

Adopting a multi-agency, public health approach to improve the mental wellbeing of young men

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Rise

Why Rise?

The King's Fund define a public health approach as:

An approach aimed at improving the health of an entire population. It is about improving the physical and mental health outcomes and wellbeing of people within and across a defined local, regional or national population, while reducing health inequalities.

The Approach

- Role initially funded by PCC, Violence Reduction Unit as part of their public health approach to tackle crime
- Supporting young males aged 16-30 years old who identify as needing support
- The project has adopted a place based, multi-agency approach to tackling inequalities coordinated by Rise



Berwick Link Worker

Inputs

Funding:

Northumbria VRU
RISE

Partners:

- RISE
- Berwick Community Trust
- Northumberland Communities Together
- Housing
- Choices for Growth
- CNTW
- Primary Mental Health (Well Close Medical)
- DWP Jobcentre
- Berwick Academy
- Pastoral staff
- Citizens Advice Bureau (debt advice)

Staffing:

- RISE Link Worker (1FTE)
- All other partners provide 'in kind' support

Beneficiaries

- Participants*
- Families
- Community

Activities

Administration Referrals

- Project partners
- Schools
- Self-referral

Sharing good practice to stimulate system change

- Listening
- Contact with emergency services (where necessary)
- Individual needs assessment, incl. asset mapping, help with form filling (e.g., DWP, Housing, accessing benefits and other funding)
- One-to-one mental health support
- Mapping, signposting and introductions to non-statutory and statutory support services (e.g., EHCP, Housing, food bank, disability support, adult support service)
- Information sharing with professionals
- Building positive relationships with families/ children
- Facilitate effective multi-agency working

Outputs

No. of participants:

- with an action plan
- reporting increased resilience, feelings of safety and ability to cope
- reporting improved confidence to make positive choices in the lives
- demonstrating improved engagement in employment and career progression opportunities
- demonstrating reduced risk to violence and ASB
- reporting improvements in hopes and dreams
- engaged in physical activity

No. of community activities and services adapting / improving their local offer for the benefit of young people
[Taken from Home Office 3a data return]

Outcomes

Participants demonstrate:

- Engagement with wider support services/ networks leading to less reliance on statutory services:
- Improved physical and mental health/ well-being
- Improved presentation of self
- Confidence and positive attitudes
- Improved family relationships, incl. with children
- Engagement with education, training or employment

Families:

- Improved relationships
- Improved health

Community:

- Increase in pro-social behaviours
- Healthier communities

Impact

Home Office VRU performance criteria:

- Reduce knife enabled serious violence
- Reduce hospital admissions for knife related serious violence
- Reduce homicides

Northumbria OPCC and Northumbria Police: Police & Crime Plan 2021/25 Fighting Crime

- Anti-social behaviour
- Reducing crime

Preventing crime

- Preventing violent crime
- Neighbourhood policing

Improving lives

- Support for victims
- Tackling DA and sexual violence

Project Impact

- Reduced number of young males claiming benefits
- Reduced pressure on support services (e.g., jobs, Mental Health, social services)
- Reduced suicide attempts

***Participant profile:** Men and boys aged 16- to 30-years; not accessing (non-statutory and statutory) support services and experiencing isolation and/ or poor mental health.

Version 1.0 [22 April 2022]

Demographics

- Supported **72** young men
- **43%** service users constantly consider suicide
- **63%** have a diagnosed mental health disorders
- **81%** have substance abuse issues
- **39%** have been unemployed or not in education/training
- Other complex needs have included: significant debt, disabilities, learning difficulties, eating disorders, and housing issues.

Achievements to date

- **92%** of the young men engaged developed an action plan
- **87%** reported improved mental and emotional wellbeing
- **30%** demonstrated reduced risk of violence and ASB
- **16%** moved into employment, education or training
- **52%** more physically active

Deacon's Story



Why Does it Work?

- Key Worker is from Berwick
- Based within the community
- No advertised links to the VRU or statutory services
- No referral criteria
- No imposed time constraints

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