

Kailo: A Systemic Approach to Improving Adolescent Mental Health

North Devon Opportunity Areas Prioritisation Day

Space Youth Centre

October 25th 2022, Barnstaple

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Introductions: North Devon Team



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What is the problem?

15% of young people aged 11-19 have a probable mental health disorder

Trends show **steadily increasing in prevalence** over last two decades

Cohort studies show increasing size of **long term effects on adult social adjustment**



There are well documented **inequalities in mental health outcomes** for young people, for example:

- Poverty and financial precarity
- Looked after children/care leavers
- LGBTQTI+
- Some racially minoritised groups
- Young carers, refugees and asylum seekers

Increased public health efforts needed to minimise adverse experience and long-term outcomes.



Kailo is an initiative committed to addressing the root causes of young people's mental health, in local places.



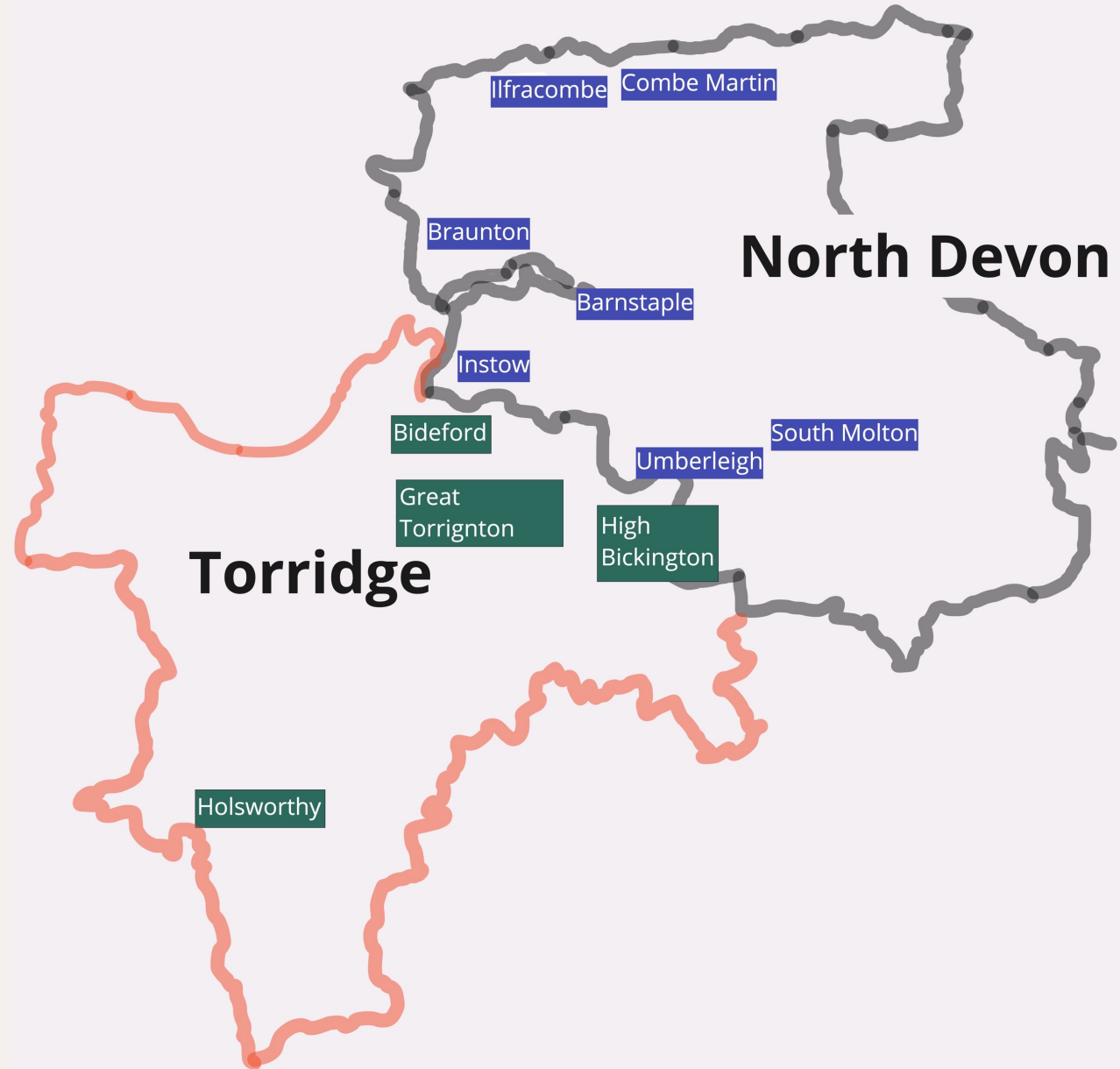
We're looking to explore, create, and collaborate on sustainable community responses.

