

# MH:2K Final Evaluation Report

## FINAL

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## Executive summary

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### Introduction

This is the final evaluation report of the MH:2K pilot project, which took place in Oldham between September 2016 and June 2017. MH:2K Oldham offered a new model for engaging young people directly in the issues and solutions surrounding mental health in their local area. A short update to this will then be provided in October 2017 following a survey with key stakeholders focused on MH:2K Oldham's ongoing impact.

The MH:2K model involves the following elements:

- Recruitment of a core group of 'Citizen Researchers' aged 14-25.
- Recruitment of an Expert Panel comprised of key researchers and local decision makers.
- A series of Design Days, in which the Citizen Researchers design Roadshow events to engage a wider group of local young people on key mental health issues, including deciding the topics on which the events will focus.
- A Results Day, at which the Citizen Researchers decide findings and co-create the recommendations with Expert Panel members.
- A Big Showcase event, at which Citizen Researchers present the project outputs to a wider group of local and regional stakeholders.

The MH:2K pilot evaluation process involved an embedded evaluator working closely with the delivery team, reflecting back any emerging learning as the process progressed as well as producing this final report.

The evaluation has three aims:

1. Gauge the extent to which the project has met its aims.
2. Draw conclusions about the project's quality, impacts, and value for money.
3. Capture learning to feed into future similar projects.

A range of qualitative and quantitative evidence sources were used to write this report, including observations of meetings and events, review of project communications and documentation, questionnaires or feedback cards, and telephone interviews.

### Findings against evaluation aims

#### 1.1. Stimulating interest, debate and informal learning

The MH:2K process has clearly stimulated debate and informal learning among young people about mental health and its social and cultural impacts. The level of enjoyment among Citizen Researchers has been very high throughout the project and their levels of self-reported knowledge about mental health significantly increased during the project. Roadshow participants also tended to report significant learning.

#### 1.2. Creating dialogue and exchange

The group of Citizen Researchers gelled well, contributing to an open and relaxed atmosphere, which enabled good discussions and free debate, aided by the relaxed style of facilitation. The level of interaction between Expert Panel members and Citizen Researchers worked well, particularly with respect to the Results Day, with both groups expressing positivity about the ability to work together.

#### 1.3. Filling knowledge gaps

Participants reported learning new things about young people's mental health as a result of taking part in MH:2K, with some Citizen Researchers in particular identifying ways in which taking part had changed their outlook or aspirations. Expert Panel members and Big Showcase attendees responded very positively to the insights provided by project outputs, with the fact that these had come from young people themselves being a key part of this positive response. Please also see 2.2. below.

## 1.4. Reaching new and diverse audiences

The Citizen Researchers and Roadshow participants represented diverse groups of young people, many of whom had no previous experience with engaging in this type of forum. Many Citizen Researchers have spoken with others about the project and received a positive response. Expert Panel members and Big Showcase attendees have identified other people or organisations they have already spoken to or plan to speak to about the MH:2K project and outputs.

## 1.5. Encouraging collaboration

The potential for increased interactions, collaborations and partnerships stemming from MH:2K is clear. Charing of the Emotional Wellbeing and Mental Health Partnership in Oldham by a member of the Expert Panel should be a strong driver not only for increased collaboration, but for partnership working that carries forward the 'project memory' of MH:2K and its outputs. Expert Panel members all report creating new, or strengthening existing, connections due to their participation in the project.

### 2.1. Quality

The picture given by the overall evaluation input on the project model and delivery is one of extreme positivity from all involved, with a small number of areas where possible tweaks to the process might aid delivery in future. Overall, this was a very strongly delivered project receiving extremely positive feedback from all those involved.

### 2.2. Impacts

Stakeholders have identified multiple potential impacts on research, decision-making and engagement practice. There is strong potential for long term positive impacts from MH:2K, and thus there is also the potential for significant improvements in health outcomes to occur if the level of current commitment and excitement created around project outcomes carries forward into action.

There is high level of expectation from Citizen Researchers and Expert Panel members that change will happen as a result of MH:2K. Initial signs are very positive including:

- The creation of a Task and Finish group – ultimately reporting to Oldham's Health and Wellbeing Board and including many MH:2K Expert Panel members. There are plans to offer Citizen Researchers to chance to form a reference group for this work;
- Ongoing conversations happening in forums outside of MH:2K, such as the Oldham Mental Health Strategic Partnership, Inside Government's Improving Mental Health Services for Children and Young People forum, and the Care Quality Commission Children and Young People's Mental Health Advisory Group.
- The range of ideas and the strength of commitment to acting on the MH:2K recommendations (at least verbally) from many involved.

### 2.3. Value for money

The MH:2K process has met practical criteria for value for money in terms of quality of delivery and reach. The potential for long term positive impacts from MH:2K is significant, and therefore the potential for it to be very good value for money from an outcomes perspective is also significant. The current level of interest and impetus emerging from the Big Showcase suggests that there is a strong level of willingness to carry forward impacts in some form, although in some cases this is likely to be dependent on context and resourcing.

## 3. Capturing learning to feed into future projects

This report and the final project report are the two main physical vehicles for capturing and disseminating learning from the MH:2K pilot project. The amount of learning and knowledge held by the various participants – particularly the Citizen Researchers and Expert Panel members – is an equally important part of carrying forward the project memory and maintaining the impetus for tangible impacts to occur.

## Introduction and evaluation process

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### This report

This is the final evaluation report of the MH:2K pilot project, which took place in Oldham between September 2016 and June 2017. A short update to this will then be provided in October 2017 following a survey with key stakeholders focused on MH:2K Oldham's ongoing impact.

### MH:2K

**Aims.** MH:2K Oldham offered a new model for engaging young people directly in the issues and solutions surrounding mental health in their local area. It had five aims:

1. Stimulate interest, debate and informal learning amongst young people about biomedical science on mental health and its social and cultural impacts.
2. Create dialogue and exchange on the areas above between young people, decision-makers and researchers.
3. Fill gaps in young people's, decision-makers' and researchers' understanding of young people's mental health - including encouraging new ways of thinking.
4. Reach new and diverse audiences, who are not currently engaged with biomedical science on mental health.
5. Encourage collaborative local partnerships on young people's mental health by bringing together diverse stakeholders.

**The MH:2K model.** The MH:2K model works by recruiting a core group of 'Citizen Researchers' from its target audience of 14-25 year olds to shape and lead the project. These young people use their own experiences as a starting point to explore and debate mental health drivers and impacts.

With support through a series of Design Days, the young people work together to identify the mental health issues they think are most important for young people in their local area, and design a number of Roadshow events to engage a wider group of young people locally. They then analyse the results from the Roadshow, before agreeing the project's key findings and recommendations at a Results Day, co-creating the recommendations with key researchers and local decision-makers. The young people then present these project outputs to a wider group of local and regional stakeholders at a Big Showcase event.

An Expert Panel comprised of key researchers and local decision makers is on hand to provide guidance on existing experience and literature, and to help ensure the outputs of the process are realistic and relevant in a local context.

See the MH:2K project report for a fuller description of the process.

**Choice of pilot location.** Youth mental health is an identified priority for the Director of Public Health, Clinical Commissioning Group (CCG), and Youth Council in Oldham. Key issues in the borough include higher than average overall prevalence of mental health issues, increasing hospital admissions for self-harm, and concerns about mental wellbeing amongst the borough's sizeable young Asian population.

### Evaluating MH:2K

**Process.** The MH:2K pilot evaluation process involved an embedded evaluator – one who worked closely with the delivery team, but retained some distance from the overall process design and delivery in order to maintain an independent view. The evaluator kept in contact with the project

team at key points to reflect back any emerging learning – e.g. messages from the various evaluation forms distributed to participants throughout the process.

**Aims.** The evaluation has three aims:

4. Gauge the extent to which the project has met its aims.
5. Draw conclusions about the project's quality, impacts, and value for money.
6. Capture learning to feed into future similar projects.

The remaining three chapters of this report reflect these aims.

**Evidence sources.** The following sources of evidence have been used to write this report:

- Observations of meetings (including one Design Day, one Expert Panel meeting, the Results Day and the Big Showcase).
- Review of project communications.
- Outputs from project meetings, including:
  - Project management meetings.
  - Expert Panel meetings.
  - The Big Showcase (feedback from attendees about the project findings and recommendations, and potential impacts).
- Questionnaires or feedback cards from:
  - The three Design Days (Citizen Researchers).
  - The Roadshow events (Roadshow participants).
  - The Results Day (Citizen Researchers and Expert Panel members in attendance).
- Telephone interviews – once towards the beginning of the project (baseline interviews) and once towards the end (endline interviews). Interviewees included:
  - Citizen Researchers (3 baseline and endline)
  - Project team members (2 baseline, 3 endline)
  - Funders (3 baseline and endline)
  - Other Expert Panel members (3 baseline and endline)
- Final online surveys (Citizen Researchers, Expert Panel members, Big Showcase attendees).

# 1. Meeting project aims

## 1.1. Stimulating interest, debate and informal learning

**Project Aim:** Stimulate interest, debate and informal learning amongst young people about biomedical science on mental health and its social and cultural impacts.

**Citizen Researchers.** At the start of the process, Citizen Researchers largely reported feeling excited and happy to be given the opportunity to be involved, with a few feeling nervous.

Baseline self-reported knowledge about mental health in general among Citizen Researchers tended towards the middle ground (3-7 out of 10). Reported knowledge about young people’s mental health in Oldham was slightly lower overall (tending towards 3-5 out of 10). This initial knowledge appeared to be based largely around personal experience, with Citizen Researchers expressing a desire to know more about aspects such as the services and help available, and causes and effects of mental health issues. Participants also listed other things they hoped to learn by taking part in the project, including new skills (communication, presentation, research), confidence, and a general increase in understanding about mental health and how it affects young people.

As the process has progressed, observation indicates an increase in knowledge and overall confidence among participants. Self-reported learning around mental health and new skills has been consistently high among Citizen Researchers and Roadshow participants, as well as observed increases in other factors such as awareness and self-confidence.

At the Results Day, the self-reported figures had shifted to an average of 9 (mental health in general) and 8 (young people’s mental health in Oldham) respectively – indicating that the Citizen Researchers feel they know more about both of these topics than they did at the beginning of the process. This was also reflected in the final survey responses.

Most Citizen Researchers reported learning something specific at the first two Design Days, including facts, statistics, views about mental health, services, and triggers. In the third Design Day, which was focussed on skills the Citizen Researchers needed to co-deliver the Roadshow, the majority of Citizen Researchers reported learning presentation skills, and how to introduce MH:2K and the five topics. Others said that they had learned different models of mental health, listening skills, questioning skills, and how to deal with tricky situations. At this point, Citizen Researchers were also asked about overall learning (see Figure 1).

**Figure 1. What have you learned overall from the meetings you have taken part in so far?** (From Design Day 3 – figures show the number of Citizen Researchers selecting each option, out of a total of 10 completing the evaluation questionnaire)

Skills – e.g. presentation, listening or questioning skills	9	Facts about who suffers from mental health problems	8
How to design an event – e.g. different activities you could include	7	What schools in Oldham are doing to tackle mental health	7
Facts about mental health in Oldham or the UK	9	Other people’s views on mental health	7
Facts about self-harm	8	Other (please tell us what below:	1
Facts about mental health professional practice – e.g. what training mental health professionals get, the treatments available, etc.	7	“I knew info on all topics above, but have learned how it links with MH:2K.”	

A good level of debate and discussion was observed at the first Design Day, and this is something that had clearly continued and been built upon on observing the Results Day – observations, informal discussions and comments from Citizen Researchers show that the group had developed into a strong functional team, enjoying and able to work together productively and respectfully.

*"I made new friends and got opportunities that would never be available without this project." Citizen Researcher*

All Citizen Researchers responding to the final survey said they had enjoyed taking part in MH:2K a lot. All also said they were either a little more or a lot more interested in mental health issues, compared to before they started MH:2K. They pointed out specific learning, including availability of mental health services for children, the high level of awareness of mental health issues among young people, the multiple factors influencing mental health (including social media), local issues and statistics.

**Roadshow participants.** Roadshow participants were asked what, if anything they had gained from the event, with multiple choices to select. Their response was as follows (based on 308 responses):

**Figure 2. What, if anything, do you feel you gained from today's event? (tick all that apply)**

More knowledge about mental health, or about a mental health issue (e.g. self-harm)	Greater awareness of where to go to get help with mental health issues	More confidence to seek help for mental health problems, if you ever needed it	New or improved skills (e.g. in team work, or discussions)	Something else. Please tell us what:
78%	69%	53%	44%	8%

**Commentary:** The MH:2K process has clearly stimulated debate and informal learning among young people about mental health and its social and cultural impacts – both with respect to Citizen Researchers and Roadshow participants. It also appears to have built upon existing underlying levels of interest (presumably required in order for the young people to apply in the first place), sometimes quite significantly. For example, one Citizen Researcher has commented that they now want to work in mental health as a career (see 2.2 below).

The level of enjoyment among Citizen Researchers has been very high throughout the project, as has self-reported learning with respect to mental health issues and skills development.

## 1.2. Creating dialogue and exchange

**Project Aim:** Create dialogue and exchange on the areas above between young people, decision-makers and researchers.

**Citizen Researchers.** An overall good level of interaction was observed between Citizen Researchers at the first Design Day. Quieter members of the group tended to take longer to engage, but efforts were made by other participants and by the project team to ensure these participants had an opportunity to contribute. The project team responded to feedback from Design Day 1 to ensure a higher level of interactivity and group discussions at the second Design Day.

