

Supporting Young People's Mental Health The Good Youth Employment Symposium

A big thank you to our sponsors & partners



City&Guilds Group



Deuvaunn: Chair

This pandemic has highlighted the mental health issues faced by young people and the impact that has on their employment – it's imperative that we work with policy makers, practitioners, employers but most importantly with young people themselves to come up with solutions that work.

We cannot let young people, especially those with mental health issues fall through the cracks as has happened in the past.



Welcome



Thank you for joining us today, get comfy, reading for discussion

& follow along with your Symposium Brochure

Housekeeping Reminder

- To use the chat box for any questions or technical issues
- Questions we do not get to will be sent to panelists and full responses published in our event resources
- If you are struggling with bandwidth please turn your camera off
- We will be recording the session

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Agenda

12:00 - 12:10	Welcome & Introductions	Deuvaunn, Session Chair
12:10 - 12:20	Setting the scene	Martina
12:20 - 12:30	Youth Voice : Speaking from lived experience	Sophie & Laurence
12:30 - 12:40	Getting it done	Dan
12:40 - 12:50	An employer journey from McDonald's	Drue
12:50 - 13:15	Breakout Session	All
13:15 - 13:30	Summary and Close	Chair



Today's Panel

#GYESymposium

Supporting Young People's Mental Health

Session
Chair



Drue Hammond
McDonald's



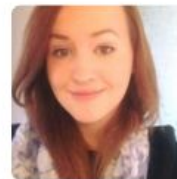
Martina Kane
Health Foundation



Dan Charlish
Snow-Camp



Laurence
Youth Employment UK
Youth Ambassador



Sophie
Youth Employment UK
Youth Ambassador



Deuvaunn Darroux

Martina Kane : Policy & Engagement Manager

Martina joined the Health Foundation in May 2017 as Policy and Engagement Manager.

Martina spent 10 years working in policy roles for patient organisations, most recently at Alzheimer's Society and before that at Rethink Mental Illness.

Martina is a trained psychodynamic counsellor and did her MA dissertation on counsellor's perspectives on talking therapies policy.



Youth Voice: Laurence

Throughout my voluntary and working career, I have been passionate about mental health. I know first hand, of the challenges my and the next generation of young people are facing as we now navigate an economic landscape that is changing faster than ever due to COVID-19.



Youth Voice: Sophie



I am a recent graduate and current MA student in Social Research.

I am very much interested in employment transitions for young people with mental health issues, being one myself, but also from a social research and policy perspective.

Dan Charlish: Founding Director

Snow-Camp Charity was founded by Dan Charlish in 2003. Working as a youth worker on an estate in Stockwell at the time, Dan overheard his group saying, whilst playing a snowboarding Xbox game, that this was the closest they were ever going to get to snowsports.

A snowboarder himself, Dan realised that snowsports could be the mechanism to bring about positive social change for his young people. The shift from inner-city estate to the mountain environment was so extreme, that in itself created a response in young people, widening their horizons and raising their aspirations.

In 2007, our work evolved from residential trips abroad into a UK based training programme taking place at the Snow Centre in Hemel Hempstead. Many years later and we're now working with youth projects and youth service providers nationally to target those most in need of our support.





Snow-Camp Youth Charity



Who are Snow-Camp?



SNOWSPORTS

- Launched in 2003.
- Running at indoor snow centres.
- Giving young people from inner-city areas new experiences combined with life-skills training.



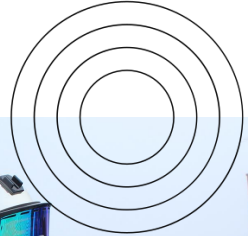
APPRENTICESHIPS AND EMPLOYMENT

- Peer to peer support.
- Qualifications and work placements
- Employment opportunities.
- Access to an industry not normally available to our young people.



MENTAL HEALTH

- Launched Uplift in 2017
- Increasing requests to Programme Managers
- 83% of our young people told us that they needed more mental health support
- Recruited in-house counsellor
- Group workshops and 1-1s offered to those on our snowsports programmes.



Snow-Camp and Covid

COVID PROVIDED US WITH AN OPPORTUNITY TO EXPAND OUR MENTAL HEALTH WORK AT A TIME WHEN IT WAS NEEDED THE MOST.

- Moved all our mental health work online.
- Recruited an additional counsellor
- Ran online workshops and Be Inspired Series
- Launched campaign Stop.Breathe.Think.
- Made films around anxiety, loneliness, anger etc
- Made a Drill track with rap artist Nito NB called Breathe
- New partnership developed with a counselling company.
- 1-1 counselling sessions now available to all young people, not just young people part of our snowsports programmes.
- Launched free text support service.
- Training our apprentices and volunteers in a Level 1 Introduction to Counselling. Staff on Level 2.