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Ediane & Katie – North Devon Site Co-Leads



A map showing the areas where we **have engaged with young people**, had **discovery conversations** and **distributed flyers**. Some of the organisations we engaged with work across Devon and have multiple branches - in these cases, we have pinpointed the location of the headquarters on this map.



01. Speaking to young people

We've spoken to 178 young people currently living in North Devon or Torridge:

- All the engagements took place in person between June and October 2022 with young people ages 12-24
- We spoke with young people in parks, streets, schools, youth centres, libraries and their place of employment, within and outside cities across North Devon
- We spoke to female, male, non-binary and transgender young people. Included were neurodivergent young people, those identifying as LGBTQIA+ and young people from racial minorities.
- We distributed over 130 flyers in rural villages in North Devon



We asked young people three questions:

1. What it is like to live in North Devon as a young person?

1. Prompt: What are some of the things that you like about living here? If there are any.

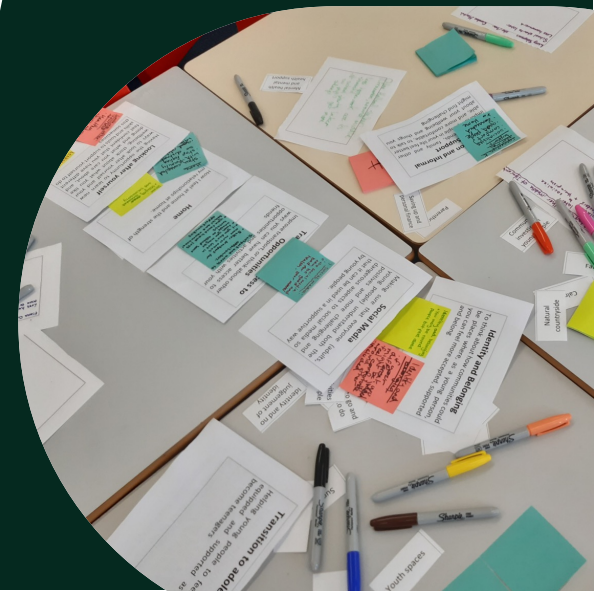
2. Prompt: What are some of the things that you don't like about living here? If there are any.

2. What matters to young people in North Devon?

1. Prompt: What matters for you right now, as a young person?

3. What wellbeing means to young people in North Devon?

1. Follow up: How does X impact your wellbeing?



Why these questions:

These questions allow us to live our following principles:

- We are value adding not extractive or burdensome*
- We prioritise causing no harm*

Kailo wants to identify and understand what doesn't work but also what is working in North Devon. We also want to look at the aspects that might influence mental health more broadly e.g., gender, ethnicity, socioeconomic status etc. Thus, at this stage, we have asked very broad questions to allow young people to share a wide range of views, perspectives, needs and good things about where they live, which are not limited to specific services and supports around mental health issues.

We have also asked broad questions because this is a complex and difficult subject, and we are keen to first build strong relationships and trust before having more challenging and in-depth conversations. At the same time, these questions allow us to better understand the context, whilst avoiding creating harm.

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What does
wellbeing
mean to
you?



