

# Healthy Minds Seminar Highland 100 Pledges



99. Get the message out to young people to let them know that they matter and we're here to listen and make a difference.



100. Continue to listen to young people - especially those without a voice.

1. To work with young people to create a suitable Healthy Minds Framework and to work with our community to ensure an action plan is in place
2. Work closely to contribute to overall improvement in the local area as part of the community for the young people
3. Working closely with schoolsto promote positive mental wellbeing as a whole school approach
4. Look into how I can draw out the views of the young people I work with to make sure they are heard
5. Look into encouraging young people who are voiceless to gain a voice and how these voices can be presented at the next seminar considering the constraints of the digital platform
6. Continue to communicate with and involve all professional parties and continue to promote and safeguard the

- rights of the young people I come into contact with
7. Actually make the young people [feel] they are really listened to
8. Be aware of the good work and time young people put into educating the adults
9. I'd like to help fight for respite for young carers and help spread awareness
10. Promoting and safeguarding the rights of children and young people
11. Think about how we can be more inclusive
12. Create environments where children and young people can share their views safely and effectively
13. Continue to listen to the voices of our young people and act on their view
14. Equalities and diversity-survey school community

15. Catch up with PSE review process and link into ideas to take forward RSHP curriculum delivery - include awareness and circulation of a new national resource around affirmative consent
16. Pay closer attention to identify my own triggers of negative stress
17. Find out more about what is going on across Highland in terms of mental health and young people and look at what I can offer
18. We plan to bring together a group to specifically consider a local response to the seminar and to take forward actions that arise from this discussion
19. Create an opportunity for young carers to meet with Phoenix CAMHS team to feedback experiences of being a young carer
20. Summarise understanding of COVID-19 on infants, children and young people to inform ongoing recovery support/planning
21. Liaise with Mental Health Delivery Group(MHDG) and Inspire Highland with a view to them contributing to the action plan
22. Ensure consistent links are maintained between Mental Health Delivery Group and the broader Highland CYP Forum & Third Sector
23. Pulling together the information from the day into a plan of action to support young people, and share that plan with Integrated Children's Services Board, Community Planning and others as appropriate seeking response for the young people
24. I will reflect on how my own practice aligns with the UNCRC & The Promise, and challenge areas for improvement
25. I will make consistent, authentic, and creative attempts to hear the voice of young people
26. We have plans to add to the services we already have in place which support any young person who is struggling with their mental health
27. Identify and support those who may otherwise slip through the net
28. Meeting with NHS Highland mental health teams to look at support for our young carers
29. Continue to work with Highland Council to develop a route to self-directed support for young carers
30. To continue to track all of the achievements of young people in our area
31. To get the voices of young people who do not usually engage
32. Continue with ongoing collaboration with partners for the benefit of young people in Highland
33. Share findings of the Mental Health Delivery Group's survey of young people with partners
34. Greater awareness and training for both education and CAMHS staff
35. Need more educational psychologists
36. Quicker response – crisis support is needed 24/7
37. Gather and share good practice
38. Pay attention to young carers
39. Have a Champion in each area/school
40. Push even more awareness [of young carers] at school level and Education Committee level
41. Interested in exploring what is meant by trauma informed and responsive practice through a rights based approach to help my understanding and support your [young carers] work
42. Have Young Carers on the agenda of team meetings
43. Work with young carer to make a long term plan that they are at the centre of
44. Train adults in rights and regulations
45. Deliver SHANARRI through modelling it
46. Build on LGBTQ issues
47. Link with national groups
48. Adults need to listen - really listen
49. Challenge our perceptions to deliver participation and inclusion
50. Listen
51. I will listen to more young people
52. Active listening
53. Advocate
54. Advocate meaningfully
55. Talk to decision makers
56. Collaboration
57. Empowerment
58. Always be on their side
59. Speak up
60. Promote UNCRC
61. Challenge our own assumptions
62. Be brave and bold

63. Share YPs stories widely
64. Include community
65. Promote the Promise
66. Educate myself
67. Show care through action
68. Create opportunities
69. Multi-agency working
70. Being real
71. Take action
72. Encourage
73. Be creative
74. Face the challenge
75. Make unpopular decisions
76. Build confidence of staff
77. Safety, trust, choice
78. Consult more
79. Give choices
80. Be honest
81. Lead by example
82. Believe
83. Don't give up
84. With young people
85. Phoenix/CAMHS chat
86. Be committed
87. Be genuine not tokenistic
88. Continued collaboration on a shared vision
89. Keep momentum of open conversations to improve mental health in young people
90. Young people see they are involved in bringing about change, young people with learning disabilities have the opportunity to participate

91. The funding process will improve
92. I would like the opportunity for young people to help create their "local" community for the future
93. I like the idea of accountability that seems to be coming through today – having professionals pledge/signup/promise to listen
94. I am really hopeful that young people who are usually not included or heard are recognised as having important experiences and knowledge which can influence positive change in Highland
95. I am hoping for equity of opportunity for all children and young people, especially those who experience disadvantage
96. Hope to get a real feel for how we can tailor the services we are currently developing for young people
97. I am keen to also include young people with disabilities too
98. Targeted services for minority groups where we have evidence of need
99. **Hopefully get the message out to young people to let them know that they matter and we're here to listen and make a difference**
100. **I'm hoping for a continuation of listening to young people – especially those without a voice.**