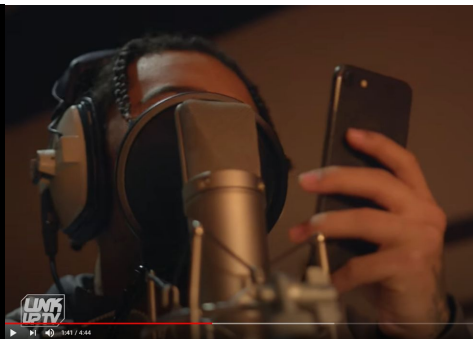
ANXIOUS? STRESSED?
STRUGGLING?
IT'S OK TO ASK
FOR HELP

**STOP.
BREATHE.
THINK.**

TEXT
**BREATHE
TO 85258** For free and
confidential
support.

WWW.STOPBREATHETHINK.CO.UK

SNOW CAMP
NATIONAL YOUTH CHARITY



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SNOW CAMP
NATIONAL YOUTH CHARITY

Why mental health support is important

LONG TERM EFFECTS OF COVID

- Young people have been hugely affected by Covid.
- Employment and future opportunities at risk.

FUTURE SUCCESS

- Supporting young people's mental health now gives them the best possible chance for a successful future.

OUR PLANS

- Youth worker/social worker and teacher referrals.
- Widen the reach of Stop.Breathe.Think services on social media.
- Move to face-to-face as well as virtual support over time.
- More young people trained, to become counsellors on our programmes.



THANK YOU

"Snow-Camp helps you bring out the best version of yourself, so that you can live a happy life. Mental health support like this should be available to all young people, as this kind of support can change so many lives. It can even save lives."

WILL, SNOW-CAMP YOUNG PERSON



Drue Hammond: Market Talent Lead



Drue joined the business as a part time crew member whilst at college and has worked her way up to her current position. During her career at McDonald's she has worked across many areas of the business in a number of differing roles including Operations, Franchising and various roles across the People Team. These roles have all involved managing teams who support both Company and Franchised restaurants, partnering them to provide expertise and supporting them in implementing business strategies. In her current role she is responsible for the company talent strategy and all recruitment including entry level restaurant roles, early careers programmes and apprenticeships, management recruitment as well as recruitment for all corporate roles up to Exec level. She is also involved in managing HR processes and is part of the People Leadership Team.

Drue is passionate about providing opportunities for young people and supporting them in accessing employability skills and is an Enterprise Advisor in two schools in Shropshire. She is also a supporter of mental health awareness and has trained as a Mental Health First Aider.

Outside of work Drue lives in Shropshire and has two children aged 20 and 15.

Drue Hammond

McDonald's Restaurants



About McDonald's UK & Ireland



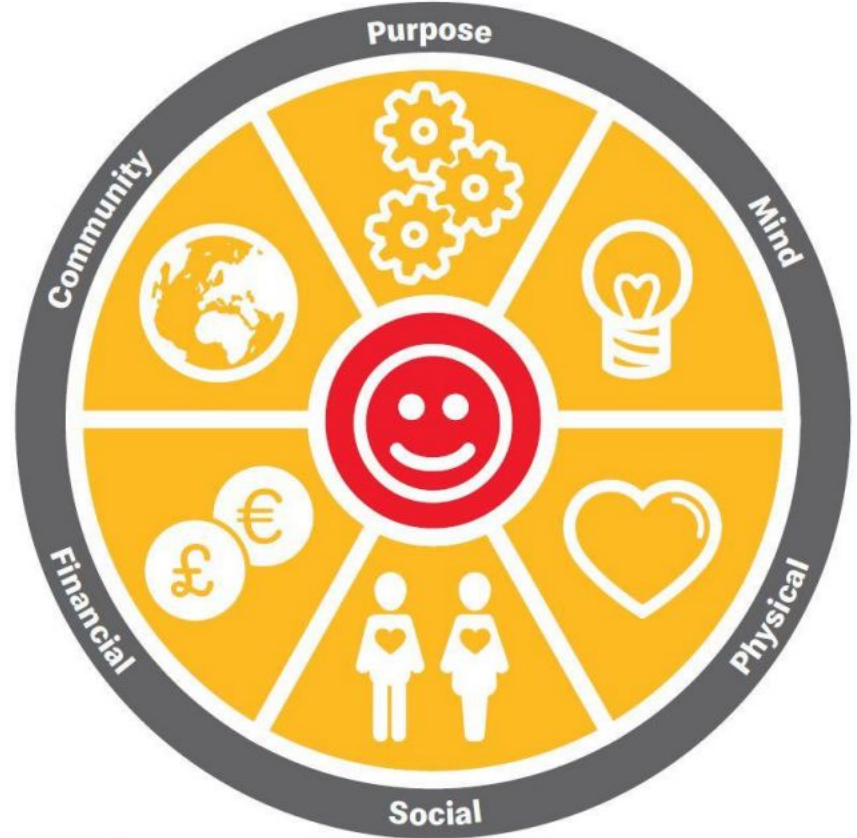
- Today we employ 125,000 people across the UK&I

