online, in order to find out what politicians have been doing and to explore which areas we feel need more work. We also had a meeting with Daniela Raffio about plans to improve mental health provisions in the island. We were able to share our feedback and be involved in the conversation about the current services.

Campaign Highlights

We met with the Youthful Minds and learnt about the '6 Ways to Wellbeing'. In response, we created an awareness film which was shared with schools and youth groups to help reduce the stigma surrounding mental health issues.

We launched a **survey** and shared it with students to gather data specific to Jersey. We wanted to understand how mental health is dealt with and taught about in and out of school and if young people access support. We created an **informative leaflet** signposting young people to support available to them.

We participated in creating the **People, Power and Protest** exhibition at the Jersey Museum with **Jersey Heritage**. We contributed campaign text, film and links to our online survey.

We hosted a **Connecting Voices** podcast episodes that focused on mental health. We invited members of the **Youthful Minds** group as our guests to discuss Youth Mental Health Day and learn about their work.

We looked at the feedback on the **Draft Mental Health Strategy for Children and Young People**. Whilst we felt that the action points set out were beneficial, we feel it is important to recognise that the majority (52%) of respondents were 26, or over, which may have swayed the data to be of greater use to an older audience. This may have led to the action points prioritising those over 25, misrepresenting the actual needs of young people.

We looked at the different causes of poor mental health in young people and the barriers to accessing support or care, speaking to professionals from the public and charity sector. We also explored the data from the **Children & Young People's Survey** with staff from Statistics Jersey.

We took part in a workshop, lead by Mind Jersey, to help with exam stress and gained new skills for the future. We ran social media campaigns to promote **Positive News**.

Survey Findings

288 young people took part in our survey which gives us a snap shot of the varied experiences of young people aged 13 to 18. With support from all schools we could achieve a broader picture of the issues and trends. Although our sample size is not large the topic means that these numbers are a cause for concern.

105

Reported experiencing issues with poor mental health.

47 chose not to comment

136

Did not think that the support offered was adequate.

60 chose not to comment

65

Young people did not know where to access support for their mental health.

24 chose not to comment

119

Felt that Covid-19 had negatively affected their mental health.

36 chose not to comment

127

Thought that education and awareness was the most important area for the JYP to explore.

116 supported improvements to facilities

Survey Findings

Young people who contributed to the survey suggested that they would like to see the following improvements in schools and in the community:

"Allow people more places to open up and more services such as drop-in lounges."

"More extra curricular activities."

"Talking to an expert in psychology."

"More PSHE lessons, more counsellors in schools, assemblies..."

" I believe it is important we de-stigmatize suffering with mental health issues by hearing from, and being taught by, individuals who have suffered with personal mental health struggles. In effort to increase relatability, and therefore improve the stigmatization."

"There needs to be more awareness about it and more awareness of who people can go to if they're struggling."

"How to be able to talk."

"Follow-ups would be helpful. If there is a problem, it won't be fixed immediately, which I feel needs to be recognised."

"The education and awareness on mental health in Jersey is atrocious, so little is done to help and to recognise the problems, more children need to be made aware of mental health issues and those with them must be helped effectively."

"Educate teachers."

Campaign Action

We created an up to date information leaflet that was shared with schools, youth projects and through social media to help young people access support and tackle stigma.

There are lots of options...

The YES Project
 Contact them at:
 T: 0800 7350 010
 W: <https://www.yes.je>

Kooth
 An online mental wellbeing community
 Find out more at:
 W: kooth.com

Mind Jersey
 Contact them at:
 T: 0800 7359404
 W: <https://www.mindjersey.org>

Liberate
 Free counselling to anyone from a minority group in Jersey who is experiencing poor mental health.
 contact counselling@liberate.je
 W: <https://liberate.je/counselling>



JERSEY
Youth Parliament
 LES JANNES VOUAIX

IT'S OKAY TO ASK FOR HELP

You don't have to fight your battle alone.

Talk to us!

TO LEARN MORE ABOUT MENTAL HEALTH AND WHERE TO GET HELP...