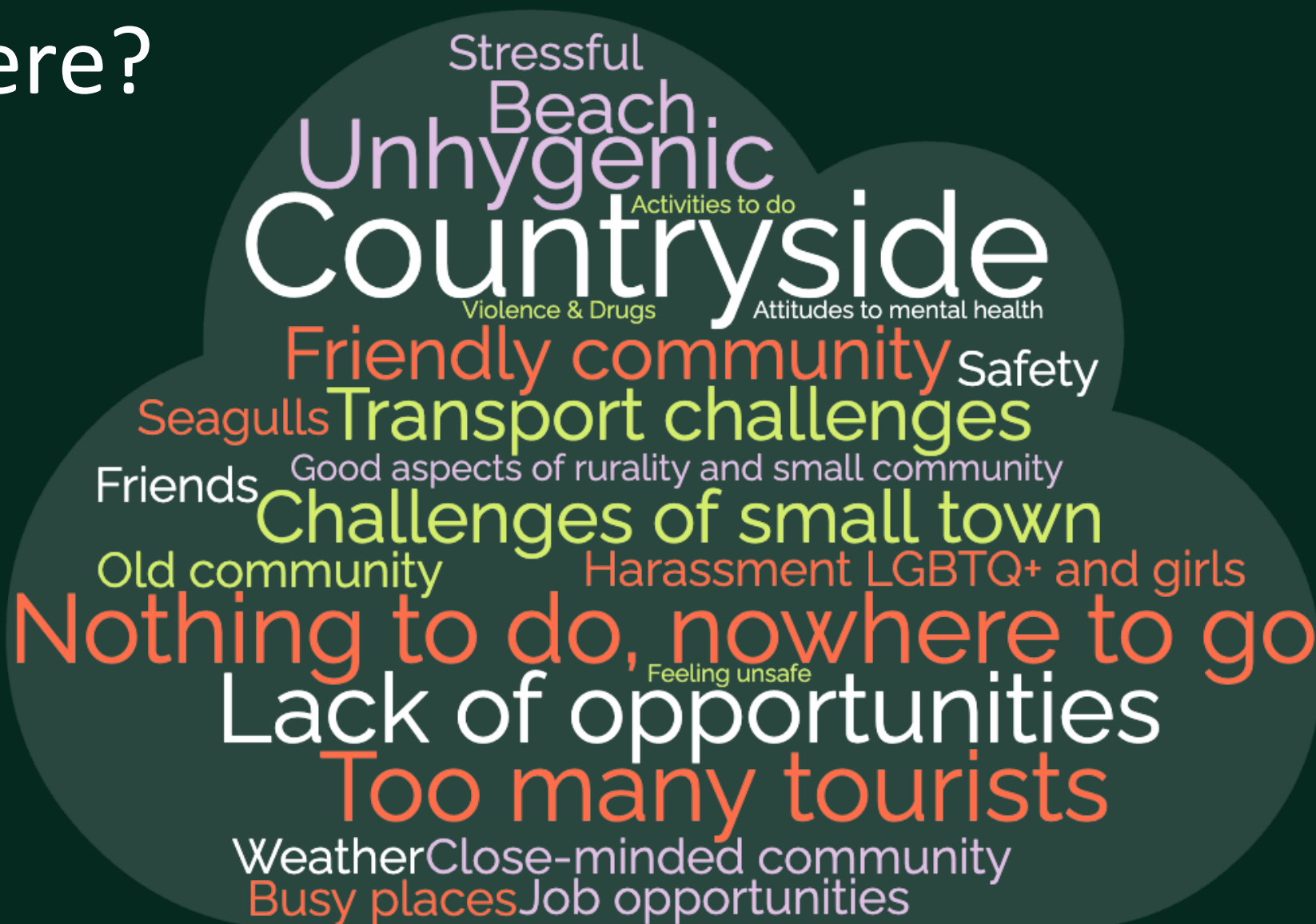
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What matters
to young
people?



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What is it like to
live here?



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02. Speaking to North Devon and Torridge Organisations

We spoke to 46 unique organisations, 10 of which we identified as working with directly with young people. These organisations were:

- **Public Service Leadership** – agencies, departments and organisations
- **Youth and Community Partners** – organisations, partnerships of people/catalysts
- **Existing and Related Initiatives** – related to young people’s mental health, or broader work addressing wider determinants of mental health.



In total we engaged with approximately **105 local actors** including systems leaders, practitioners and people working directly with young people.