With the exception of one person at one event, participants in all Design Days all agreed or strongly agreed that they felt able to contribute their views. By the time of the Results Day it was clear that all Citizen Researchers were confidently and happily engaging in dialogue and exchange with the rest of the team. All Citizen Researchers responding to the final survey said that they were very interested in hearing other people's views on mental health – e.g. other Citizen Researchers, Expert Panel members and Roadshow participants.

**Expert Panel members and Citizen Researchers.** Expert Panel members had some direct interaction with Citizen Researchers at the Design Days (coming in to meet and speak with the young people), and otherwise had significant indirect input in the form of answering research questions, and providing video and written content. There was more significant direct interaction at the Results Day, where the format worked well to enable Citizen Researchers to lead the process

of narrowing down findings and recommendations with a balanced level of input from Expert Panel members to ensure the outputs were co-created and grounded in reality.

**Expert Panel members.** Overall interaction between Expert Panel members has been productive and positive throughout the process. Some panel members had not met each other before, so the group's interactions led to new connections being made, as well as contributing to some specific ideas for collaborations or actions around young people's mental health in Oldham.

**Roadshow events.** The fact that Roadshow events were led by young people was viewed positively across the board. For example, at the Big Showcase, one Citizen Researcher noted that it enabled freer discussion and a greater sense of shared experience and understanding than might have occurred with a process led by adults or decision makers.

**Big Showcase.** The small group discussions between the range of organisations present at the Big Showcase enabled a good level of interaction, both between different organisations and between these organisations and the Citizen Researchers who took part in the table discussions. Although this was only for a short period of time, several attendees stayed past the end of the meeting to chat with each other. Attendees also had the opportunity to interact with Citizen Researchers during the Q&A section of the event.

**Commentary:** As discussed in 1.1 above, the group of Citizen Researchers clearly gelled well, with some of the young people describing it as a "team" or a "family". This contributed to an open and relaxed atmosphere, aided by the style of facilitation, which enabled good discussions and free debate.

There were some occasions where the project team stepped in to encourage quieter members of the group to contribute, or to ensure all members of a smaller group were working together. When observed, this was always appropriate and necessary to ensure emerging decisions were coming from the group rather than being unduly driven by the more confident individuals.

The level of interaction between Expert Panel members and Citizen Researchers worked well, particularly with respect to the Results Day, with both groups expressing positivity about the ability to work together.

### 1.3. Filling knowledge gaps

**Project Aim:** Fill gaps in young people's, decision-makers' and researchers' understanding of young people's mental health - including encouraging new ways of thinking.

See comments in 1.1 above regarding changes in participant knowledge and understanding, also comments in 2.2 below regarding impacts.

**Citizen Researchers and Roadshow participants.** In summary, most of the young people involved in MH:2K as Citizen Researchers or Roadshow participants said that they had learned something new as a result of taking part in the process. For some, this extended to a change in attitude or thinking – for example thinking differently about people who may be experiencing mental health issues.

In other cases, being involved in MH:2K has led to Citizen Researchers feeling more confident about their own future or even deciding upon a specific career path (see 1.1 and 2.2 for more details).

**Expert Panel members and Big Showcase attendees.** Responses to the findings and recommendations from Expert Panel members and wider stakeholders indicate that, whilst many of the findings may not have been particularly surprising, they have helped to spark new ideas for ways to tackle these challenges, or indeed highlighted how much of a priority specific topics are for young people in the local area.

Several Expert Panel members have pointed out the power of the process in enabling them to have new insight into or knowledge of young people's mental health.



*"I've heard so many fantastic ideas and suggestions that we as a service and as professionals would never have come up with."* Expert Panel member

*"I gained greater insight into the issues young people face."* Expert Panel member

*"MH:2K is a great approach to engagement and involvement, offering a unique and powerful way of tapping into the unknowns, and those things that we think we know, but really don't know."* Expert Panel member

This is reflected by the response of the Big Showcase attendees, who regularly referenced the importance of hearing directly from young people on issues affecting young people during the event and afterwards.

*"The input directly from young people - very powerful."* Big Showcase attendee

**Commentary:** Across the board, Citizen Researchers and Roadshow participants report learning new things about young people's mental health as a result of taking part in MH:2K, with some Citizen Researchers in particular identifying ways in which taking part had changed their outlook or aspirations.

Expert Panel members and Roadshow attendees alike responded very positively to the insights provided by project outputs, with the fact that these had come from young people themselves being a key part of this positive response.

#### 1.4. Reaching new and diverse audiences

**Project Aim:** Reach new and diverse audiences, who are not currently engaged with biomedical science on mental health.

**Involvement of diverse young people.** The key groups involved in the project (Expert Panel, Citizen Researchers, Roadshow participants) have been clearly defined from the start through project documentation and verbal description (e.g. at the first Expert Panel meeting).

Despite some challenges in the recruitment process (e.g. the need for more work than anticipated to be put into following up with key partners), the project team was able to recruit a group of Citizen Researchers in time for the first Design Day, with some additional group members joining for the second meeting onwards.

The group represented a mix of age, ethnic origin, gender, religion and sexual orientation, as well as representation of people with learning difficulties or disabilities – see final project report for a full breakdown.

Anecdotal evidence from Design Day and Roadshow outputs and from Citizen Researcher interviews indicates representation of a range of experiences with local mental health services and mental health issues across the full set of participants.

A total of 598 Roadshow participants were reached through 42 events, at a range of locations reflective of a mix of age, background and experiences. These locations included:

- Schools (Radclyffe School, Royton and Crompton, Saddleworth School, Westwood High).
- Colleges (Oldham Sixth Form, The Oldham College).

- Universities (University Campus Oldham).
- Community groups (Fatima Women’s Group, Indian Association, The Proud Trust).
- Youth organisations or centres (Groundworks, Honeywell Youth Club, Mahdlo).
- Council or NHS groups (Children in Care Council, Detached Youth Provision, Healthy Young Minds, Young Carers Project, Youth Council).

**Wider discussion and dissemination.** Several Citizen Researchers have talked to friends and family about being involved in the project as it has progressed and have tended to say they received a positive response – e.g. a feeling that this was a good or important project to be involved in.

Expert Panel members and Big Showcase participants have referenced a number of internal and external conversations they plan to engage in or have already had in relation to MH:2K outputs.

*“I will tell stakeholders across Greater Manchester and wider.”*

Expert Panel member

*“In particular speak to people through my role in research, a variety of organisations, about the high level of engagement from the young people and how they should be involved more.”* Big Showcase attendee

Expert Panel members helped the project team to put together a dissemination list for the final project report. The list includes local, regional and national groups or organisations, publications, media, social media and professional networks. Big Showcase attendees identified a number of stakeholder groups, organisations or individuals they thought should be involved in making change happen based on the MH:2K recommendations.

Various email exchanges indicate that project outputs are already being discussed or passed on further afield – see 2.2 below.

The final project report will be disseminated to all of the people and organisations involved in the project, as well as additional recipients identified by the Expert Panel members or Big Showcase attendees. Final evaluation interviews indicate that Expert Panel members have already started talking about MH:2K and its findings to others within and outside their organisations, and plan to disseminate the final report extensively within their own networks. Many have been asked to or arranged to speak about the project in relevant forums.

**Commentary:** The Citizen Researchers represented a diverse group of young people, many of whom had no previous experience with engaging in this type of forum, and particularly not on the topic of mental health. The same can be said for the Roadshow participants.

Citizen Researchers, Expert Panel members and Big Showcase attendees have identified a number of other people or organisations they have already spoken to or plan to speak to about the MH:2K project and outputs.

Dissemination activities look likely to be extensive, with a focus on networks within Oldham and Greater Manchester, but also further afield through wider networks of practice or interest. The follow up survey later in the year will help to determine the actual extent of dissemination – both in terms of the report itself and the sharing of learning at relevant forums.

## 1.5. Encouraging collaboration

**Project Aim:** Encourage collaborative local partnerships on young people's mental health by bringing together diverse stakeholders.

85 people from 27 organisations attended the Big Showcase in May 2017, representing a range of professional interests and practices, including both research and public sector decision-making. Based on verbal and written comments, Expert Panel members and Big Showcase attendees clearly recognise the need for further collaboration and joined up working. For example, all Expert Panel members completing the final survey strongly agree or agree that they have strengthened existing or formed new connections or relationships with other professionals as a result of taking part in MH:2K.

*"I chair the [name of group] and was hoping to invite MH:2K to present their report to this multi agency group." Big Showcase attendee*

The formation of a Task and Finish group under the Emotional Wellbeing and Mental Health Partnership – the former including many MH:2K Expert Panel members and the latter chaired by one of them - is a strong indication that formalised partnership working on this issue will continue and that the project findings will also find a home in wider forums. The Emotional Wellbeing and Mental Health Partnership reports to Oldham's Health and Wellbeing Board.

Observations suggest that many informal and some other formal collaborations have the potential to be formed in response to or with relevance to the MH:2K outputs.

**Commentary:** The potential for increased interactions, collaborations and partnerships stemming from the MH:2K is clear. The formation of a Task and Finish group and chairing of the Emotional Wellbeing and Mental Health Partnership in Oldham by a member of the Expert Panel should be strong drivers not only for increased collaboration, but for partnership working that carries forward the 'project memory' of MH:2K and its outputs.

Existing connections have been strengthened, and new ones formed, as a result of Expert Panel members' involvement in MH:2K.

Revisiting the project later in the year with a follow up survey should help to determine what contribution MH:2K has had or is starting to have in terms of informing or inspiring new forms of collaborative working on young people's mental health in Oldham.

## 2. Determining quality, impacts, and value for money

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### 2.1. Quality

#### Draw conclusions about the project's quality

**Overall design and delivery.** Observations, interviews, informal discussions and formal evaluation feedback indicate that project management, design and delivery has been of consistently high quality. The project team communicated clearly and appropriately with the various groups involved, the project had been delivered to time and to budget in terms of direct project costs (venues, travel, refreshments etc.). The project team members have been met with strong praise from Citizen Researchers and Expert Panel members alike.

Evaluation feedback relating to the MH:2K model overall has also been extremely positive, with a strong emphasis on the fact that it has been led by young people throughout.

*"The thing I enjoyed most about MH:2K is that it was all down to us and that it was our voices that got to be heard. It felt good to be listened to."* Citizen Researcher

*"Very well designed and organised. Brilliant organisation skills. Great engagement with the young people. Fantastic results in terms of number of young people participating in the Roadshow."* Expert Panel member

*"It was just right in terms of its call upon panel time - the way in which the young people were engaged with was excellent. The people leading allowed for the much needed rapport to be established and it was clear that this led to a feeling of empowerment for the young people."* Expert Panel member

Citizen Researchers responding to the final survey listed a number of specific things they thought were good about the process, including:

- Meeting people from different backgrounds and making new friends.
- Leading the process, and having their voices heard.
- Having decision makers so involved in and committed to the process.
- Going to so many different schools and other places, and hearing from such a diverse range of young people.

Things the Citizen Researchers said they did not like so much, or would change for next time included:

- The timing of the Roadshow events, made challenging by work or school commitments.
- A few more updates in the longer gaps between meetings.
- A little more time to consider results.
- More time to prepare for the Roadshow events, e.g. seeing Roadshow presentations earlier and contributing more directly to them.

All Expert Panel members responding to the final survey said they thought MH:2K had gone very well overall, and strongly agreed with the statement "MH:2K had clear and achievable aims". They commonly commented that the project management and delivery had been excellent, alongside the level of engagement (quality and quantity) with young people and the involvement of local decision makers and experts from early in the process. This was strongly reflected in the final evaluation interviews, with interviewees often struggling to think of things they would change. One Panel member suggested use of an online forum for Citizen Researchers and Expert Panel

members might be useful. Another commented that it would be good to double check the Expert Panel includes all relevant local stakeholders early in the process for any future similar project, although this was not attached to any specific criticism of this process.

All Expert Panel members responding to the final survey said that it was very valuable to gather and hear the views of young people as part of the MH:2K process and to hear the views of other Expert Panel members.

**Recruitment process.** Citizen Researchers were largely positive about the application process. Aspects they liked were that it was simple, quick, online, covered a lot of questions / background, and included personal qualities rather than just achievements. A few mentioned aspects they would change, including face to face rather than telephone interviews and inclusion of more background information about the project. Several said that they would not change anything about the process.

**Design Days.** Citizen Researchers were very positive about the delivery of the Design Days, with a clear majority stating they enjoyed each Design Day a lot, and the remainder saying they enjoyed each event a little.

Positive aspects of Design Day 1 were reported overwhelmingly as meeting new people, as well as group discussions, learning and sharing ideas. Participants did say they wanted more chance to talk with each other and that it felt like a slightly long day.

Based on feedback from this session, the second Design Day involved more interactive group work, which received great feedback from participants.

Positive aspects of Design Day 2 tended to include engaging with the group and working together. Elements participants enjoyed less tended to be focused on nervousness about presenting or talking out loud in front of the group, rather than any aspect of the process delivery.

Positive aspects of Design Day 3 tended to centre on the skills learned during the session, including presentational skills and public speaking, or on the enjoyment of working with peers.

**Roadshow.** Roadshow participants expressed a strong degree of positivity about their experience, with 65% saying they enjoyed the event a lot and 31% saying they enjoyed it a little. The group discussions, the openness of discussions, learning about mental health, working to find solutions, the activities or materials (e.g. quiz, video) and the people involved were pointed out as particular highlights.