CAMHS
 To access CAMHS a referral from your school, GP or Social Worker is needed.

Children & Families Hub
 The Children and Families Hub provides information, advice and support for families and young people. Our aim is make sure you get the right help, at the right time. This could be some advice on the telephone or a one-to-one consultation. We'll also put you in touch with any services that can help you.
 The hub also responds to any safeguarding concerns you may have for a child or young person. Whatever help you need, we'll make a plan with you and with the services helping you.
 T: 01534 519000 or
 E: childrenandfamilieshub@gov.je

Emergency Help
 In a crisis call 999 or go to the A&E department at the hospital.



We ran social media campaigns to support young people at difficult times as well as offering positive news stories.

Positive news



£20 UNLIMITED BUS PASS FOR UNDER 18'S

AFTER MANY YEARS OF DEBATE, UNDER 18'S WILL NOW BE ABLE TO TRAVEL FOR FREE ON ISLAND BUSES (ONCE THEY HAVE BOUGHT THE £20 PASS) THE SCHEME WILL COME INTO FORCE ON MONDAY SO MAKE SURE YOU GET DOWN TO THE BUS STATION TO GET YOUR CARD OR APPLY ONLINE.



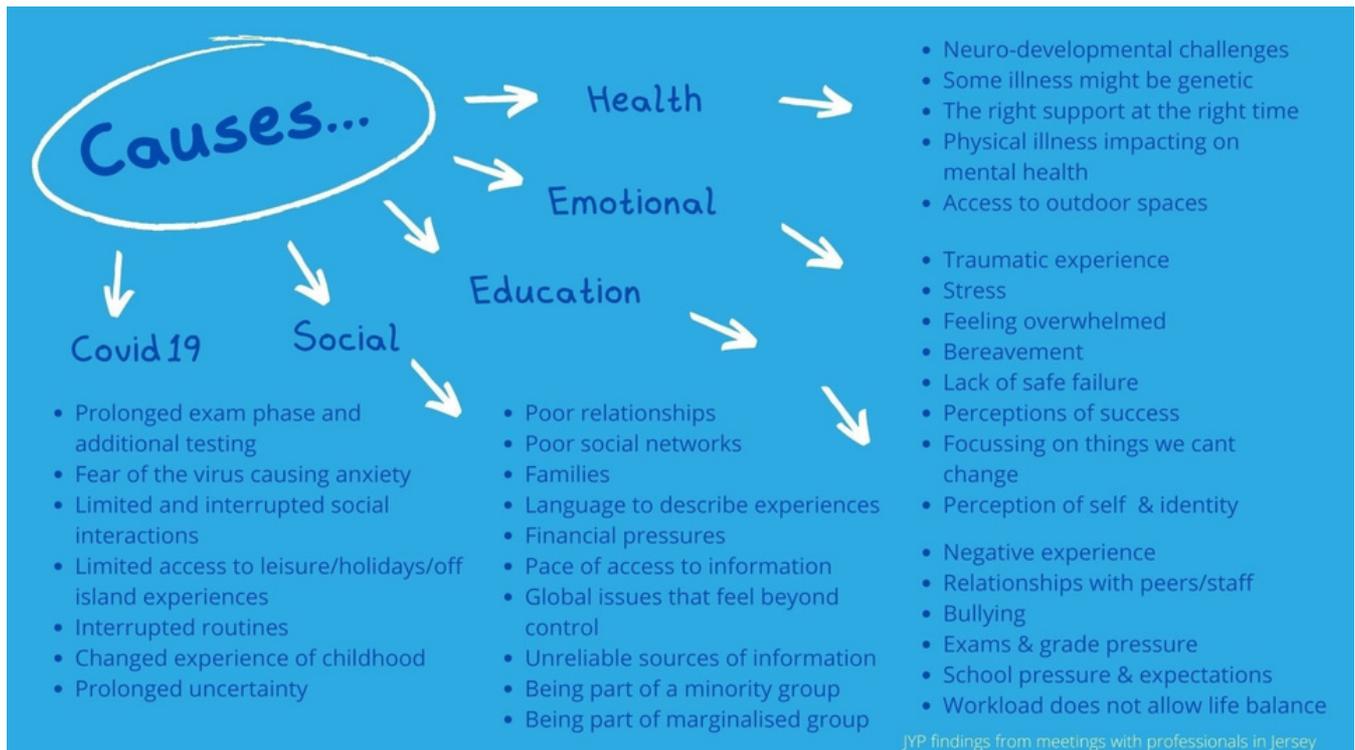
YOUTH MENTAL HEALTH DAY
#STRIDEFORWARD

[We also created videos that can be accessed through the JYP YouTube channel](#)

Causes & Barriers

We took time to talk to professionals from different sectors such as CAMHS, Statistics Jersey, YES, Mind Jersey for insights into care and delivery.

This helped us to better understand causes of poor mental health in young people. Some of these echoes international trends.

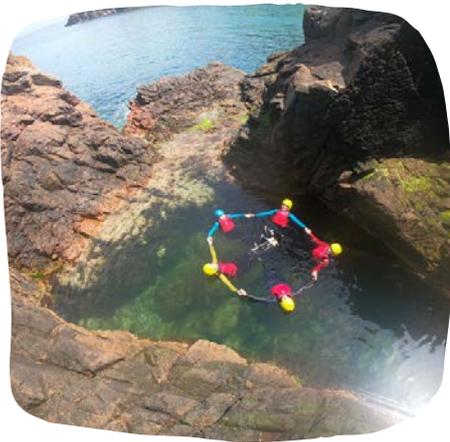


We also looked at possible barriers to accessing support and services.



6 Ways to Wellbeing

During our campaign work we also took time to look after our own mental health and tried activities that linked to the six ways to wellbeing.



Stay Active

Team building activities with the JYS Outdoor Learning team.



Care for the Planet

Tree planting in Bilbao, sponsoring fruit shrubs at Grow, & planting herbs at QSJAC.



Connect with Others

Working together and meeting regularly for campaign meetings.



Take Notice

Taking a moment to look at the pebbles and seascape at St Ouen and enjoy an ice cream.



Keep Learning

Finding out about human rights and the work of Lord Cashman.



Give

At the Queen's Silver Jubilee Activity Centre we practiced Life Skills, cooked and shared food.