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We asked organisations:

- Which young people's voices do they feel are unheard/undervalued?
- What resources can they share with us?
- What do they think matters to young people? What has the most influence on their lives?
- What has the biggest impact on the mental health of young people? Do they do any work with YP and communities around mental health?
- What resources exist that support young people's mental health and wellbeing? What support and infrastructure is missing?

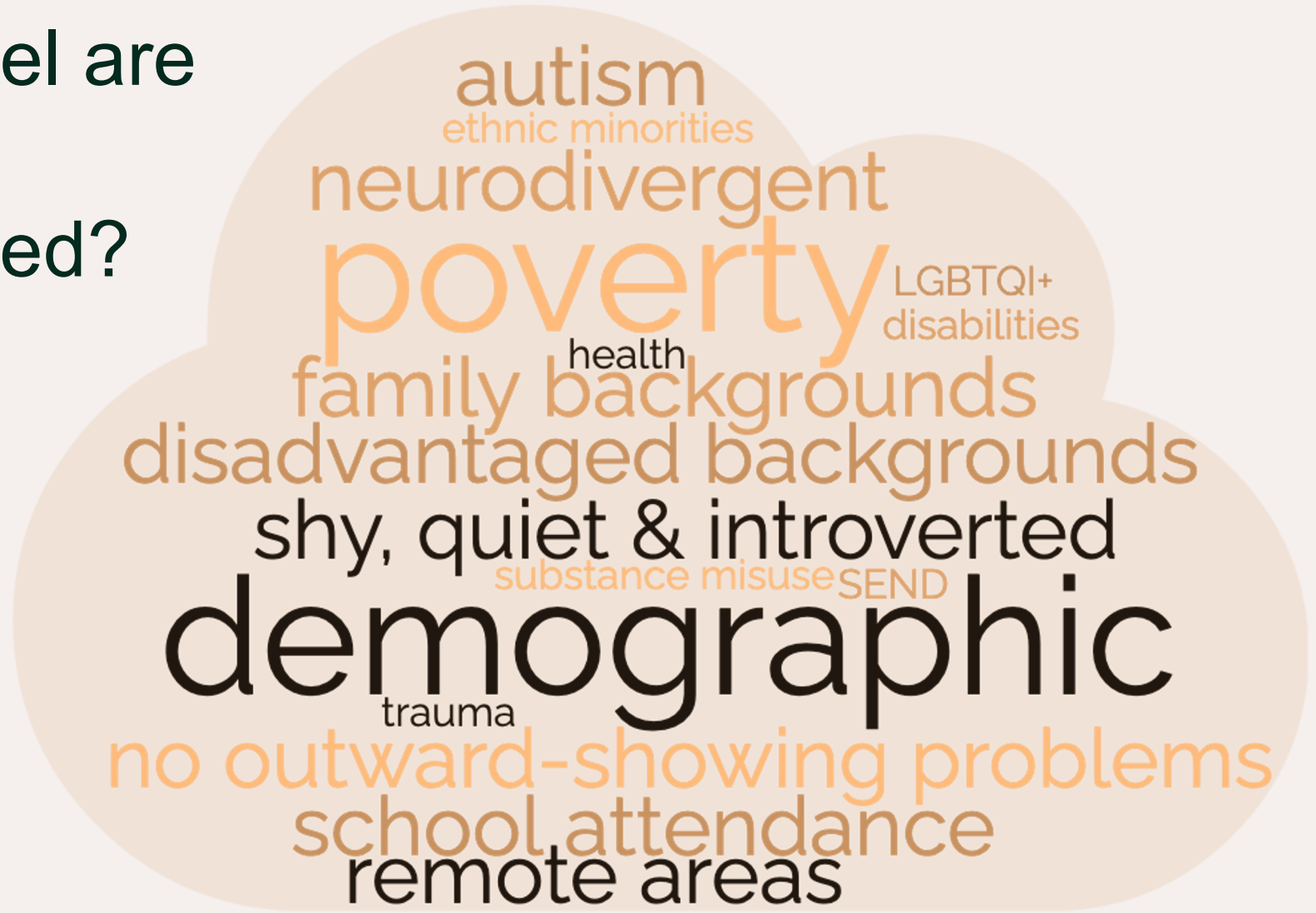
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What do they think is important for young people in North Devon?
What has the most influence on their lives?



