***ADDITIONAL INFORMATION ABOUT ART12***

Article 12 Youth Forum meets monthly, young people volunteer their time to contribute to the development of Buckinghamshire CAMHS and on average 8 -10 young people attend. The group is passionate about raising awareness of mental health across schools and colleges. Article 12 provides a number of benefits to the individual including:

* Meeting new people, increasing self-esteem and confidence
* Sense of purpose from helping others
* Sense of achievement from taking part
* Getting experience to add to CV’s or job/college application forms

***Below are also some of their achievements from 2020 – 2021:***

1. Finalising A12 leaflet and poster and looking at ways to increase membership
2. Launching a newsletter in order to keep everyone in CAMHS informed of the recent work as well as making sure it is uploaded on CAMHS website each month
3. Doing a spruce-up of both gardens ( SNC and HH) together with Chiltern Rangers ( another one due in June 2021)
4. Helping pathways update their care plans and making them look more YP friendly
5. Working on a National Barnardo’s report – researching how children and young peoples’ MH and wellbeing have been affected as a result of COVID19 and lockdown
6. The opportunity to join WWY as guest speakers and talk to parents about wellbeing tips and their own experiences
7. Working on new posters and images for the waiting area – to be more representative of BUCKS population and inclusive of BAME
8. Working on material for “Emotional wellbeing tips” display board for the waiting area
9. Working on item ideas for sensory boxes in each waiting area
10. Helping Barnardo’s team with job title choices
11. Putting together a list of 'helpful tips’ to make the move from Harlow House to the new office smooth for patients and parents/carers
12. Soon to start reviewing CAMHS website
13. Working with the council about funding to support families over the holidays, as well as LEAP offering to support young people on the waiting list with physical activity
14. Working with a Clinical Psychologist on the ED pathway on social media use in young people
15. Giving quotes to Hear By Right on their work with Article 12
16. Had the opportunity to support OH with the general risk assessment training which is currently rolled out to all CAMHS clinicians in Oxon, Bucks & SWB. They wanted to include a video from a YP considering their experiences of having their risk assessed or completing this collaboratively with a clinician.

***OTHER ACHIEVEMENTS (BEFORE COVID)***

* Producing a new website for CAMHS – the group helped to design and create content for a new website which features videos, apps, self-help guidance and information on different mental health conditions.
* Producing a letter for GP’s to give to young people to put minds at ease about what CAMHS is and how it can help.
* Helping set up a specific Eating Disorder forum to give feedback and ideas to the CAMHS ED pathway by drawing on our personal experiences.
* Improving the transitions to Adult Mental Health Services by helping produce a leaflet on the process.
* Helping to develop a number of new resources which staff can utilise to improve the information they are able to give to their young people and families as additional support.
* Delivering workshops at the annual Bucks CC’s Emotional Wellbeing Conference e.g. sharing with schools the importance of early intervention and Emotional Well Being (EWB) support for students in both primary and secondary schools which has led to the development of EWB standards.
* Presenting at a Mental Health Seminar and then a Round table event in Parliament to share their recommendations on what the Government needed to do to improve CYP’s emotional wellbeing.
* Presenting at GP Conferences
* Developing outside therapeutic spaces
* Re designing the Harlow House Waiting area

**What it means to young people to be involved in Participation?**

“It means the world to me, to share my personal experiences to benefit others. I think it is really important that CAMHS services start to involve young people in decisions that affect them. This is because WE are the people who are impacted the most.

It can be very isolating suffering from a mental illness, so hearing from someone who has experienced recovery was really inspiring for me.

I know I have loved getting my voice heard by my CAMHS service. It makes me feel valued and hopeful for the future”.