*"I felt like I was being listened to." Roadshow participant*

*"I learnt more on mental health." Roadshow participant*

Some participants said they would like more advice or presentation of personal experiences, though this would present new challenges to the process in terms of both budgetary requirements and whether it was advisable or appropriate for Citizen Researchers to share their experiences, in terms of their own wellbeing. Where a Citizen Researcher did want to do this in Oldham, and their support worker said this would be appropriate, they did so via writing down their experience for another Citizen Researcher to read out as an anonymous story. This was on the topic of self-harm and was well received by Roadshow participants.

Citizen Researchers reflected on their experience of the Roadshow at the Results Day. All of those present said that they enjoyed taking part in the Roadshow a lot, apart from one who said they enjoyed it a little. Almost all of them said that they particularly liked aspects of engaging with other young people, for example meeting a diverse range of their peers, learning from them and sharing ideas.

During a further group discussion about things that went well or not so well, Citizen Researchers were overwhelmingly positive about the role of the coordinator (who was brought on board to manage the Roadshow) and the number of other young people reached through the Roadshow events, linking this to the potential for impact.

The main thing that several of the Citizen Researchers said they would change about the Roadshow events in hindsight (both in discussion and on evaluation forms) was the amount and nature of preparation, specifically:

- A better understanding of the different types of audience they might face.
- More time to prepare.
- More input or knowledge of the presentations, including on topics they had not worked on.

Others noted that it was tricky fitting the events around work or exams, while one said they would have liked more instant feedback from Roadshow participants (it was noted in response to this that the coordinator did provide feedback, but that perhaps this could have been done in a more structured way).

Alongside noting some of the challenges of the Roadshow in terms of preparation, Citizen Researchers also said that they had developed confidence, resilience, the ability to think on their feet and talk to different types of people because of taking part. This suggests there is a balance to be struck by building in enough preparation time to avoid Citizen Researchers feeling uncomfortable, but not so much that they are not able to stretch themselves and hone skills such as adaptability, resilience and independence during the delivery of the events.

**Results Day.** All of the Citizen Researchers present at the Results Day said that they enjoyed it a lot. Specific things they said they liked included:

- The positive and open energy.
- Having detailed discussions about the issues.
- The involvement of Expert Panel members.
- Seeing other Citizen Researchers again.
- Seeing all of the outputs of the Roadshow events.
- Finding out how many young people had been engaged.

A small number of Citizen Researchers commented on the length of the day or the amount of work involved, with one expressing concern that they may have missed some important information as a result. The remainder said there was nothing they didn't enjoy.

All five of the Expert Panel members present at the Results Day said that they thought the day had gone very well, citing their ability to work with the young people in small groups and to hear directly from them as the best parts of the event. They all said there was nothing that they would have changed about the event, apart from one person suggesting it would have been good to have even more Expert Panel members in attendance.

*"Well done! Super impressed by the amazing young people!"* Expert Panel member, Results Day

**Big Showcase.** 85 people from 27 organisations attended the Big Showcase in May 2017. The format was largely led by the Citizen Researchers presenting their findings and recommendations, followed by some smaller group discussions reflecting on what had been heard.

Observations and informal discussions during the event indicated that the overall format was received very positively, with a real feeling of enthusiasm in the room for both the project and the potential for carrying forward its recommendations into action.

All of the Citizen Researchers completing the final survey said that they had enjoyed the event a lot. Things they particularly liked included the feeling of being a team, meeting and seeing the level of interest of the professionals in attendance. Things they liked least about the event were the limited time for the question and answer session, if presentations did not go as planned, and sitting at the side of the room (one person said they would have valued some more time outside to rehearse).

All of the Expert Panel members completing the final survey said that the Big Showcase had gone very well, with the exception of one who said they thought it had gone fairly well. They cited hearing directly from the young people and the overall structure as the most positive aspects of the event, as well as the presence of relevant people with the authority to act on the recommendations. Several suggested that more time would have been useful, particularly for the more interactive elements of the event. All Expert Panel members completing the final survey said it was very or fairly valuable to hear the views of other stakeholders such as the Big Showcase participants.

The panel discussion section of the event was relatively short and may have benefited from a little more time to further enable this sort of interaction between the Citizen Researchers and event attendees. There is however a balance to be struck between increasing time for the panel discussion and ensuring the event is not so long it puts off stakeholders from attending.

**Expert Panel engagement.** Expert Panel members have been consistently very positive about the MH:2K project and their involvement throughout the process. For example, all data from Expert Panel members shows that they thought the overall MH:2K process has gone very well, citing the regular feedback and level of engagement, the number of young people reached, strong communication from the project team, and the fact that it has not been too labour intensive as positive points.

None have given suggestions for things they would change, apart from process ideas such as the potential for an online forum to enable young people to participate in discussions between meetings and for Expert Panel members to feed into.

All of the Expert Panel members completing the final survey strongly agreed with the statement “I felt engaged and informed throughout the process”. Interviews backed this up, with Panel members commenting they felt well informed and not over burdened by their involvement in the process.

**Communications and materials.** Observations of the materials suggest they were pitched at the right level and engaged the young people in the tasks at hand well. This is supported by feedback from the young people and Expert Panel members – for example all of the Expert Panel members completing the final survey agreed or strongly agreed that the materials used with the young people were high quality and factually accurate.

Those Expert Panel members who have commented on the level of engagement with the project team have been very positive about it, feeling well informed and updated.

The volume of traffic on the Citizen Researcher WhatsApp group suggests it has been a valuable tool for enabling the group to feel connected and to share views, interesting articles, and so on. One interviewee commented that, because not everyone was on WhatsApp (four Citizen Researchers either did not have it or were not allowed to use it for group discussions), a combination of channels (i.e. WhatsApp, Facebook, emails) had to be used, which wasn't ideal from a communications perspective. However, there was no single channel that all Citizen Researchers would have been able to use, so a mixed approach was necessary in this situation.

**Commentary:** The picture given by the overall evaluation input on the project model and delivery is one of extreme positivity from all involved, with a small number of areas where possible tweaks to the process might aid delivery in future.

These areas include:

- The lead-in period to the Roadshow (for example enabling more preparation time, or earlier sight of presentations, and ensuring the coordinator and young people are prepared for the range of audiences and questions they might face).
- Considering a slightly longer Big Showcase event to ensure that panel discussions and small group work do not feel rushed (though recognising the need to balance this with attendees' level of motivation for a longer meeting).

- Reviewing communication methods with the Citizen Researchers to check on accessibility and inclusivity, recognising that options will be limited by the specific channels used by each individual.
- Reviewing the overall timing and length of meetings to check time is being used as efficiently and appropriately as possible.

These are, however, a very small number of points in what otherwise was a very strongly delivered project receiving extremely positive feedback from all those involved.

## 2.2. Impacts

### Draw conclusions about the project's impacts

**Hopes for impact throughout the project.** Early hopes and fears from the Expert Panel largely focused on impacts. Hopes included: the young people come up with some great (and new) ideas, something will happen as a result of the project, and that there is a lasting change to the face of young people's mental health in Oldham and beyond. Fears include: the report will not get used, and there will be no funding to deliver change. These hopes and fears were also reflected in the range of interviews.

Baseline interviewees were asked what they hoped the project would achieve. Responses included:

- A group of young people that are confident about and understand mental health, perhaps with the potential to become local champions.
- The ability to replicate and scale up the project in other parts of the country.
- Real impacts on decision makers (e.g. positive changes in services, shaping policies and pathways of care) and young people (e.g. skills, engagement in the topic).
- Enjoyment of the project by all involved.
- A change in the way decision makers in Oldham engage with young people – e.g. sustained youth leadership in Oldham, a legacy of continuing conversations and mechanisms for young people to feed their views in.

Other hopes related to personal and organisational priorities (e.g. understanding how young people are affected by mental health services, showing the benefit of this type of approach to other decision makers in Oldham, contributing knowledge to organisational portfolios or priorities around mental health).

As the process has progressed, the level of enthusiasm and engagement from Expert Panel members has remained high. Panel members identified multiple potential impacts on research, decision-making and future engagement practices, including a detailed list of potential impacts linking to each of the priority areas identified by Citizen Researchers, and a list of commitments for communicating and implementing findings.

At the Results Day, all of the Citizen Researchers present agreed or strongly agreed with the following two statements:

- "I am confident decision makers will listen to the findings from MH:2K."
- "I think MH:2K will make a positive difference to young people's mental health."

Feedback from Expert Panel members towards the end of the project was that they all strongly agreed or agreed with the statements "I think MH:2K will make a positive difference to young people's mental health in Oldham" and "I think MH:2K's process, findings and/or recommendations will be useful to those working on mental health research". They said, for example, that it would give the local authority a steer on what needs to change, that it had empowered young people, and that the involvement of key decision makers was positive – although this final point was caveated by the requirement for decision makers to commit to action.



The expectations of Expert Panel members are reflected by Citizen Researchers – those responding to the final survey all agreed or strongly agreed with the statements “I am confident decision makers will listen to the findings from MH:2K.” and “I think MH:2K will make a positive difference to young people’s mental health in Oldham”

*“I hope at least it has sparked inspiration and ideas to take a direction they didn’t think they’d take. It would be good if they could fully implement everything, though I understand there might not be budget.”* Citizen Researcher

**Citizen Researchers: end of project view.** The personal impact taking part in MH:2K has had on the Citizen Researchers has become increasingly clear as the process has progressed. At each stage, the young people have reported positive impacts that have reflected the stage of the process.

For example:

- At Design Day 1, participants variously said they would treat others with more understanding or consideration, research more about mental health, and try to let others contribute more.
- At Design Day 3, participants (although prompted to do so) identified a range of skills-based learning they had developed as a result of the Roadshow preparation sessions at this meeting.
- At the Results Day, participants reported shifts in confidence, the gaining of new friends, and feeling more prepared for work or university.

*“This is the best thing that’s happened to me in the last year.”*  
Citizen Researcher

*“I have gained confidence and am passionate about helping others and raising awareness.”* Citizen Researcher

*“I have learned so much about myself and how much I can think and adapt to different scenarios and groups.”* Citizen Researcher

*“The project runners are amazing.”* Citizen Researcher

*“We’re all pioneers.”* Citizen Researcher

All Citizen Researchers responding to the final survey said they were very likely or fairly likely to get involved in this type of project again if given the opportunity. They reported a number of further personal impacts, including:

- Increased confidence.

*“I’ve definitely gained a lot of confidence from it because I wouldn’t have been able to speak in public like I can now. I struggled with it before but I’d be fine with it now”* Citizen Researcher

- A change in life goal.

*“I have made it my goal in life to make a difference to young people as many older people do not give them the recognition they deserve so I wish to change this.”* Citizen Researcher

- Improvements in personal mental health.
- New skills, e.g. to increase employability.

*"While I was on MH2K I was unemployed but the skills I gained have helped me gain employment, particularly public speaking. I had a panel interview before getting my current job and I did well. It has also helped with my own mental health because I had anxiety and depression, but speaking to other people who have gone through similar things helped me put mine into perspective. It gave me a comfortable space to talk to people who understood."* Citizen Researcher

- A desire to continue to work to improve mental health in Oldham.

In terms of priority impacts, Citizen Researchers responding to the final survey said they would most like to see:

- Changes to the transition process between Healthy Young Minds (child and adolescent mental health service) and the adult service.
- Continued work to reduce the stigma associated with mental health issues.
- Schools and colleges becoming more aware, taking note of the issues and improving policies as a result.
- Improved mental health statistics in Oldham.
- More service options beyond repeated counselling – e.g. extracurricular activities in school such as yoga and mindfulness, talking therapies.

See also comments under 1.1.

### **The Citizen Researchers' journey**

Evaluations of public engagement projects naturally focus on the data: how many people were involved and what did they think; what are the commitments to change; and so on. This project presents an example of a process that has had a number of seemingly profound impacts on many of the people closely involved – particularly the Citizen Researchers.

Some of these impacts are subtle, for example observation of specific individuals feeling more relaxed in a group situation, or speaking up more than they did at earlier meetings. Others are much more obvious, and include self-reported changes in job, personal wellbeing or future aspirations as a direct result of taking part in MH:2K.

Observing the group of Citizen Researchers at the beginning, middle and end of the process suggests they have been on a significant journey – both as individuals and as a group. Many commented that they feel like a solid group or even a family, and that as individuals they have grown in confidence and awareness, as well as developing new skills.

It is also clear that the Citizen Researchers as a group have a high level of expectation regarding tangible changes occurring as a result of their work. This is an indicator that they feel valued and listened to, but it also presents a risk that they are left disappointed if change does not happen as quickly or obviously as they hope.

This suggests the need for clear communication with those Citizen Researchers who want to stay in touch with the forward process, to share with them the processes and context for change. The physical and emotional investment of the Citizen Researchers into the process should not be underestimated and, as long as care is taken to recognise this, they could become a valuable resource for helping to create change in Oldham and beyond.

*"It would be good if we could find out what the professionals are going to do next to resolve the problems we highlighted and would be good if we had the opportunity to revisit some of the groups we reached to tell them*

*how they have contributed to making a change and what is going to happen because of their involvement. I think this would be good as they would realise how valuable it was for them to be involved.”* Citizen Researcher

**Roadshow participants: end of project view.** See comments under 1.1.

**Expert Panel members: end of project view.** Input from Expert Panel members shows that they think the findings and recommendations developed by the Citizen Researchers are very useful.

