

MENTAL HEALTH SUPPORT TEAM (MHST) (READER-FRIENDLY) PARTICIPATION STRATEGY



WHAT IS A PARTICIPATION STRATEGY?

Our service has developed a participation strategy which means we pledge that our whole workforce will actively hear the voices of children, young people and families at all times, and where possible act on the information we hear to improve or make changes. We want this culture throughout our workforce and will work to inspire everyone that participation is everyone's responsibility.

To know more about our service please go to our website: <https://www.otrbristol.org.uk/what-we-do/mhst/>

OUR AIM:

Our ultimate goal is for Children, Young People and their families to have better wellbeing outcomes by offering a service that incorporates the wishes from the Barnardos health manifesto. This is where local young people have told us that how important it is for us to listen to them. You can see the video of this if you follow this link:

[Think Big, Dream Big | Barnardo's HYPE \(barnardoshype.org\)](https://www.barnardos.org.uk/our-work/young-people-and-families/think-big-dream-big)

WHAT WE WILL DO:

We will create materials and resources that includes the voice of the child. We will support self-referrals where we can and ensure that we fully inform a child and their family of their rights, explore their choices and discuss consent. We do this by offering pre-assessment meetings to spend more time going through everything and explaining things thoroughly. We use a lot of questionnaires so it is good to explain what these are for and how we use them to collect feedback to improve what we do.

WE HAVE SIX OBJECTIVES:

Linking in with wider participation groups



MHST Supervisor or Team manager to have regular, active discussions with participation groups across the area.

Actively reviewing feedback from CYP, their families and our partner agencies



All feedback (good and bad) from children, young people and their families is collected, shared anonymously and reviewed by us to make positive changes to improve our service.

Link in with School Councils and have Wellbeing Champions (young people)



Our target is to speak to and recruit young people in our schools who will meet up with us and be influential in the delivery of MHST in their education setting.

Implement a question about mental health support each year



We want to ask a specific question each year about what young people want from a service that supports young people with their mental health to help us keep up to date with what matters to young people.

Hear the voices of parents and carers



Actively working with the mental health leads in schools to create communication channels that responds to the voices of families.

Peer Representatives



Use or develop our own peer rep worker to support recruitment, events and our social media platforms.