Reccomendations for the States Assembly...

The JYP had previously stated that Ministers, and the States Assembly, should take note of their recommendations when making decisions that affect young people in the community.

- Listen to what people have to say
- Put a lot of time, effort and funds into mental health facilities
- Focus on initiatives to reduce stigma and raise awareness
- Consider the actual needs of young people

In addition to these points the Jersey Youth Parliament request that the States Assembly consider their final recommendations.

- A fit for purpose Children's Mental Health Strategy with input from young people
- Investment in services and care, ensuring funding is spent where it is needed
- Ongoing reduction of waiting times for support post Covid 19
- Age-appropriate admissions care with therapeutic intervention
- Develop inpatient services and care where young people are not isolated from friends and family networks
- Continuity of care and a better journey through mental health services
- Tackle recruitment and retention problems for professionals working in mental health services
- Update the Jersey PSHE curriculum to include better knowledge of mental health and wellbeing
- Ensure that young people know how to access support

States Chamber Q&A

Deputy Karen Wilson, Minister for Health & Social Services asked the JYP

"What do you think is the most single important thing that we can do to help people understand the issues around mental health and mental illness more?"

"Build Trust"

"I think changing the curriculum to involve more discussion around mental health and discuss their issues not just with councillors or therapists but with their family, their friends or anybody they trust."

"People being able to share their stories first hand with those who write policy, legislation and curriculum because they know best about what they are going through. If there is a way to get more young people offering input into the mental health strategy, that would be beneficial to everybody."

"I'm interested in your views. Do you think we should have open access in terms of being able to access support?"

JYP "I think there should be open access for young people to get support because I feel that some people don't have trust in the services at the moment. If there is a way that we can help people return to services, that would be good."