Positive aspects mentioned by panel members included the level of validation or new insight (as applicable) provided by the findings, the organisation of the recommendations into clear focus areas, and the fact that the recommendations provided a good starting point for action.

*“Most of the findings did confirm what I hear from practitioners throughout our services but recommendations about how the findings could be taken forward from the perspectives of young people either confirmed how we operate services or allowed me to consider quick, simple changes which might really make a difference to how young people engage with our services.”* Expert Panel member

*“The creative way in which the whole process was delivered, allowed the young people to feel confident in sharing their experiences, this I felt allowed MH:2K to tap into stories / experiences which would otherwise remain hidden.”* Expert Panel member

The majority of Expert Panel members responding to the final survey strongly agreed that they had learned something new as a result of MH:2K, and all commented that they will do something differently or take specific actions as a result of MH:2K, including sharing the outputs with their team or more widely, and looking at how some of the suggestions might be implemented.

At their third meeting in April 2017 prior to the Big Showcase, Expert Panel members made a number of more formalised pledges. They clarified what they personally intended to do in response to the outputs from MH:2K. Each panel member listed up to five pledges, which included:

- Highlighting the final report in specific forums – e.g. Health and Wellbeing Board, Emotional Wellbeing Partnership.

*“[I/we will] champion this work in discussions/committees to ensure maximum knowledge of the project.”* Expert Panel member

- Organising new forms of engagement – e.g. student focus groups, supporting peer network development among young people, offer further opportunities for youth led projects.

*“[I/we will] organise focus groups of students within college to look at findings and legitimacy.”* Expert Panel member

- Changing or extending current engagement practices, e.g. extending implementation of the Healthy Young Minds “you said, we did policy” to include MH:2K.

*"[I/we will] offer progression route for young people involved to continue to be involved in youth led projects and work via the youth service."* Expert Panel member

*"[We will] change the way we deliver services, involving young people more in their design."* Expert Panel member

- Trialling or implementing some of the findings – e.g. within Oldham Sixth Form College, children and young people service design, Youth Council, Emotional Wellbeing and Mental Health Partnership.
- Pushing for more resources (e.g. for transition services).
- Passing outputs on to others (senior managers for support, internal team, other organisations in Oldham), sometimes with a specific result in mind (e.g. influencing research agenda).

*"[I/we will] disseminate project findings to relevant MAHSC leads with a view to influencing the research agenda."* Expert Panel member

- Publicising outputs using social media and professional networks.
- Write up own reflections of the project and its implications.
- Other specific actions – e.g. thinking through next steps on specific topics such as research gaps, use the findings to inform future commissioning.

A significant indicator of the potential and appetite for MH:2K to have a positive impact in Oldham and beyond is the organisation of a fourth and final Expert Panel meeting, driven by the panel members themselves. This has led to the formation of a Task and Finish group under the Emotional Wellbeing and Mental Health Partnership involving key local decision makers and experts in taking forward the project findings and recommendations once the project formally comes to an end.

*"I think it has already made a difference by empowering all of the young people that have participated in the process. Also, it is evident that the process has started an open conversation, which will allow for MH discussions to be progressed across the area."*  
Expert Panel member

**Big Showcase attendees: end of project view.** At the Big Showcase, attendees gave their initial reactions to the recommendations presented to them by the Citizen Researchers. The response was observed to be positive (see 'Wider stakeholder response' directly below for details on how Big Showcase attendees felt they would act on the findings), with several attendees picking up on specific details of interest to them or beginning to identify actions that they and others could take. They also spent some time identifying who else should be involved in implementing changes.

Big Showcase attendees were asked whether there was anything they or their organisation could do to help create the change the MH:2K Citizen Researchers want to see. Attendees listed a range of actions that they could undertake, including:

- Sharing the outputs of MH:2K with specific people or organisations, and through various publicity channels.
- Work with others more closely (e.g. educational establishments).
- Doing more engagement work (e.g. connecting Citizen Researchers with additional mental health researchers).

- Help to implement or begin implementing some of the recommendations (e.g. awareness days, training, development of digital platforms / apps).
- Ensure funding is available for implementation.

*"[I/we could] provide professional expertise to support the recommendations – a 'double barrelled' approach between the MH:2K reps and MH professionals would be a force to be reckoned with."*

Big Showcase attendee

- Undertaking more engagement of this type in future.

Attendees were asked two further questions: the best way to involve them or their organisation in taking forward MH:2K recommendations; and any other thoughts on how they would like the recommendations to be taken forward. Responses to the second question tended to focus on initial prioritisation of recommendations, development of a strategic plan, creation of a network, more events and communication, more joined up and coherent working, and more practical and financial support (e.g. for schools).

All respondents to the online Big Showcase attendee survey said that they thought the MH:2K findings and recommendations were very useful.

*"It was really good to hear recommendations from people accessing the services/support first hand. good mixture of quick wins, easy to implement and longer policy /culture changes."* Big Showcase attendee

*"They are incredibly useful because they are spoken from the mouths of the exact people we are trying to support. The recommendations have weight because they were researched by young people, for young people."* Big Showcase attendee

*"I think that this has been an invaluable project to undertake, challenges in mental health will always be there but it was really eye opening that young people are affected just like adults. Let's hope that the momentum continues to see this work through."* Big Showcase attendee

**Tangible impacts to date.** Changes to policy and practice directly resulting from the MH:2K recommendations are unlikely to be apparent in time for inclusion in this report. A follow-up survey with key stakeholders in October 2017 will provide further evidence of the extent to which these changes are happening.

However, even now there are some tangible impacts emerging. This is especially true of the personal impacts for Citizen Researchers. Informal conversations, observations and formal evaluation feedback all point towards a tangible shift in levels of confidence, knowledge, skills and interest around mental health.

*"I know what I want to do as a job now. It helped me find direction. I would love to work in early intervention. I have had experience with mental health issues and I would like to help others. I don't think it would have happened without MH:2K."* Citizen Researcher

Expert Panel members have committed to a number of actions, and Big Showcase attendees have identified a number of actions they think they will take in response to what they have heard (e.g.

refocusing priorities, stopping, starting or continuing specific activities based on the MH:2K findings and recommendations, communicating outputs more widely).

Final evaluation interviews indicate it is too soon to determine what longer-term impact will occur, or has already started to occur. However, the mood across all interviewees was positive, once again reinforcing the appetite and potential for positive impact. The follow up survey later in the year will help to determine the extent of emerging impacts.

A number of impacts relating to the dissemination and carrying forward of findings and recommendations have already occurred. These include:

- Requests for team members to attend or talk at events.

*"I'm keen that we try to ensure future programmes and indeed this one with young people and mental health are embedded into the mainstream work of the partnership." Wider stakeholder and chair of the relevant partnership, by email*

- Expert Panel members booked to attend events to discuss findings.
- Requests for meetings, e.g. to discuss the implications of MH:2K outputs for research priorities.
- Interest in running similar projects in other locations.
- Plans to develop new or revised communication documents (e.g. relating to self harm).
- Plans to increase resources dedicated to young people's mental health.

*"I have already had a conversation with my manager (Director of Learning) to discuss the option of employing somebody full-time to work with students who are experiencing mental health issues." Big Showcase participant*

- Requests for Citizen Researchers to support other initiatives.
- Discussions regarding how to offer the Citizen Researchers continued local opportunities for progression with Healthy Young Minds Oldham, Tameside Oldham and Glossop Mind, and Oldham Youth Council. These conversations were started proactively by these organisations and reflect a wider stated aim on the part of representatives from the first two organisations listed to review how they engage young people in their work. Decision-makers are also planning to invite Citizen Researchers to form a reference group for the work of the Task and Finish group mentioned above.

In addition, a member of the Expert Panel will be chairing the new Emotional Wellbeing and Mental Health Partnership in Oldham, providing a strong basis for connectivity of MH:2K outputs to future local decision making.

**Commentary:** Citizen Researchers and Roadshow attendees have reported a range of personal learning and impacts, with some involving significant positive life changes. Expert Panel members have committed to a number of specific pledges around change/impact as a result of the project, Big Showcase attendees have identified multiple areas of potential action, and some tangible impacts have already begun to emerge from MH:2K.

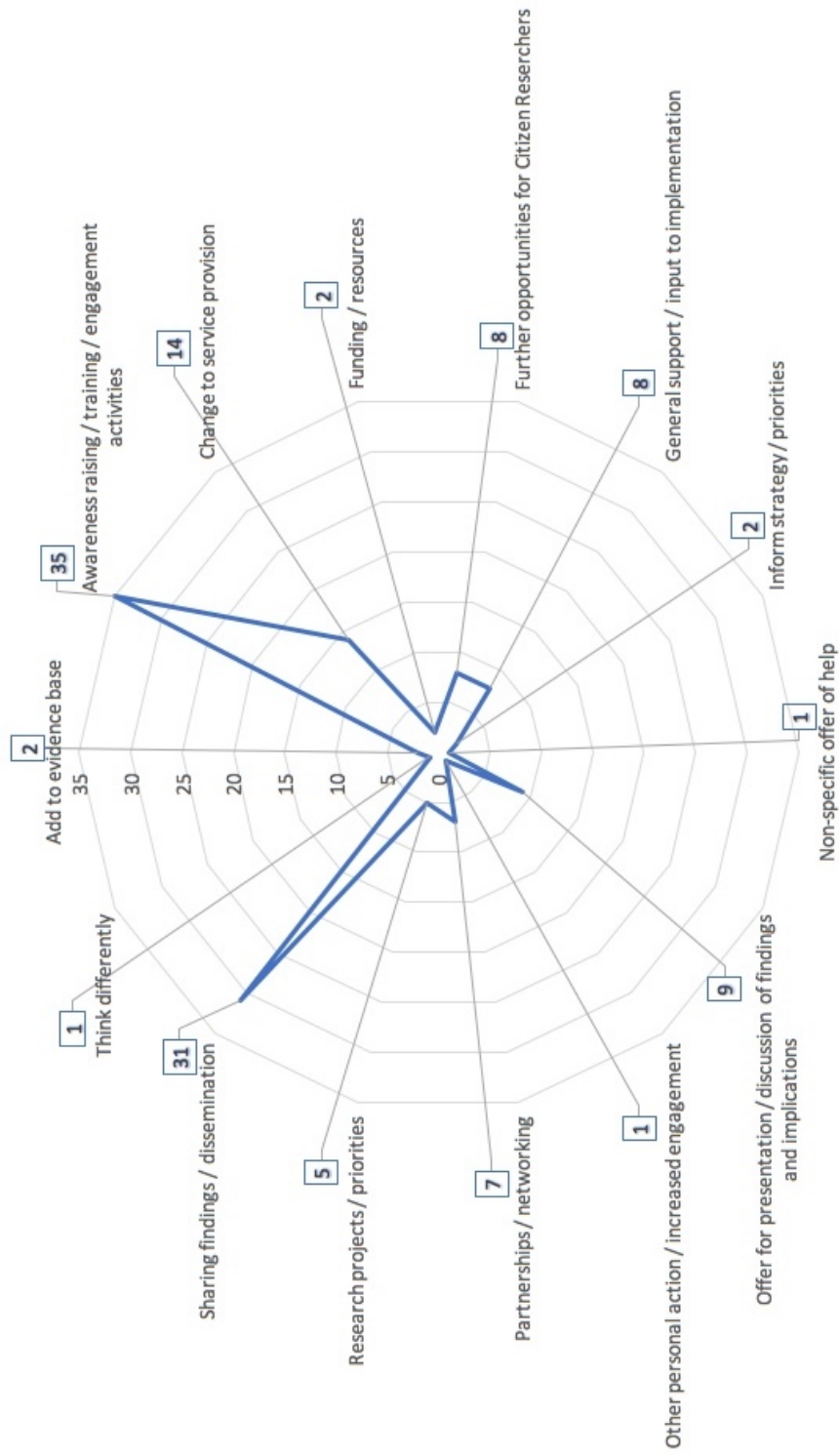
The response from stakeholders suggests the potential for MH:2K outputs to inform future decisions both around mental health and youth or wider public involvement, with multiple potential impacts on research, decision-making and engagement practice identified.

Overall, therefore, there is strong potential for long term positive impacts from MH:2K, and thus there is also the potential for significant improvements in health outcomes to occur if the level of current commitment and excitement created around project outcomes carries forward into action.

There is a high level of expectation from Citizen Researchers and Expert Panel members that change will happen as a result of MH:2K. This expectation brings with it some risk, namely that the change will not be as significant or as timely as hoped. However, initial signs are very positive in terms of the ongoing conversations happening in forums outside of MH:2K, the range of ideas and the strength of commitment to acting on the MH:2K recommendations (at least verbally) from many involved. The key positions held by MH:2K Expert Panel members on relevant Boards within Oldham, as well as within their own organisations, is a very positive sign.

The follow-up survey with key stakeholders in October 2017 will provide further evidence of the extent to which impacts are coming to fruition.

## Map of potential offers and impacts raised by Expert Panel members and Big Showcase attendees





## 2.3. Value for money

### Draw conclusions about the project's value for money

Assessment of value combines aspects of cost with other areas such as impacts and perceived credibility or usability of outputs.

Expert Panel members initially mentioned a number of elements that would contribute to the credibility of the MH:2K project in their view. These included the range of young people engaged, enjoyment of participants, quality of delivery, and balance of input from young people and experts. All of these points, from the evidence gathered, have been achieved well by MH:2K.

