



Oxford Health
NHS Foundation Trust



Oxfordshire Youth Board

— Tvisha Lakshmeesh & Charlotte
Oliver —

Who are the youth board?



As young members of the Oxfordshire community, our wellbeing is important! We signed up for the Oxfordshire Youth Board in order to voice our ideas and experiences, and to, additionally, express the views and suggestions of other, younger citizens of Oxfordshire.

- **How were you selected?**

- We are all deeply passionate about the issues we are helping to resolve - this probably came across in our applications!
- Received an email which had a flyer and the sign up form, we had to fill in an application form and share why we wanted to be a member of the youth board

- **Why did you sign up for the opportunity?**

- In order to experience a professional environment in the mental health sector
- In order to find a platform where our voices can actually be heard
- In order to facilitate change within existing mental health networks

Why does the Youth Board exist?

- Young people have a unique experience of mental health and support networks so it's important to have their input
 - Facilitates change
 - Many mental health networks are aimed at young people
 - Creation of a community
- Without our input, networks wouldn't be so well adapted to supporting young people
- Diverse viewpoints are very important in allowing mental health services to cater for everyone
- We are making decisions on behalf of our local community
 - They directly affect us

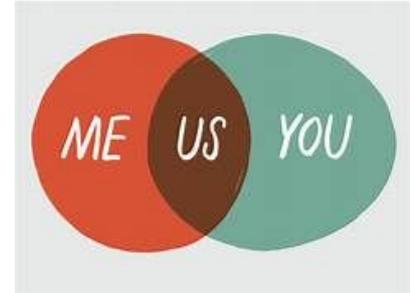
What has the Youth Board done/achieved?

- We have created a safe space for young mental health advocates to share their individual experiences and thoughts
- We have help set up events by offering ideas and suggestions
 - We have put forward ideas to help solve this problem through education
 - Targeting carers and teachers (with regards to their responses to young people's mental health)
 - Helping redesign the ALDLT logo, suggesting alternatives to the 'puzzle piece' logo and picking a new one
 - Cross-generational communication which has helped to bring about change in an inclusive environment
- Starting to have important conversations about mental health which have informed discourse around this issue

What would you change or improve about the youth board if given the opportunity?



- More regular meetings
- More action-based
- In-person?
- Volunteers each month to go to oxford health meetings and directly talk and interact



What areas of Oxford Health think should be brought to the Governors attention?

- CAMHS funding
- Improving the reputation of CAMHS - using social media more effectively. Using different language, more appealing to young people.
- More presence in schools - more approachable, talk to them more easily. Build relationships with the workers and feel more comfortable.
(more workers so less waiting time, more patient beds (people can go nearer to home), CAMHS workers go around schools)



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Thank You & Any questions?