Healthy Minds Digital Seminar

A Shared Vision for a Healthier Happier Highland

Wednesday 28th April – 10.00 to 13.00

Purpose:

The mental health of children and young people has never been more in focus. The impact of the pandemic has exacerbated the already growing issue of mental ill-health being experienced by children and young people in communities across Highland. The pandemic has perhaps thrown light on how essential listening to and engaging with children and young people, as the experts in their lived experience, is to developing policy and planning services.

The purpose of this forum is to bring together the vision and lived experience of young people, from a variety of backgrounds, with the expertise of policy makers, professionals and service providers to collaboratively map a vision of a Highland where children and young people are best enabled to grow and develop healthy minds. This is the start of a shared journey towards better mental health in Highland.

This seminar presents a real opportunity for Highland to realise the UNCRC child's right to a voice and place children and young people's voices at the heart of one of the most pressing issues of our time. Join us in that journey.

Who should come?

Young people with different lived experience

- Professional expertise in health, education, social care, community development or advocacy

- Policy development

- Guidance and training development

- Legal and procedural factors

- Service Management

- Service delivery

Agenda:

10.00 Welcome and introduction

- Donna Manson - Welcome
- Bruce Adamson SCCYP - Keynote UNCRC
- Gillian Newman –Setting the scene

10.30 Screen/comfort break

10.45 Workshops:

- Inspire Highland
- Young Carers
- Caithness Pathfinder Project and Equalities group
- Youth Highland report: "Where's Your Head At" young people's report
- Voices from Lockdown: Letters from Lockdown and HLH

12.15 Screen/comfort break

12.30 Plenary Session

- Workshops feedback
- Sally Amor – Summary
- Tina Stones, Thanks and next steps

[Click here to book a space](#)