Other factors such as impacts on decision making and findings reflecting new thinking were also mentioned as important aspects of credibility by the Expert Panel members. Evidence from the Expert Panel members and Big Showcase attendees indicates a strong commitment and potential for the outputs of MH:2K to impact decision making and inspire change (see 2.2 above).

A common feeling among baseline interviewees was that the project offered good value for money, or at least had the potential to, due to:

- Quality of delivery and process alongside the potential for large numbers of young people and decision makers to be involved.
- Potential for economies of scale on scaling up this pilot project, although with a strong caveat that there will be many location-specific adaptations required.

Aspects interviewees thought would detract from the credibility of the project tended to be the reverse of the factors listed above, as well as if the young people felt they weren't listened to or if there was some kind of contextual or political shift that meant the outputs were unable to have an influence.

All final interviews with Expert Panel members and project team members suggest a shared feeling that the project has produced credible outputs, and has offered value for money (or at least has offered no evidence of being poor value at this point). Supporting comments focus on the quality of process, the youth-led approach balanced with appropriate expert involvement, and the quality of the findings and recommendations in terms of relevance and practical applicability.

**Commentary:** As discussed in the relevant sections above: the quality of project delivery has been very strong; the project has exceeded its desired reach in terms of the number of young people engaged; and the Big Showcase involved a range of senior stakeholders with different interests and perspectives on young people's mental health in Oldham and the wider Greater Manchester area. The MH:2K process has therefore met the practical criteria for value for money mentioned above.

The potential for long term positive impacts from MH:2K is significant, and therefore the potential for it to be very good value for money from an outcomes perspective is also significant. The current level of interest and impetus emerging from the Big Showcase suggests that there is a strong level of willingness to carry forward impacts in some form, although in some cases this is likely to be dependent on context and resourcing.

The follow-up survey with key stakeholders in October 2017 will provide further evidence relating to emerging impacts and therefore value for money.

Perceptions of both value and credibility from the final evaluation interviews are very positive.

### 3. Capturing learning to feed into future projects

**Commentary:** This report (later to be the final evaluation report) and the final project report are the two main physical vehicles for capturing and disseminating learning from the MH:2K pilot project.

Interviews and final surveys indicate dissemination of the final report will be extensive, both inside and outside of Oldham, with many plans already being developed or in place for Expert Panel members and Citizen Researchers to attend specific forums or events.

The amount of learning and knowledge held by the various participants – particularly the Citizen Researchers and Expert Panel members – should not be underestimated. Although harder to characterise, this less quantifiable learning has the potential to influence future projects and decision making in a range of contexts – from the future career of one of the young people involved to the way in which members of the public are involved in local decision-making in future.

Alongside the written outputs of the project, the presence of the young people and experts involved in MH:2K at other relevant forums – for example the Youth Council and the Health and Wellbeing Board – will be an equally important part of carrying forward the project memory and maintaining the impetus for tangible impacts to occur.

#### Final words

Expert Panel members were asked what advice they would give to other professionals thinking of taking part in MH:2K, should it happen in another location. The overwhelming response was “do it”.

*“I would say MH:2K is a great approach to engagement and involvement, offering a unique and powerful way of tapping into the unknowns, and those things that we think we know, but really don't know.” Expert Panel member*

One Panel member commented that thinking of pathways for impacts early on in the process would be of help to local decision makers, so that they could hit the ground running once project outputs had been finalised. Interviewees were positive about the potential for MH:2K to be run in other locations, including with respect to the potential learning across different demographics.

When asked about final words for the Citizen Researchers, Expert Panel members and project team members expressed feelings of thanks and admiration, alongside hope that the young people involved in the project would continue to contribute to positive changes in the field of mental health.

*“The thing I enjoyed most about MH:2K is that it was all down to us and that it was our voices that got to be heard. It felt good to be listened to.” Citizen Researcher*

## Appendices

### Appendix 1. Evaluation in numbers

The formal evaluation elements are listed below. Findings from these elements were combined with observations of and written outputs from specific meetings and events, as well as informal conversations with members of the project team.

<b>Evaluation element</b>	<b>Date</b>	<b>Number of respondents</b>	<b>Notes</b>
Baseline interviews	November 2016 – January 2017	11	Six Expert Panel members / funders; two project team members; three Citizen Researchers.
Design Day 1 questionnaire 1	5 November 2016	15	Filled in by Citizen Researchers at the beginning of the day.
Design Day 1 questionnaire 2	5 November 2016	15	Filled in by Citizen Researchers at the end of the day.
Design Day 2 questionnaire	26 November 2016	11	Filled in by Citizen Researchers at the end of the day.
Design Day 3 questionnaire	10 December 2016	10	Filled in by Citizen Researchers at the end of the day.
Roadshow evaluation forms	January – April 2017	390	Not all attendees filled in evaluation forms
Results Day questionnaire – Citizen Researchers	22 April 2017	11	Filled in by Citizen Researchers at the end of the day.
Results Day questionnaire – Expert Panel members	22 April 2017	5	Filled in by Expert Panel members at the end of the day. Completed by all five Expert Panel members in attendance.
Big Showcase post-event survey	May – June 2017	7	Completed online by self-selecting Big Showcase attendees following the event.
Citizen Researcher final survey	May – July 2017	7	Completed online or by phone by Citizen Researchers.
Expert Panel final survey	May – July 2017	7	Completed online by Expert Panel members.
Endline interviews	June – July 2017	10	Five Expert Panel members / funders; three project team members; two Citizen Researchers.

## **Appendix 2. Interview questions**

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### **BASELINE – STAKEHOLDERS AND PROJECT TEAM**

Questions to be applied flexibly, depending on the flow of the interview and to reflect the knowledge and enthusiasm of the interviewee.

#### **Background and current situation**

1. Please could you start by telling me a little bit about why you are interested in young people's mental health / your role in young people's mental health in Oldham?
2. Have you been involved in any projects like this before, e.g. any led by young people, or specifically about young people's mental health?
3. How are you feeling about being involved in the project?

#### **Hopes, fears and expectations (project delivery, learning, impacts)**

4. What do you hope to get out of being involved in the project (and specifically for stakeholders: personal or organisational learning or impacts)?
5. What do you hope the programme will achieve? [Extend to ask specifically in terms of impacts or outcomes, and whether there are other specific areas of your work or other people's work you are expecting the learning from this project to be relevant to?]
6. Do you think there are any other ways these impacts or outcomes might be achieved?
7. Do you have any concerns or worries about your involvement in the project, or about the project more generally?
8. What are your expectations about your level of involvement and commitment to the MH:2K project, (e.g. in terms of time and money)?
9. How are you planning on disseminating learning from your involvement in the project? And to whom?

#### **Credibility and value for money**

10. What factors would contribute to the credibility of MK:2K project, from your point of view? [Prompt further if needed, e.g. delivery, outputs, impacts, etc.]
11. And are there any factors that you think would detract from its credibility?
12. Do you think the project will offer good value for money? Why/why not?

#### **Wider context and knowledge**

13. Is there any specific literature, research or case studies you would recommend us looking at in order to further inform the baseline report, other than that already given to the project team?
14. Are there any other organisations or individuals it might be useful for us to talk with, other than those names already given to the project team?

#### **Final comments**

15. Do you have any other comments about the project at this stage?

## BASELINE – CITIZEN RESEARCHERS

Questions to be applied flexibly, depending on the flow of the interview and to reflect the knowledge and enthusiasm of the interviewee.

### **Background and current situation**

1. Please could you start by telling me a little bit about how you found out about the project and why you wanted to get involved?
2. Have you been involved in anything like this before?
3. How are you feeling about it at this point, now that we've had all of the meetings to design the Roadshow? Anything you've particularly liked? Anything you would change?

### **Hopes, fears and expectations (project delivery, learning, impacts)**

4. What have you got out of being involved in the project so far? And what else do you hope you'll get out of it with the roadshow events and the launch etc.??
5. What do you hope will happen once the MH:2K project is all finished? (For example... This might be something to do with how mental health services in Oldham are run, or how decisions are made?)
6. Do you have any concerns or worries about your involvement in the project, or about the project more generally?
7. Are you taking part in the roadshows? How much time do you expect to spend on MH:2K over the next few months / how do you feel about that?]
8. Have you talked to others about being involved in this project?

### **Final comments**

9. Do you have any other comments about the project at this stage?

## ENDLINE – STAKEHOLDERS AND PROJECT TEAM

Questions will be applied flexibly, depending on the flow of the interview and to reflect the knowledge and enthusiasm of the interviewee.

### **Overall feelings**

1. First of all, how are you feeling generally now that MH:2K is coming to an end?

### **Process delivery**

2. Let's start by talking about the process used for delivering MH:2K – we'll come onto impacts shortly. What worked about how the project was run and delivered from your point of view?
3. Is there anything you would suggest changing if the project was to be run elsewhere? E.g. things you'd like more of, or less of, or things you think could have been done differently?
4. Was the process as you expected overall, e.g. in terms of how it worked, the amount of time you spent on it, etc.?

### **Personal and organisational impacts**

5. What do you think has changed for you personally as a result of taking part in MH:2K? (Further prompting if needed, e.g. learning, attitudes, engagement processes, anything not as expected or not so good; would any of this have happened without MH:2K?)
6. And what about for your organisation? Do you think there have been or will be any specific impacts there as a result of MH:2K? (If these are different from personal impacts.)

### **Project impacts**

7. What do you think or hope will happen in Oldham as a result of MH:2K? (Prompts: for example in relation to young people's mental health, research, services, the way people are involved in decision making, etc.)
8. And if there's one specific thing you hope will change as a result of MH:2K what would that be? What's your priority?
9. What about outside Oldham – what do you think or hope will happen more widely as a result of MH:2K? (Prompts: for example in relation to young people's mental health, research, services, the way people are involved in decision making, etc.)
10. Have you talked to others about being involved in this project, or disseminated learning to others? If you haven't yet, how are you planning to disseminate learning? (Prompt for more details – e.g. who, what.)

### **Credibility, value for money and scalability [not citizen researchers]**

11. Do you feel like MH:2K has led to credible outputs (findings and recommendations)? Why do you think that is? (Prompt further if needed, e.g. delivery, outputs, impacts, etc.)
12. Do you think MH:2K has offered good value for money? Why/why not? (Or what will determine value for money, if they're not sure.)
13. What are your thoughts on the potential for scaling the MH:2K model and taking it elsewhere in the UK? Are there any specific considerations you think would need to be taken into account? (Prompt if needed, e.g. regional similarities, differences, economies of scale, etc.)

### **Messages for others**

14. What advice would you give to decision makers (or future project delivery team members) outside of Oldham thinking of funding / getting involved in a project like MH:2K? [NB for project team ask in relation to others who might run a project like MH:2K]
15. Do you have any final messages for the young people who have been involved in MH:2K?

**Final comments**

16. What will your lasting memories of MH:2K be? What will stick with you?
17. Is there anything else at all you'd like to say?

## ENDLINE – CITIZEN RESEARCHERS

Questions will be applied flexibly, depending on the flow of the interview and to reflect the knowledge and enthusiasm of the interviewee.

### Overall feelings

1. First of all, how are you feeling generally now that MH:2K is coming to an end?

### Process delivery

2. We'll talk about what's changed and what might happen as a result of MH:2K in a little while. But first I'm interested in your thoughts about how MH:2K was designed and run. What were the good things about the project? What worked well? (Prompt if needed – what specifically about the design how meetings were run, how you kept in touch with everyone, etc.)
3. Is there anything you would suggest changing if the project was to be run elsewhere? E.g. things you'd like more of, or less of, or things you think could have been done differently?
4. Was the project as you expected overall, e.g. in terms of how it worked, the amount of time you spent on it, etc.?

### Personal impacts

5. Think back to when you first got involved in this project. What do you think has changed for you since then, as a result of taking part in MH:2K? (Further prompting if needed, e.g. learning, attitudes, interest in mental health, education or career, friendships, confidence, skills, anything not as expected or not so good; would any of this happened without MH:2K?)

### Project impacts

6. What do you think or hope will happen in Oldham as a result of MH:2K? (Prompt if needed: in relation to young people's mental health, research, services, the way people are involved in decision making, etc.)
7. And if there's one specific thing you hope will change as a result of MH:2K what would that be? What's the recommendation you feel most strongly about?
8. What about outside Oldham – what do you think or hope will happen more widely as a result of MH:2K? (Prompt regarding project being run in other areas, things that might change across the whole country, e.g. research etc.)
9. Have you talked to others about being involved in this project? What did you say and what did they say about it?

### Messages for others

10. What advice would you give to other young people thinking about being involved in a project like MH:2K?
11. What advice would you give to decision makers outside of Oldham thinking of funding or getting involved in a project like MH:2K?
12. Do you have any final messages for decision makers in Oldham?

### Final comments

13. What will your lasting memories of MH:2K be? What will stick with you?
14. Is there anything else at all you'd like to say?