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Which young people's voices do they feel are unheard/undervalued?



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What do they think has the biggest impact on young people's mental health?



What resources exist that support young people's mental health and wellbeing?



What support and infrastructure is missing?



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03 Opportunity Areas

We broadly define an Opportunity Area as a potential focus for subsequent local co-design activities that one might reasonably expect to contribute to improvements in young people's mental health.

These are all based on our conversations with young people and the wider local community.



Opportunity Areas

Key:

Broad Themes Identified

Opportunity Area

Connection to what young people's responses to "what does wellbeing mean to you?"

Key Wider Determinants

Related Opportunity Areas

Identity and Belonging

How might communities be places where young people can feel accepted, supported and belong?

**Identity and belonging,
Happiness
Safety**

Discrimination

School Inclusion

Mental health awareness and literacy

Looking after yourself

Creating the conditions for young people to build up a wide range of skills and tools to their wellbeing toolkit

**Looking after yourself
Physical and mental health**

Household In/stability

Mental health awareness and literacy

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Opportunity Areas

Connection and informal Support

Increasing mental health awareness and literacy to enhance key relationships in young people's lives

Connection and support
Identity and belonging

Household In/stability

School inclusion

Adverse life experiences

Mental health awareness and literacy

Transition to adulthood

Supporting young people to transition successfully into adulthood

Purpose and aspirations,
Social standing/finances

Youth long term unemployment

State of current affairs

Connected Systems of Support

Parents/Carers and Home Life

Improving the quality of family relationships

Family, Connection and Support

Household In/stability

Discrimination

Mental health awareness and literacy

Opportunity Areas

Services tailored for young people

Supporting communities to create opportunities and spaces informed by young people's voices and views

Happiness
Connection and Support
Purpose and Aspirations

Discrimination/Social Exclusion

Socioeconomic condition (Poverty and Deprivation)

Infrastructure

Transport infrastructure and access to opportunities

Improve infrastructure around transport to increase access to opportunities and recreational activities

Purpose and aspirations, Social standing/finances, Physical and mental health
Connection and Support

Infrastructure

Socioeconomic condition (Poverty and Deprivation)

Youth long term unemployment (TBExplored)

Lack of Diverse Opportunities/Prospects

Diversify opportunities available for young people to support them to develop their goals and aspirations

Purpose and aspirations

Youth long term unemployment

Socioeconomic condition (Poverty and Deprivation)

State of current affairs

Opportunity Areas

Social Media

**Social media and internet
use**

**Connection and support
Identity and belonging
Looking after yourself**

Social Media

Loneliness

Transition to adolescence

From tweens to teens

**Identity and belonging
Connection and support
Looking after yourself**

Household In/stability

School inclusion

Adverse life experiences

**Socioeconomic condition
(Poverty and Deprivation)**

Opportunity Areas

Rural strengths: the natural environment and rural community

Ensuring that young people have equal access to the benefits of the local areas in which they live

**Happiness
Physical and mental health
Looking after yourself**

Physical activity

Loneliness

Connecting Systems of Support

Connecting System Support

Only mentioned by professionals

Adverse life experiences

Connecting Systems

04 How might we... questions

After surfacing Opportunities Areas around issues and strengths identified through conversations with young people and the wider community, we wanted to frame them in a way that clearly defined a challenge and/or need. We have done this by creating '**How might we...?**' questions, which will help us to keep focused on the key issues as we move into the next stage of the project.



“How might we...?” questions:

How might communities be places where young people can feel accepted, supported and belong?

How might young people feel equipped and supported to transition into the teenage years?

How might we increase mental health awareness, literacy and strategies for young people and the wider community to build stronger informal support networks in young peoples' lives?

How might we inspire, support and connect young people to a diverse range of opportunities?

“How might we...?” questions:

How might we ensure that young people have equal access to the benefits of the local areas in which they live?

How might we support families, parents or carers to have meaningful and supportive relationships with young people in their home?

How might young people feel equipped and supported to transition into early adulthood?

How might we create a more consistent and connected approach across organisations in North Devon, to support young people?

Our partners



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