- One of the largest employers of young people, with 67% of our staff aged 16-25

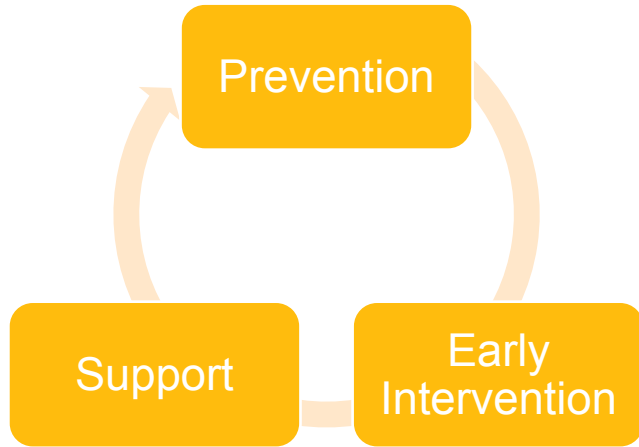
- Over 1300 restaurants across UK&I

Each year we invest £43 million in training to develop our people

Supporting Employee Wellbeing

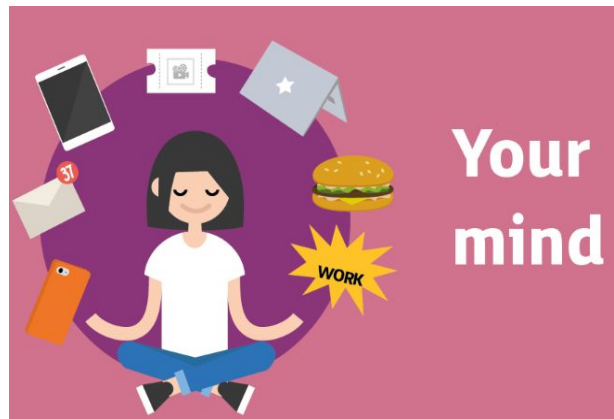


Supporting Mental Health



OURLOUNGE.CO.UK

Sleepio



Your
mind

YOUR MIND

Coping with lockdown

Tips for dealing with the temporary new normal



Current Course Categories



CHANGE AND CRISIS

Course Examples

Crisis Management
Everyday Change Management
Identifying Your Daily Priorities



PERSONAL WELL-BEING

Course Examples

Dealing with Stress
Positive Mental Health Awareness
The Happy Secret to Better Work



WORKING REMOTELY

Course Examples

Communicating with a Remote Team
Online Meeting Etiquette
Working from Home Strategies

Top Tips to help you stay connected

1. Get creative with social media in a positive way, sharing via video and voice apps
2. Check in informally and Increase your number of informal check ins
3. Have a daily 'how are you' 15 minute call with your team
4. Pick up the phone & be Camera ready
5. Use phone calls over emails or messaging
6. Encourage collaboration by sharing documents online
7. Get feedback from others by inviting them to view a document you are working on
8. What about organising virtual tea breaks or a virtual lunch?
9. Set up some fun time with your team, books clubs or Netflix clubs are easy to set up
10. Have fun with cooking with virtual lessons

Managers are often the first port of call for someone needing help and are in a position to spot warning signs, poor mental health or a change in someone's behaviour.

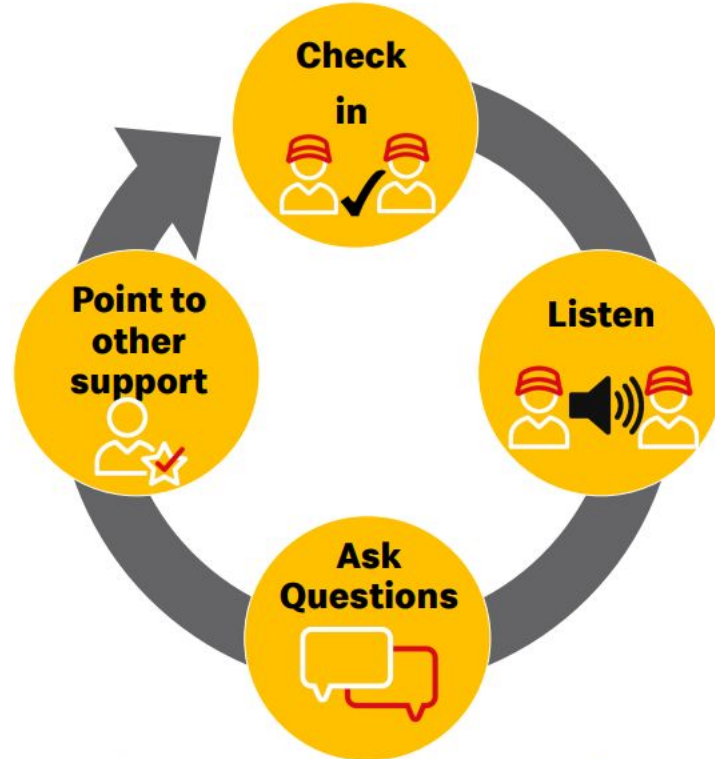


49% of employees surveyed felt comfortable talking to their line manager about their mental health