## **Appendix 3. Design Day questionnaire responses**

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### DESIGN DAY 1 – QUESTIONNAIRE 1

#### **1. How do you feel about the chance to be involved in MH:2K?**

- I feel excited and intrigued to be involved in such an amazing opportunity.
- I feel excited about this amazing opportunity and I am looking forward into helping others and sharing perspectives.
- I am excited to be a part of this project, which can lead to a positive change in how mental health can become more aware of in Oldham.
- It should be a good experience.
- Lucky and nervous.
- I feel that it is a good opportunity to educate myself a bit more on mental health and hopefully try my best to make a difference in the community.
- I feel privileged to be involved in such a great cause that is close to my heart.
- I think it's a good opportunity to get involved. It would help me to understand other and build communication skills.
- I feel excited to be participating in a project where I may have the chance to raise issues and make a difference.
- I feel privileged to be involved in MH:2K. I feel as though it is a chance to give mental health a voice and make a change.
- I was proud to be chosen because it's something that I feel very strongly about.
- It sounds like a good opportunity and sound really interesting to learn new things.
- To be a part of this project, I feel actually quite privileged as I can put my views across without anyone judging me.
- Really good.

#### **2. What did you think about the application process? Specifically:**

##### **a. What, if anything, was good about it?**

- A good range of questions to establish knowledge.
- Simple 2 step process, application and then telephone interview.
- It covered a lot of background.
- It covered a lot of areas about people's lives.
- It was quick and easy the interview was relaxed.
- It was all online / on an editable pdf document.
- It was simple, not too complicated.
- I liked how the application involved my personality, ambitions and interests more than my achievements.

- It was quick to do.
- The application form gave sufficient space and direction and the phone interview was great and allowed for any questions (Rose was lovely).
- It made you properly think about why you want to be part of MH:2K.
- It was easy to fill out and the form easy to understand.
- It was a quick process and I got told quickly if I was successful or not. Plus, the questions were easy to answer.
- Good.

**b. What, if anything, would you change about it?**

- More information in the application for what MH:2K is about, also more advertisement about it.
- A lot of questions repeated themselves.
- Nothing.
- Phone interviews.
- Include more about what MH:2K is and what we will be doing.
- I don't know.
- Possibly a face to face interview but this isn't that big an issue.
- I wouldn't change anything about it.
- Nothing.

**3. How much do you feel you already know about mental health? (please circle a number)**

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
	1	1	1	2	2	5	2			1	

**Tell us more. Is there anything you feel you know a lot about?**

- Specific conditions such as anxiety, depression and a little on bipolar disorder.
- I know about mental health and I currently study health and social care and testing knowledge in exams.
- I feel I know a bit about how people with depression feel.
- Depression & anxiety.
- Anxiety.
- I don't know a lot.
- There's always more to learn. I do, however, have experience with Asperger's, schizophrenia, depression and anxiety. I feel perceptive to the role thoughts place.
- I know quite a bit about depression and suicide.
- I've experienced mental health issues before so certain issues I may know a lot about.

**Is there anything you'd like to know more about?**

- I'd like to know more about people with disabilities and ways of helping them.

- Help available. How people with MH really feel. How to support people with MH.
- How I could help others suffering from mental illness.
- Different kinds of help and different ways to help.
- Depression & causes. Anxiety. Bipolar disorder, schizophrenia, etc.
- Mental health in general, the signs that an issue is there.
- A lot more regarding people's experiences and points of views. I think people can understand better this way.
- I would like to know more about ways where I could help people dealing with mental health.
- The current scientific / social models / research that professionals work from.
- How mental health affects people in different ways.
- How it affects people.
- About different mental health issues and how people are affected by them.
- Mental health.

**4. How much do you feel you know about young people's mental health in Oldham?  
(please circle a number)**

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
	1	1	4	3	4		1				1

**Tell us more. Is there anything you feel you know a lot about?**

- My uncle looks after people with mental health, hence I observe him.
- No.
- Not necessarily, no.
- I think it's harder for young people to get by because most are unsure what to do and lack of experience.
- I have been studying A-level biology, so I do have some knowledge of human biology.
- I feel as though I know how to talk and empathise with young people with mental health issues.
- There are many services available.
- Certain issues such as self harm, depression and anxiety.
- More about mental health.

**Is there anything you'd like to know more about?**

- What help is available. Where I can volunteer.
- The services in Oldham.
- The services available to young people.
- The ones listed above (Depression & causes. Anxiety. Bipolar disorder, schizophrenia, etc.)
- I dunno.
- What services are available for young people and what services young people believe are available.

- What the most common mental health illnesses are in young people in Oldham.
- As much as I can.
- How many people in Oldham are affected by it also about issues are they facing.
- Mental health and what it about.

**5. Is there anything else you hope to learn by taking part in MH:2K? (E.g. new skills or learning.)**

- A better understanding of how mental health impacts young people's lives.
- Increase knowledge about mental health.
- New skills in how to help people with mental health.
- Confidence, communication skills.
- I'd like to learn more in general about mental health and how it affects young adults.
- Hope to build confidence.
- Communicating better, learning about others.
- Confidence and the opportunity to express my opinions.
- Research and presentation skills, more about mental health, the processes of change.
- I hope to get to know more people during this project.
- Communication.
- I want to gain some experience and hopefully some skills as I want a career in helping young people with mental health in the future.
- Build up my confidence and to know more about it.

## DESIGN DAY 1 – QUESTIONNAIRE 2

1. **How much did you enjoy, or not enjoy, taking part in today's event?** (please circle one option)

Not at all	Not much	A little	A lot
		4	11

2. **What did you like most about today?**

- Group discussion, moving around, sharing ideas, meeting the group.
- The discussion, the group.
- Meeting new people.
- Meeting new people.
- Getting to know people and pizza.
- Meeting the team members and leaders and engaging in discussions.
- Meeting new people.
- Talking and meeting new people.
- Meeting others who are not always the same age as I.
- How interactive the session was.
- Learning more about mental health.
- Teamwork.
- Meeting new people sharing opinions.
- Meeting new people and sharing ideas.
- Meeting friends.

3. **What did you like least about today?**

- Not a lot of opportunity to speak to everyone and get their opinions (only worked with the same group of people on the day)
- [illegible], not got a change to talk with everyone.
- Trying to learn people's name.
- Brainstorming but this is due to a lack of me having ideas.
- Not applicable 😊
- N/A.
- Nothing.
- Unnecessarily long session. The Macbook! Need better icebreakers, still don't know the names of a few people.
- Separated tables.
- Nothing.
- Choosing 3 issues, took forever.
- Very long.

- It's quite a long day but it was useful information.
- Nervous around strangers.

4. **How much do you agree or disagree with the following statements:**

a. **“I felt able to contribute my views.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
		6	9

b. **“I understand what the MH:2K project is trying to achieve.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
		5	10

c. **“The materials (e.g. the fact cards) were good.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
	1	8	6

Tell us more. What did you like, or not like, about the materials?

**Strongly agree**

- Good amount of facts.
- The whole thing was brilliant and engaging.
- They were useful and I learnt a lot from them.
- I liked the way everyone got involved.
- I liked that we learnt facts and gave opinions.
- They were interesting.

**Agree**

- Made the day more interactive.
- They were interesting.
- Everything was fine as is.
- It was good to hear them the expert panel.
- They were clear, easy to understand.

**Disagree**

- Wasn't many facts.

d. **“I have learned something new as a result of taking part today.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
	1	9	5

If you learnt something, please tell us more about what it was:

**Strongly agree**

- Certain surprising facts.
- The different views.
- I learnt statistics about self harm.
- Statistics.

**Agree**

- Gained more knowledge on topics and what affects other groups of young people.
- More about [illegible].
- I learnt the divide between male and female services.
- That mental health is a bigger deal than I originally thought.
- Facts in Oldham.
- Statistics.
- Learnt about statistics.
- I learnt facts about mental health in Oldham.

e. **“I will do something differently as a result of taking part today.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
1	4	7	3

If you will do something differently, please tell us more about what it is:

**Strongly agree**

- N/A.
- Be more considerate towards people dealing with any kind of issues / or are upset.

**Agree**

- Spread awareness and be more open to issues I don't fully understand.
- Try let others contribute more.
- Treat people with more understanding.
- N/A.
- I will research more about the diversity of mental health.

**Disagree**

- I felt I didn't take part as much as I was getting accustomed to the programme.

**5. Is there anything else you would like to say about this meeting or your experience of being involved with this project so far?**

- I really enjoyed the discussion and was a safe platform to share ideas free from judgement.
- I think the project will contribute to young people and help them.
- It's been an enlightening experience.
- N/A.
- I enjoyed it and can't wait for the next one.
- It was fun & insightful.
- Today was a good day overall.
- I just really enjoyed it.
- Nothing apart from meeting new people and socialising.



DESIGN DAY 2 QUESTIONNAIRE

1. **How much did you enjoy, or not enjoy, taking part in today’s event?** (please circle one option)

Not at all	Not much	A little	A lot
		1	10

2. **What did you like most about today?**

- Speaking to the whole group and collaborative effort.
- The group and topics!
- Engaging with others in conversation and coming up with ideas.
- The group and topics.
- Talking more.
- I had fun.
- Sticky note thingy.
- The group felt a lot more close knit and comfortable with each other.
- Learning new thing.
- I liked how friendly and interactive everyone was.
- Working in a team with [name] and [name].

3. **What did you like least about today?**

- Nothing.
- The room doesn’t look nice.
- Rooms slightly too cold.
- Talking out loud.
- Presenting in front of people.
- Nothing.
- Talking in front of people.
- I enjoyed presenting the least as I’m not very good at it.

4. **How much do you agree or disagree with the following statements:**

a. **“I felt able to contribute my views.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
6	5		

b. **“I understand what the MH:2K project is trying to achieve.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
		5	6

c. "I have learned something new as a result of taking part today." (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
	1	6	4

If you learnt something, please tell us more about what it was:

- I have learnt how much services want to collaborate to make great change but they don't fully know how to go about it and our opinions are welcomed.
- About the other topics.
- The disadvantages of moving from child to adult health.
- Other people's views and opinions.
- Setting things out.
- What possible triggers are.
- What the council's plan is for dealing with mental health issues.
- I learnt about how many different issues there are and ways of approaching it.
- That schools are working harder to prevent mental health issues.

**5. Have you talked to friends and family about being involved in the MH:2K project?**

Please circle one option:                      **Yes**                      **No**  
11

If you circled "yes", tell us more about what they thought or how they reacted:

- They feel it is something good to be a part of and an impact can be made.
- It's good.
- I've discussed it with a work colleague who works with young offenders and such she thought it was [ends]
- It's good as there are a lot of issues that could be approached differently.
- She forgets XD [not clear what this means]
- They think it is a good idea.
- They wanted to be a part of the project.
- They felt it was a good opportunity.
- They were very positive and was glad I'm taking part.
- They were pleased.

**6. How are you feeling about taking part in the Roadshow?**

- Great – really excited now that plans have been made today.
- Scared.
- Excited, proud, motivated.
- Sounds fun and looking forward to it.

- Fine.
- I am looking forward to the big event & am enjoying it very much.
- Nervous & exciting.
- Confident.
- OK.
- I feel very grateful to have the opportunity to help others suffering from mental health.

**7. Is there anything else you would like to say about this meeting or your experience of being involved with this project so far?**

- I am really enjoying it as this would normally be done by professionals that have other experience. Feel our opinions are very useful and similar to people in power.
- No.
- Thanks to you great people.
- It's been a new experience and I'm always learning new things.
- It was fun.
- It was good working about one subject so it was focused.
- It has been extremely interesting thus far.
- No.
- No.

## DESIGN DAY 3 QUESTIONNAIRE

**1. How much did you enjoy, or not enjoy, taking part in today's event?** (please circle one option)

Not at all	Not much	A little	A lot
		1	9

**2. What did you like most about today?**

- Finding ways to improve my presentational skills.
- Working in the group and talking.
- The public speaking event.
- I enjoyed working with different people for a change.
- Where we had to present our presentation skills.
- I enjoyed planning the actual event that we were going to do.
- Everyone got on along we had fun activities.
- I enjoyed meeting the MH:2K team and talking about the different aspects of the roadshow.
- Working with my peers to develop ourselves and our skills.
- Presentation group classes – preparing a pitch and getting feedback on what to improve.

**3. What did you like least about today?**

- Everything kept breaking (tables). Location.
- Speaking out.
- The fact we're always sat down and not doing enough movement.
- Nothing.
- Morning, I was tired.
- The presentation skills as it's not something I'm very good at.
- The starting time 10am a bit too early.
- Nada.
- N/A.
- Sarah tipping the tables and puns haha just kidding I actually enjoyed everything.

**4. How much do you agree or disagree with the following statements:**

**a. "I felt able to contribute my views."** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
1		1	8

**b. "I feel better prepared for the Roadshow than I did at the start of the day."** (please circle one option)

Strongly disagree

1

Disagree

Agree

2

Strongly agree

7

**5. What have you learned today? (Please tick as many as you like.)**

Presentation skills	9	How to introduce MH:2K and/or one of the MH:2K topics	10
Listening skills	5	Different models of mental health	6
Questioning skills	3	Other (please tell us what below: What the roadshow will entail	1
How to deal with tricky situations that might come up at the Roadshow	2		

**6. What have you learned overall from the meetings you have taken part in so far? (Please tick as many as you like.)**

Skills – e.g. presentation, listening or questioning skills	9	Facts about who suffers from mental health problems	8
How to design an event – e.g. different activities you could include	7	What schools in Oldham are doing to tackle mental health	7
Facts about mental health in Oldham or the UK	9	Other people's views on mental health	7
Facts about self-harm	8	Other (please tell us what below: I knew info on all topics above, but have learned how it links with MH:2K.	1
Facts about mental health professional practice – e.g. what training mental health professionals get, the treatments available, etc.	7		

**7. What are you most looking forward to about taking part in the Roadshow?**

- Meeting new people, making a change.
- Informing the community about mental health and how to help.
- Seeing the reaction of the audience.
- Sharing my own ideas and views.
- Leading skill and knowing other perspectives.
- About learning how other people see mental health.
- To attending schools to raise awareness.
- Getting ideas from different young people from different sectors.
- Educating young minds and hearing what they have to say.
- Sharing what I learnt and passing it on to others.

