

'Super Youth Hub' Project

Establishing a youth health and wellbeing network for City and Hackney



Overview

Why the project came about:

Young people told us that services are difficult to access and navigate, and we know that the demand for support outweighs the supply particularly around mental health.

What the project is trying to achieve:

The project aims to improve young people's (those aged 11-25) autonomous and independent access to health and wellbeing support.



Participatory Action Research Report

Themes	Summary of Findings
Connections	Build on YP's trusted relationships to support interventions, and develop relational skills of professionals working with young people.
Accessibility	Work with YP to co-produce communications through avenues they use and engage with, and consider what information is available ahead of access.
Quality & Integration	Improve the understanding, and accessibility of CAMHS services, and enhance the integration of and promotion of health and wellbeing services in schools.
Comfort	Ensure that the physical spaces that CYP access services are accessible and comfortable, and embed promotion of healthy lifestyles.
Youth Hubs	Use Youth Hubs as a space to integrate and offer services through, building on the trusted relationships with youth workers. Consider ways to improve safety of physical locations including outdoor spaces and parks.



CONTEXT

- **CYP Feedback** through Young Futures Commission and other research indicates that young people find services are difficult to access and navigate, often designed around service need rather than CYP need.
- There has been a significant increase of **Demand for Mental Health and Wellbeing Services** with certain CAMHS pathways doubling since the pandemic.
- **Evidence Based Practice** nationally suggests positive outcomes from integrated health offers i.e. Tower Hamlets' HealthSpot.
- There is **Alignment with Local Priorities** to improve CYP outcomes with opportunities to align this project with local programmes.
- **Identified H&W Need** of CYP in City and Hackney identified through PH and other service data plus CYP research.

VISION

Partnership working across the Health and Wellbeing Services in City and Hackney to **pool resourcing** and work collaboratively to adequately respond the increasing demand for emotional wellbeing and mental health services, **recognising the support that Early Help and Intervention** can have in reducing the demand on higher tiers of support. With a key focus on:

- Embedding key **health and wellbeing** services **within existing youth settings**
- **Sharing best practices and recommendations** for youth engagement and developing CYP accessible settings
- Clear **pathways and information available for 16-25 young people**
- **Working with and championing the role of Community and Voluntary sector** in increasing reach and delivering better services for young people
- Reaching **underrepresented and often excluded cohorts**
- Enhancing **online presence and CYP directed communications**
- **Reducing pressure on services** by considering collectively how to best invest time and resources to respond to demand.

IMPACT

Improved health and wellbeing of CYP population

- Reduction in health inequalities
- Improved health of CYP population
- Quality of life

Enhanced quality and experience of care

- CYP feel more empowered
- Care is personal and joined up
- Care is provided by the right person

Value and sustainability

- Cost-effective
- Demand well-managed
- Sustainable fit between needs and resources
- CYP Engaged as future leaders

Components:

Schools:

Supporting the role of schools as hubs for young people's access to wider health and wellbeing support, with a focus on enhancing existing structures, coordination, and offering a fuller PSHE programme for older young people.

Key Outputs:

- Extra-curricular 15+ PSHE Programme.
- Streamlined communication pathways.

Super Youth Hubs:

Creating one-stop-shop youth-friendly health hubs within existing youth spaces, making health services easily accessible and comfortable for young people.

Key Outputs:

- Key CYP health services delivered from one location.
- CYP Steering Board.

Outreach and CVS:

Establish an inclusive and equitable support system for all communities and cohorts, reducing resource inequities and enhancing coordination.

Key Outputs:

- Health services delivered in response to specific cohorts.
- Key information and support in reaching support.

System Change incl. Health Settings:

Supporting and coordinating system change to more integrated and equitable ways of working, and developing through co-production a set of recommendations for developing youth-friendly spaces in healthcare settings.

Key Outputs:

- Recommendations for future integrated practise.

Online/Virtual Network:

Increasing awareness and understanding of services through connecting communications strategies and co-producing content with young people.

Key Outputs:

- CYP Co Produced Comms, inc. a CYP H&W Influencer.
- Unified online resources/calendar.

Underpinning Values:

Co-production and Empowerment

Holistic

Inclusive

Reflective Practice

Partnership Approach



Alliance

Outcomes Funding

Item	Quantity	Cost
System Navigator	1 x FTE PO3	£59,220
Operational Manager	1 x FTE PO6	£69,920
Clinical Lead	1 x 0.4 FTE NHS Band 8a (no overheads incl.)	£30,437
TOTAL	-	£159,577

This would be for a two-year phased pilot (April 2024-2026), which would broadly be as follows:

- **Year One:** A soft launch in April 2024 to focus on community building, communications and promotion, and establishing key elements within one quadrant of the neighbourhoods model.
- **Year Two:** Fully embedded programme within one quadrant, evaluating against success criteria, with the hoped for outcome a roll-out plan to the remaining three pairs of neighbourhoods in City and Hackney.

These three funded roles will support in coordinating, and delivering the Super Youth Hub model that works in collaboration with existing systems through aligning and including budgets in a range of services i.e. HCVS, Health and Wellbeing, School Nursing, Youth Work.



Local and National Initiatives

- National funding for ‘CYP MH Hubs’;
- ELFT Discovery College;
- National funding for Youth Workers in Hospital pilot;
- Neighbourhoods Programme;
- Place Based Work;
- Children and Family Hubs;
- 16+ Transition Networks: 16-25 Network / 16+ Network / Pathways / Project Hackney - Transition Booklet.

Pilot Location

- Considerations: Suitable Space, Interest, Population, Service Engagement, CYP Feedback
- This has been agreed to be **London Fields, Shoreditch Park, and The City** pair of neighbourhoods to align with the central objective of creating an accessible youth health hub in an existing, well-used, and adaptable youth setting.

Questions and Discussion

