Children and Young People Services
Our Aim

- Increase number of young people accessing support earlier
- Improve resilience and manage life transitions
- Increase number of young people making successful transitions
- Make a lasting and wide reaching impact on the support that young people with mental health problems receive.
<table>
<thead>
<tr>
<th>Support available</th>
<th>Young Persons Worker (1 full time)</th>
<th>Changing Minds (5 Project Workers across Gwent)</th>
<th>Families First (2 Wellbeing &amp; Resilience Workers)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age range</td>
<td>11-24</td>
<td>14-25</td>
<td>All ages</td>
</tr>
<tr>
<td>1:1 individual support for young people to promote mental wellbeing and delivery of workshops within schools/colleges.</td>
<td>1:1 support for transitions Self-management courses Peer to Peer support Volunteering opportunities</td>
<td>Family support to build resilience and promote mental wellbeing Self-management courses</td>
<td></td>
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</tbody>
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Young Person Led

How young people have shaped the project?

• Young people’s consultations

• As members of the Young Persons’ Advisory Panel - YPAP

• As peer mentors - Volunteers

• As champions raising awareness about mental health problems and reducing stigma
What is the Young Persons’ Advisory Panel (YPAP)?

The panel makes **key decisions** in the changes and design of the project.

It is now campaigning for wider changes in service provision and greater awareness of mental health, and the Changing Minds project.
Impact of the project

- Significant increase in measured wellbeing.
“I have seen major improvements on my mood and I feel that genuinely I am in a better place.”

“It has also helped me to improve on my relationships with people and also the way I communicate.”

“Every day was a struggle, everyday felt like I needed to be hidden away from everything and everyone. Since I have had the help off the changing minds project it has changed everything from me.”

“I have seen major improvements on my mood and I feel that genuinely I am in a better place.”

“It has given me more freedom in terms of being able to lead my life in a free and relaxed manner and allow me to take the opportunities that are presented to me.”

“I AM PROUD OF MYSELF!!!”