**8. What are you least looking forward to about taking part in the Roadshow?**

- The last one.
- The large crowds.

- The scare before doing it.
- Questions I am not equipped to answer.
- Weather.
- The presenting.
- Presenting in front of 100s.
- Some young people we speak to may not be interested.
- N/A.
- Questions that I am not able to answer on the spot.

**9. Is there anything else you would like to say about this meeting or your experience of being involved with this project so far?**

- Think we have a really good team. Glad I got to meet everyone – amazing.
- I loved it.
- Nothing other than how enjoyable it has been.
- Nope.
- I've had the sessions and I have enjoyed them both.
- I think it's a great project and I can't wait to continue with it.
- Just thank you guys 😊

## Appendix 4. Roadshow evaluation responses

How much did you enjoy taking part in today's event?

Not at all	Not much	A little	A lot	No answer
0.8%	3.6%	30.8%	64.6%	0.3%

How much did you learn today on a scale of 0-5?

(0=nothing; 5= a lot)

0	1	2	3	4	5	No answer
0.8%	1.0%	4.9%	24.1%	39.0%	28.7%	1.5%

What, if anything, do you feel you gained from today's event? (tick all that apply)

More knowledge about mental health, or about a mental health issue (e.g. self-harm)	Greater awareness of where to go to get help with mental health issues	More confidence to seek help for mental health problems, if you ever needed it	New or improved skills (e.g. in team work, or discussions)	Something else. Please tell us what:
78.2%	68.7%	53.1%	44.4%	8.2%

## Appendix 5. Results Day questionnaire responses

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### CITIZEN RESEARCHERS

#### 1. Tell us a bit about your experience with the Roadshow events...

##### a. Roughly how many events did you take part in? (an estimate is fine!)

- 13
- 5
- 5
- 10
- 30ish
- 5
- 10
- 25
- 4 (some back to back Oldham College)
- 32
- 1

##### b. How much did you enjoy, or not enjoy, taking part in the Roadshow events? (please circle one option)

Not at all	Not much	A little	A lot
i.	10		

#### 2. What did you like most about the Roadshow events?

- The variety and the impact.
- Meeting new people.
- Engaging young people in conversation and sharing ideas.
- Meeting new people and engaging with them.
- Engaging with young people and learning more about mental health problems.
- How engaging the audience were. Being able to present, describe topics to audiences.
- Speaking to diverse groups in the community and some of the things I learnt about them along the way.
- Engaging with young people making a difference to their life.
- Getting so many people involved.
- Engaging with people.
- Testing others' knowledge and explaining them in detail.

#### 3. What did you like least about the Roadshow events?

- -
- Not being fully prepared.
- -
- Not much preparation for type of audience.



- It's ended and I enjoyed it so much, it became a part of life.
- The timing one had to work around. Work hours. But this was understandable with the audience.
- Lack of preparation throughout / feeling rushed. Lack of engagement from certain groups making facilitating difficult to gather findings.
- Not much preparation before each event.
- Public speaking.
- When some people didn't want to engage it was difficult.
- Nothing.

**4. How much did you enjoy, or not enjoy, today's event (the Results Day)? (please circle one option)**

Not at all                  Not much                  A little                  A lot  
 11

**5. What did you like most about today?**

- The information.
- -
- The energy, it was positive and open, lots of ideas shared.
- Having good detailed discussions about important issues.
- Talking to the professionals about the top solutions.
- Meeting and interacting with the Expert Panel – how our ideas matched.
- Seeing everyone after so long and catching up. Hearing the findings and seeing them all consolidated. Speaking to the Expert Panel and hearing their opinions on the solutions.
- Finding out how many people have been reached by the campaign.
- Working in a group and meeting the professional.
- It was fun.
- I have come up with a lot of the comment [illegible] and am confident explaining them.

**6. What did you like least about today?**

- -
- Very long.
- Nothing except me being late.
- -
- Lots of writing, became tiring.
- N/A, it was a great day.
- Having a lot of data to cover and make sense of in a very short space of time, feeling like a lot of important info may have been missed.
- A lot of writing.
- -

- I liked everything.
- Nothing.

**7. How much do you agree or disagree with the following statements:**

**a. “I am confident decision makers will listen to the findings from MH:2K.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
		6	4

**b. “I think MH:2K will make a positive difference to young people’s mental health services in Oldham.”** (please circle one option)

Strongly disagree	Disagree	Agree	Strongly agree
		3	8

**8. How much do you feel you know about mental health?** (please circle a number)

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
						1	3	2	4		

**9. How much do you feel you know about young people’s mental health in Oldham?** (please circle a number)

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
						1	2	3	1	3	

**10. What advice would you give to someone running a similar project to MH:2K in another location?**

- To go for it, it’s worthwhile.
- To take interest, make new friends and have fun!
- Make sure you have the time to invest.
- Make sure it is engaging, but educational at the same time.
- If you allow yourself to learn new things it’ll become easier and if you have a passion to improve it, it’s possible to change. You have a voice so use it.
- Don’t give up on the group – it’s hard work but they’ll get through it.
- Have more time dedicated to the planning phase – having public speaking training and seeing the presentations before the roadshows.
- Make sure everybody is educated about each topic covered in the roadshows.
- Enjoy the experience.
- To smile and enjoy.
- Strongly emotionally persuade others and help see importance.

**11. Is there anything else you would like to say about this meeting or your experience of being involved with this project so far?**

- It was really fun.

- It has been an amazing experience.
- The project runners are amazing.
- Cold pizza!
- No.
- It was great! Glad I could be a part of it. Would be more than happy to do it all again.
- I have learnt so much about myself and how much I can think and adapt to different scenarios and groups.
- -
- I really appreciate the chance to be involved with the experience.
- The best thing to have happened to me in the past year.
- I have gained confidence and am passionate about helping others and raising awareness.

## EXPERT PANEL MEMBERS

**1. How well do you think the Results Day today went?** (please circle one option)

Not at all well                      Not very well                      Fairly well                      Very well

5

**2. What worked best about today?**

- 'Expert' Panel working with young people.
- Listening to young people's ideas – very enlightening.
- Small groups.
- Absolutely loved getting to work with members of MH:2K on the recommendations.
- The discussions with the young people.

**3. What would you have changed about today?**

- Nothing!
- -
- Not sure (only been here 1 hour).
- Nothing – more 'Expert' Panel members in attendance.
- Nothing, it was great!

**4. a. How useful do you think the draft MH:2K findings are?** (please circle one option)

Not at all useful                      Not very useful                      Fairly useful                      Very useful

5

**b. Please explain your answer:**

- Only on my topic, but gave me a different perspective on stigma and CYP.
- Hope to shape services / experiences around this.
- Good ideas and insight.
- Great detail and reassuring and validating what we already know as well as giving new insights.
- There are some great learning points / insights which need to be spread wider.

**5. a. How useful do you think the draft MH:2K recommendations are?** (please circle one option)

Not at all useful                      Not very useful                      Fairly useful                      Very useful

1

4

**b. Please explain your answer:**

- As above, but also to drive forward this initiative and findings.
- As above – YP know best what will work.
- Useful ideas for commissioners and providers to work on.

- Brilliant starting point but need further thinking re detail, but that's expected at this point in the programme.
- They will provide the Local Authority and NHS with some important areas which need to be addressed.

**6. How well do you think the MH:2K process has gone overall so far? (please circle one option)**

Not at all well                      Not very well                      Fairly well                      Very well  
5

**7. What has worked well about the overall process?**

- Very well and good skills used.
- Feedback regularly.
- Good engagement.
- Engagement of young people – number of YP reached.
- It's not been too labour intensive.

**8. What would you have changed about the overall process?**

- Not been involved long enough but feedback has been positive.
- -
- -
- ?
- -

**9. How much do you agree or disagree with the following statements:**

**a. "I will do something new or differently as a result of the findings and/or recommendations from MH:2K." (please circle one option)**

Strongly disagree                      Disagree                      Agree                      Strongly agree  
5

**Please give us some more detail:**

- Service development / promotion etc.
- Look at implementing some suggestions; share with team at HYM.
- Hopefully we can make a difference.
- Inform service planning – youth service; inform work plan of Oldham Youth Council; inform commissioning of services.
- I will be sharing my learning wider.

**b. "I think MH:2K will make a positive difference to young people's mental health services in Oldham." (please circle one option)**

Strongly disagree                      Disagree                      Agree                      Strongly agree

**Please give us some more detail:**

- Empowering CYP to make decisions / take action and get professionals to listen.
- If we can support some of the changes, hopefully make services more accessible.
- If we follow through with the recommendations.
- Key decision makers are engaged! Let's hope they commit to taking action on the results.
- By providing a steer to Local Authority on what needs to change.

**10. Is there anything else you want to say about MH:2K at this point?**

- Brilliant project and excited to stay involved.
- Well done, it's been great.
- -
- Well done! Super impressed by the amazing young people! Credit to our town.
- Wonderful day – really enjoyed it!

## Appendix 6. Big Showcase survey responses

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**1. How useful (or not useful) do you think the MH:2K findings and recommendations are?**  
(please choose one option)

Not at all useful                  Not very useful                  Fairly useful                  Very useful

7

**2. Please explain your answer:**

- It was really good to hear recommendations from people accessing the services/support first hand. good mixture of quick wins, easy to implement and longer policy /culture changes.
- -
- They are recommendations by young people who know best what services they need.
- Excellent to hear from young people and great to see that there is a focus on strategies and ways forward.
- I think that this has been an invaluable project to undertake, challenges in mental health will always be there but it was really eye opening that young people are affected just like adults. Let's hope that the momentum continues to see this work through.
- They are incredibly useful because they are spoken from the mouths of the exact people we are trying to support. The recommendations have weight because they were researched by young people, for young people.
- Really good to hear the voice of young people.

**3. What do you think you or your organisation will do as a result of hearing the findings and recommendations from MH:2K? (please choose as many as are relevant to you)**

- Let others within your organisation know about MH:2K's findings, recommendations or engagement process: 7
- Let others outside your organisation know about MH:2K's findings, recommendations or engagement process: 4
- Do something completely new (i.e. MH:2K has given you new ideas): 2
- Change or stop something you already do (i.e. MH:2K has changed your current thinking): 1
- Continue doing something you are already doing / planning (i.e. MH:2K has reinforced your current thinking): 4
- Refocus priorities: 3
- Other: 0

**4. Please give us some more detail – e.g. who will you tell, what will you do, change or continue?**

- In particular speak to people through my role in research, a variety of organisations, about the high level of engagement from the young people and how they should be involved more.
- Our youth council will use the findings to ask for improved services in Trafford.
- Work with middle and senior leaders and review strategy and priorities in this very important area. Look at working in a focused way with all staff and increasing the profile of MH2K with our students.
- Spread the word of the project. listening to young people, seek their views and share.

- I have already had a conversation with my manager (Director of Learning) to discuss the option of employing somebody full-time to work with students who are experiencing mental health issues.
- I chair the suicide prevention group on Oldham and was hoping to invite mh2k to present their report to this multi agency group.





- Clearly planned and communicated. I have felt up to date and involved from the moment I joined the expert panel. Young people have been able to lead and drive the process which has supported in how I have perceived the experience and process.
- The attention to detail and utter commitment of the organisers to make it work meant that I was never in any doubt that the process would be successful. The planned process of engagement was credible from the outset and it was apparent that the organisers had the flexibility and will to respond to the emerging pattern of engagement from young people in Oldham.
- It was just right in terms of its call upon panel time. The way in which the young people were engaged with, was excellent. The people leading allowed for the much needed rapport to be established and it was clear that this led to a feeling of empowerment for the young people.
- Excellent organisation, good feedback, well informed throughout process.
- Very well designed and organised. Brilliant organisation skills. Great engagement with the young people. Fantastic results in terms of number of young people participating in the roadshow.

**6. What would you have changed about the design and/or delivery of the overall process?**

- As it turns out, the timeline might have been a bit challenging?
- Nothing.
- I'd have liked to have been engaged for the start but this is not a reflection on the design/delivery.
- Nothing much. It has occurred to me that it would have been nice to have some indication of who the approx. 600 young people who contributed their views were as well as the 20 or so who were trained to do the consultation.
- It was great, you may wish to set up an online forum for young people to participate in discussion between meetings and also for Expert Panel members to feed in too.
- Nil.
- Not sure I would change anything.