4 simple steps to supporting your people's mental wellbeing



MHFA England



YOUR SUPPORT

Employee Assistance Programme available for everyone



We're proud to be collaborating with **UNUM** to offer information, guidance and support on mental health in the workplace.

UNUM have a suite of other learning resources in the form of e-books and online modules, designed to improve awareness and understanding of mental health issues.

We would like to share with you the recordings for the following sessions that UNUM have delivered for us :

Helping you nurture your resilience (1hour 15min) - [Play recording](#)
Password: 9722AcSN

Mindfulness - Podcast

Further resources you can access by clicking on the links below:

- [e-Book](#)
- [Modules](#)



PROFESSIONAL RESOURCES

Employee Assistance Programme (EAP)

The service is designed to help our people in all areas of their life whether that's over the phone, online and via face to face support if needed.



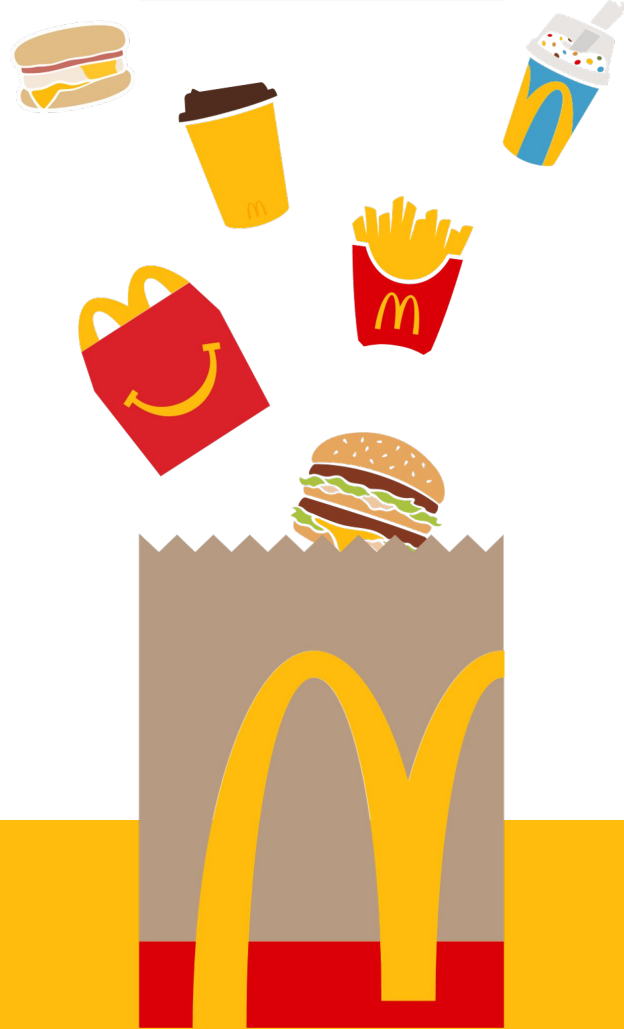
Call: Any time. Whatever the reason.
0800 072 7 072 (UK)
1800 626 037 (ROI)
www.asabesupported.co.uk
Username: mationalds Password: supported

Samaritans offer emotional support 24 hours a day. - in full confidence. Your people can call **116 123**

MIND is a leading **mental health** charity in England and Wales and their info line can provide information on a range of mental health **topics 030 01233 393** or www.mind.org.uk/



It's OK to not be OK ...



Breakout Session

You will shortly be guided to your breakout session.

These breakout sessions are an opportunity to discuss and share best practice, ideas for development & whether or not you are able to pledge taking action on today's topic.

Your breakout will be facilitated by a Youth Employment UK Team Member & once complete we will return to the main session for a summary and close from the Chair



Summary & Wash Up

Key Highlights from Breakout Rooms

Final Reflections



Close

Thank you for joining us

Join our remaining sessions, including the Awards & Impact Event on Friday where we get to celebrate the best youth friendly employers of 2020 and most outstanding Ambassador contributions.

More details and booking information can be found on the Youth Employment UK website

Follow the Symposium - #GYESymposium



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