Introduction

This Project Brief sets out the key objectives for work which the Young People Mental Health Task and Finish Group want to commission.

The target group for this project is:

- Young people aged 11-25 and up to 25 years for young people with disabilities
- Teachers/ staff in secondary schools/the local college, youth workers and others working with young people

As the age range spans young people and young adults it may be that separate projects are required. The projects will need to work very closely together. We would also want any project to include accessing those young adults who may not be in the traditional school / college setting.

Overall Aims:

- To promote mental wellbeing and raising awareness of existing sources of local support and online help for young people
- Improved and increased sign-posting to information and services about mental health for young people. This would include young people with concerns about their mental health - those experiencing high levels of stress, worry and low mood
- To enable young people and those working with them to have access to information and support regarding resilience

A decision about which organisation (or group of organisations) is to be granted the funding will be made by the Chair and Vice Chair of St Albans District Health and Wellbeing Partnership.

In this commission we will not be funding or creating a new service, nor will we fund counselling. However we would expect delivery of innovative tools which appeal to young people which can be used to help promote resilience. We would be interested in schemes that involve training such as mental health first aid and other information about coping and resilience. We want bids to fit with existing initiatives such as those supported by Hertfordshire County Council and the work being undertaken locally with Youth Connexions - Your Mind Matters (see link below).

Utilising the knowledge and best practice of Public Health England is essential.
Objectives
1. To inform and educate young people about the importance of good mental health and improved wellbeing
2. To promote wellbeing and resilience in young people
3. To improve and increase access to information about mental health
4. To equip young people with the skills to be aware of the early signs of mental health problems
5. To improve understanding of mental health and therefore decrease negative attitudes and behaviours to people with mental health problems
6. To ensure that young people, and those they are likely to seek advice from, have access to information and services about mental health
7. To support those working with young people regarding early support e.g. mental health first aid training

Background
There are 14,183 young people aged between 11 and 18 years in the District (ONS mid-2014). The District has 11 state secondary schools, 3 private schools and an Further Education - Oaklands.

Identified areas of need for local young people include:
- Anxiety, depression, low self-esteem, behavioural issues and anti-social behaviour and self-harm

The Young People Mental Health Task and Finish Group have found that the internet plays a significant role in seeking mental health information as well as guidance for teachers. Plus local young people themselves want local support on mental health but do not know how and where to access it. Support for those people working with young people was also highlighted as an area of need.

Youth Connexions are currently running a small local awareness raising campaign in the District with local secondary schools “Your Mind Matters” https://www.youthconnexions-hertfordshire.org/advice-and-support/mental-health-support/support-in-st-albans-your-mind-matters/. We therefore would want this project to link up and complement this work.

Outcomes
Projects should focus on achieving the measurable outcomes, which can be evaluated. This could include:
• Young people being more aware of existing support available for mental health. This includes local support services and online information
• Young people knowing how to stay mentally well via a range of tools and proven methods
• Teachers, lecturers, support staff, youth workers and others working with young people, knowing how to advise young people how to stay mentally well
• Teachers, lecturers, support staff, youth workers and others working with young people, knowing how to advise young people on sources of help and support

Project Proposals

Proposals should cover part or all of the above outcomes. We will encourage organisations to work together on bids where appropriate. We are keen to ensure that projects add value to existing activity and do not duplicate. This includes both provision of services and materials (including online).

Reporting

Successful organisations will need to provide a regular short progress report, receipts for activities and provide a full evaluation at the end of the project.

Project Applications

Project applications should be submitted using the attached form by Friday 1st July 2016. Where multiple organisations are involved we would welcome a single application from a lead organisation.

The budget for this work is £16,000 in 2016/17 - 2017/18. Applications should be up to a maximum of this amount but can be lower. Where a project requires additional extra funding the application should state where this is being sought or funded.

Monitoring and Reporting

Monitoring: We will agree measurable indicators with the successful bidder, but would expect the application to propose a proportionate but specific number of indicators including for example, the number of people supported and outcome/impact of that support. We would expect baseline assessment and post assessment of improvement in pupils and staff knowledge via a range of processes.
Reporting
We will ask for a quarterly progress report ahead of our Public Health Task & Finish Group, which monitors the programme funding. This will include a clear account of activities undertaken and funding spent and progress o indicators, as well as any lessons learned. A project evaluation will be required within 6 weeks of the project’s close.

May 2016

Appendix
Existing online information
- Youth Connexions Channel MOGO website http://www.channelmogo.org/

Statistics include:
- Hertfordshire health reports http://jsna.hertslis.org/ and for St Albans http://jsna.hertslis.org/localareas/hertsval/stalba/
- Ditch the Label Annual Bullying Survey 2014 http://www.ditchthelabel.org/about/