**7. How much do you agree or disagree with the following statements:**

**a. "MH:2K had clear and achievable aims."** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree
			7

**b. "The materials used with the young people were high quality and factually accurate."** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree	Not relevant
		2	5	

**c. "I felt engaged and informed throughout the process."** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree
			7

## WHAT'S CHANGED FOR YOU and WHAT HAPPENS NEXT

### 8. How useful (or not useful) do you think the MH:2K findings and recommendations are? (please choose one option)

Not at all useful

Not very useful

Fairly useful

Very useful

7

### 9. Please explain your answer:

- -
- Recommendations were divided into 5 clear areas and well organised into achievable actions.
- Most of the findings did confirm what I hear from practitioners throughout our services but recommendations about how the findings could be taken forward from the perspectives of young people either confirmed how we operate services or allowed me to consider quick, simple changes which might really make a difference to how young people engage with our services.
- I thought the report back on the night gave us the full view of the information that was gathered. there were some comments that there too many priorities and that further prioritisation is required. I agree with that but I felt that voicing that opinion on the night was also a way of the audience becoming engaged in the process. Not intended that way I'm sure but it did seem to work that way.
- The creative way in which the whole process was delivered, allowed the young people to feel confident in sharing their experiences, this I felt allowed MH:2K to tap into stories / experiences which would otherwise remain hidden.
- helps us to identify what young people perceive as gaps in service, where/how support should be accessed/delivered. useful for planning future services.
- very detailed and realistic - these are incredibly useful to all of us in Oldham as they are clearly telling us what young people think and feel. we need to now collectively act on what the young people have told us.

### 10. What do you think you or your organisation will do as a result of hearing the findings and recommendations from MH:2K? (please choose as many as are relevant to you)

- Let others within your organisation know about MH:2K's findings, recommendations or engagement process: 7
- Let others outside your organisation know about MH:2K's findings, recommendations or engagement process: 6
- Do something completely new (i.e. MH:2K has given you new ideas): 1
- Change or stop something you already do (i.e. MH:2K has changed your current thinking): 3
- Continue doing something you are already doing / planning (i.e. MH:2K has reinforced your current thinking): 6
- Refocus priorities: 1
- Other: 0

### 11. Please give us some more detail – e.g. who will you tell, what will you do, change or continue?

- As an engagement practitioner focused on health research, the project reinforces a way of working that it truly collaborative, and places young people (or the people who the engagement

is focused at) at the centre of a project's methodology and outcomes. This reinforces the approach we have taken recently with our projects, and provides further evidence to a growing community of practice who are engaging with 'less well heard' groups.

- Enlarge the transition service; present the MH:2K report to the Oldham mental health strategic partnership.
- This has already been taken to our leadership and senior management teams and will be incorporated into our CYP team away-day to support in learning from the project.
- I have already told members of the council EMT and will go on to tell the Health and Wellbeing Board or at least the young people will directly. I intend to write something up about the process hopefully for a wide audience. Most importantly I want to make us think harder about how we carry on from here to build the conversation about mental health in Oldham and to think about what the success of this process means for how we engage with people about health.
- I will tell stakeholders across Greater Manchester and wider. I will proactively share the findings.
- Within organisation will share with other services within the directorate, share across the partnership, share with adult mental health services. Outside of services- as and when appropriate.
- We will share this with partners in particular our regional youth voice partners who are looking at Mental health as a priority campaign for young people across the north west.

**12. How much do you agree or disagree with the following statement: “I think MH:2K will make a positive difference to young people’s mental health in Oldham.”** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree
		4	3

**13. How much do you agree or disagree with the following statement: “I think MH:2K’s process, findings and/or recommendations will be useful to those working on mental health research.”** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree	Don’t know
		3	4	

**Please give us some more detail:**

- -
- Change the way we deliver services, involving young people more in their design.
- -
- I agree with the statements but the extent of the impact on young people as a population will depend on what we do next. I'm not sure about the applicability to mental health research. Not my world so not sure.
- I think it has already made a difference by empowering all of the young people that have participated in the process. Also, it is evident that the process has started an open conversation, which will allow for MH discussions to be progressed across the area.
- I would like to think it will, but need backing from higher up to ensure things can be implemented/changed.
- There is commitment to take action on what the young people have said - this will hopefully inform future policy development, commissioning of services and inform service design and delivery.



**c. "I have formed new connections or relationships as a result of taking part in MH:2K." (please choose one option)**

Strongly disagree

Disagree

Agree

Strongly agree

1

6

**18. What would you say to other professionals thinking of taking part in MH:2K in another location?**

- Do it!
- Do it.
- The opportunity to hear from passionate young people about real issues affecting their lives is invaluable and the networking and partnership building opportunities as part of the expert panel can enhance what you do and your understanding of other services.
- This is definitely worth investment and benefits from having a broad steering group input. Think about what you want to test through this approach and what you want to do with it on conclusion.
- I would say MH:2K is a great approach to engagement and involvement, offering a unique and powerful way of tapping into the unknowns, and those things that we think we know, but really don't know.
- Advise them to do so, is valuable learning experience, promoting working together as group of services with CYP.
- Do It. It's an excellent process that is well managed, well planned and well delivered. The Standard of the work is excellent and everyone involved will have a quality experience.

**19. Is there anything else you would like to say about your experience of being involved with MH:2K?**

- It's been a pleasure and privilege.
- Very positive experience.
- Thoroughly enjoyed and would recommend to others!
- This has been an exciting and enjoyable process made so by the credibility of the organisers and trust in their ability to make it work. We are obliged to carry this on in Oldham.
- I have very much enjoyed the process and found it most rewarding. The team were wonderful to work with and Sarah especially is a very talented lady, who clearly has exceptional leadership qualities, which could be very useful in creating a social movement around Mental Health and young people.
- -
- -

## Appendix 8. Citizen Researcher final survey responses

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**THE BIG SHOWCASE – please only answer these if you came along to the Big Showcase. If you weren't able to make it, just skip to Question 4**

### 1. How much did you enjoy, or not enjoy, the Big Showcase? (please choose one option)

I didn't enjoy it at all      I didn't enjoy it much      I enjoyed it a little      I enjoyed it a lot

7

### 2. What did you like most about the Big Showcase?

- It was an opportunity for us to see all the results together from all the different roadshows and also speaking to the different professionals and hearing their feedback and how impressed they were with the research, and being reassured that the work we did was good.
- The response that we got and the amount of professionals that turned up. When we got to go round the big tables and talk about their ideas?
- I liked the fact that we got to meet lots of professionals and ask them a lot of questions and I feel like we made a big difference.
- -
- I liked how it was the culmination of all our hard work and how the people who can actually make a difference gave great feedback and will hopefully make the changes.
- Seeing how interested the professionals were and realising they don't know as much as I thought they would.
- The group felt like a family.

### 3. What did you like least about the Big Showcase?

- I wish there were more options where we had a discussion, like the Q and A section. I wish there was more panel discussion. There were quite a few people on stage at once trying to do the panel discussion. Maybe just a select few should do it because otherwise it looks chaotic.
- The fire alarm went off when someone was speaking. I would have liked to see more of the question and answer session which got cut short because of timing.
- Nothing really. Everything was great.
- -
- There was nothing I didn't enjoy.
- Being sat in the corner. It would have been better if we could wait outside and rehearse what we were going to say. We would also be able to see the videos we were in which would be a positive.
- When presentations didn't go so well.

## MH:2K OVERALL

### 4. How much did you enjoy, or not enjoy, taking part in the MH:2K overall? (please choose one option)

I didn't enjoy it at all      I didn't enjoy it much      I enjoyed it a little      I enjoyed it a lot

7

### 5. What did you like most about MH:2K?

- Meeting all the different people from different backgrounds, getting to discuss that I feel passionately about and hearing likeminded people and getting to meet decision makers around

Oldham and hearing they wanted to do something about and not just something they want to let slip into the background.

- Going to the different schools colleges and work places and listening to everyone's ideas.
- I loved the fact that we got to meet lots of different people and new friends and its helped a lot with public speaking, and mental health is something I feel passionately about and I hope it makes a difference.
- Hearing different views from different age ranges, diversity of it because not all one ethnic background.
- The thing I enjoyed most about MH:2K is that it was all down to us and that it was our voices that got to be heard. It felt good to be listened to.
- I made new friends and got opportunities that would never be available without this project.
- Making a difference.

**6. What did you like least about MH:2K, or what should we change for next time?**

- I didn't like how short notice a lot of stuff was. the first meeting in November I think, then it was a long gap between the next one and I understand there was stuff going on behind the scene but some updates would have been helpful. On the data plan stuff, the information guide day felt rushed to make a decision on the day and not time to consider it and consolidate. A suggestion would be to send out the questions and activities before the meeting, and the same for the roadshow. We didn't get the PowerPoints before the actual day, we could have helped to create them. Like type straight into the computer rather than doing all the writing. It would save time.
- I was stuck a lot of time and couldn't do a lot of the showcases because of work, so a lot weekend opportunities or evening opportunities.
- Not that I liked it least, but with the roadshows I didn't get to do many because they were during school times.
- Not much, it was great.
- I enjoyed everything about the entire project and can't think of anything to change other than more preparation events.
- It would be good if we could find out what the professionals are going to do next to resolve the problems we highlighted and would be good if we had the opportunity to revisit some of the groups we reached to tell them how they have contributed to making a change and what is going to happen because of their involvement.
- More time to prepare before meeting groups.

**WHAT HAPPENS NEXT**

**7. How much do you agree or disagree with the following statements:**

a. **“I am confident decision makers will listen to the findings from MH:2K.”** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree
		3	3

b. **“I think MH:2K will make a positive difference to young people’s mental health in Oldham.”** (please choose one option)

Strongly disagree	Disagree	Agree	Strongly agree
		2	5



**8. What change would you most like to see happen as a result of MH:2K?**

- Child to adult mental health services - the transition should be not so severe. the gap should be closed. Mental health in children is taken more seriously. Mental health to be given the same recognition. Don't just medicate as a band aid - more promotion of talking therapies and other treatments that get to root.
- More services provided to young people going through different things, not just counselling over and over again. For example, extracurricular activities in school not just sport but stuff like yoga and mindfulness.
- I would like to see the statistics of mental health lowered in Oldham lowered specifically.
- I think there should more awareness in schools and colleges
- I would like to see school and colleges really sit down and take note of every issue raised and hopefully improve things for future generations with better policies on the matters.
- The stigma of mental health break down and people being able to talk to peers about problems they are facing. Mh2k brought up mental health and open conversation about the subject which was new to allot of the young people so it would be good if this could continue.
- The transitioning process.

**WHAT'S CHANGED FOR YOU?**

**9. How interested are you in mental health issues, compared to before you started MH:2K?**  
(please choose one option)

I am much less interested now	
I am a little less interested now	
I am a little more interested now	3
I am much more interested now	4

**10. How interested were you in hearing other people's views on mental health (e.g. other citizen researchers, expert panel, Roadshow participants)?** (please choose one option)

Not at all interested	Not very interested	Fairly interested	Very interested
			7

**11. How likely are you to get involved in this type of project again if you were offered the opportunity?** (please choose one option)

Very unlikely	Fairly unlikely	Fairly likely	Very likely
		1	6

**12. How much do you feel you know about mental health?** (please choose a number)

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
						1	2	2	1	1	

**13. How much do you feel you know about young people's mental health in Oldham?**  
(please choose a number)

<b>Not much</b>	1	2	3	4	5	6	7	8	9	10	<b>A lot</b>
						1	4	1	1		

**14. What (if anything) have you learned about mental health while taking part in MH:2K?**

- I learnt more about children's services and more about what's available for people. It's not common knowledge and not well advertised.
- I've learnt that young people are a lot more aware about it than they would be. when we went into schools we had a lot positive response. people are more clued up and that surprised me.
- I learnt how different factors can affect you more than others, I knew school could affect but I didn't realise the environment like social environment could also affect it.
- Statistics - I didn't know much about the statistics in Oldham and the wider area.
- I have learnt a lot about the issues other young people currently face in Oldham currently. And I have learnt a lot about different mental health issues and what they cause
- I learnt about the NHS booklets around self harm and how social media had a large impact on all areas of mental health. I though social media wasn't as big an issue as it was prior to mh2k.
- That it's very important.

**15. What else (if anything) has changed for you as a result of taking part in MH:2K? E.g. have you learned new skills, gain confidence, changed the way you think about something, changed future plans, etc.?**

- All of the above. While I was on MH2K I was unemployed but the skills I gained have helped me gain employment, particularly public speaking. I had a panel interview before getting my current job and I did well. It has also helped with my own mental health because I had anxiety and depression, but speaking to other people who have gone through similar things helped me put mine into perspective. It gave me a comfortable space to talk to people who understood.
- It gave me more confidence in that particular aspect and public speaking, and speaking to professionals. The way it was kind of down to the young people ourselves given the freedom and opportunity to do what we wanted but also the support from May, Rose and Katy. They were phenomenal.
- I've definitely gained a lot of confidence from it because I wouldn't have been able to speak to in public like I can now. I struggled with it before but I'd be fine with it now, because the process throws you straight into it and no time to doubt yourself.
- It has opened my eyes because I was very quick to judge people before, I don't judge anymore and Mental Health is something I'm looking to do in the future.
- I feel like I am new equipped with a new set of skills which could allow me to continue to improve mental health in Oldham.
- I have gained allot of confidence and am now able to talk to new people and hold conversation with them for a while which I could never do prior to this project. I have made it my goal in life to make a difference to young people as many older people do not give them the recognition they deserve so I wish to change this.
- -

**16. Is there anything else you would like to say about your experience of being involved with MH:2K?**

- No.
- It was overall a great experience.
- No thanks.
- Nothing (but I didn't go to the Roadshow because I was working and therefore couldn't comment on the first question).

- It has been an absolute privilege to pioneer such an amazing project with such brilliant and diverse people. It makes me extremely happy to have been a part of it. I hope it continues on in the future and expands across the UK.
- It has been a pleasure spending time with everybody and seeing how everybody has developed more confidence and became part of an mh2k family :)
- It was great.