Deputy Steve Luce asked the JYP which of their three recommendations they might prioritise.

"In patient services because Robin Ward is not the right environment, it is a medical ward with no therapeutic interventions. In Orchard House, where some young people are sent, is not the right place either. There needs to be a different space for young people with needs."

Deputy Barbara Ward asked the group, "If young people can get to their own school councillor, would that be of a benefit, rather than wait for a referral and go to a centre? Not a replacement but as a compliment."



JYP "Yes, I can see that there would be a need for more qualified therapists and councilors in schools as it is really an emergency. If you leave it too late it can get worse and worse for a young person."

JYP "From an Scandinavian study they have mental health professionals in schools and have had positive results. Prevention is better than a cure. If we can bring in more staff who are qualified, up skill the councilors already in schools that would be beneficial so that people don't reach that stage of needing more complex support."

Questions in the States Chamber...

Deputy Catherine Curtis expressed an interest in the survey that the JYP carried out. It was shared with schools and posted online for young people to take part who were aged 13+.

Deputy Ina Gardiner acknowledged the importance of different departments working together such as Health & Education.



"We have worked with CAMHS to see what steps have been undertaken to improve the service and they are doing great work so far. To rebuild they should continue to make improvements, as they are doing, to a point at which people are then happy with the service. Once you get one or two people happy with a service they will spread that to their friends, and so on."

Deputy Karen Wilson, Minister for Health & Social Services
Wondered if peer support might be an approach that can be further explored.

"Continuity of care, when somebody goes through the service, there are many barriers that they meet. If you can remove the barriers, such as recruiting staff, you can start to rebuild that foundation of trust."

We have been looking at Peer Support and it was part of our original presentation to the previous States Assembly. The JYP have explored work undertaken in Grainville School where students can take an ASDAN short course to support others. We have also worked to extend a pilot program in an additional secondary school and the Education Group will be able to give more insight into this work.

"Continue to reduce waiting lists."

Conclusion

As we attempt to rebuild ourselves as individuals and as a society, post Covid19, in an island where everybody has a stake, where prosperity is fairly shared and where we protect and improve the institutions that bind us together.

Maintaining good mental health is a serious challenge affecting us all, north and south, old and young, rich and poor, those who work and those who cant. Poor mental health is a problem that can strike anyone and undermines the well being of our island. It is a widespread issue and you'd think it is something that we would all talk about so that nobody feels alone, so that nobody feels different, or at least every politician would feel obliged to act, or that we'd be falling over ourselves to find solutions, but that doesn't seem to happen. Only in emergencies do we tend to talk about the situation.

Mental health is an economic challenge holding back prosperity. We cannot forget about people's quality of life. If we want politics that talks directly to the challenges that our people face in their everyday lives we cannot allow the silence to continue within our society.

Having heard our presentation, and considered our report, we hope you will take all of our recommendations into account as you head into this next term. We hope our recommendations have affected your opinions and goals for the next four years. This is a great opportunity to act on Climate Change, Mental Health and reform Education. We hope you will do so making a positive impact on young people. We appreciate your support and that you have taken the time to listen to us.

Since this is a new States Assembly we want to stress loud and clear that children aren't just the future but they are the present.

Consider our voices and act.

If you have children of your own think for them, think for us, and think for Jersey's future and don't forget one fifth of our entire island.

Acknowledgements

We would like to extend our thanks to the organisations and individuals who have supported us in this campaign.

Gary Burgess

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YES Project, Jersey Youth Service

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Nicole Maltwood, Eagle Labs

Lucy Layton & Deborah, Jersey Heritage

PC Colley & Inspector Williams, SOJ Police

Daniela Raffio, Mental Health Strategy

The YES Project

Terry Stevens, Digital Jersey &

The Digital Leadership Program 2021

The Health & Social Services Scrutiny Panel

Town Centre Planner

Alexa Munn, Statistics Jersey

Debbie Reeve, IOD

JYP Volunteers

