Reimagining youth mental health services using outcomes and impact A new approach to reviewing and improving Youth Focus services

> Jouth Focus Impact Model "My counsellor has been WEADRENT very helpful with SERVICE & LIVED EXPERIENCE developing my selfconfidence." Young people's

> > System

S. T. Ore

effective

out contribution of the second second

LEARNING

Wa's mental

81% agreed that "I understand my mental health better because of today's session"

SRIPER OFFICER OFFICER OFFICER "My counsellor has really helped me feel validated and comfortable about an upcoming family session."

mental health doesn't get in the way of being who they want to be

> Carers and families can better support Young people

47% of young people supported had a <u>significant reduction</u> in psychological distress

<u>Centring young people</u>

Why?

a reduced effect on

SILLES

young people

R T S T F R C F

challenges have

Mental health

- Accountability to young people, carers and communities
- Quality services to keep up with changing needs
- Best possible outcomes achieved effectively and efficiently

<u>Key ingredients in our outcome and</u> impact journey

- Flexibility we streamline outcome measurement into young people's care in a way that adds value and is never a barrier.
- Collaboration we develop our model and processes together with young people,

We asked young people what actually changes when they use our services.

Lived experience experts helped to design and facilitate consultation, helping us know what outcomes and impact are important.



carers and staff.

• Informed consent - we measure, analyse and report outcome data with the informed consent of young people.

• Meaningful data - we strive for authentic, high quality data that represents actual changes in young people's lives.

What now?

• Embedding outcome measurement into practice • Improving evaluation and reporting processes • Using learnings for service development and design

