

Session	Aye Mind Learning Set: Digital Approaches to Youth Mental Health
Background Information	<p>Can young people use the internet, social media and mobile technologies to improve their mental health and wellbeing?</p> <p>Aye Mind aims to enable youth-related workers, policy makers, planners and service providers to be more prepared to engage with young people in supporting their mental health and in drawing on digital communication technology.</p> <p>Aye Mind is on a mission to improve the mental health and wellbeing of young people – by making better use of the internet, social media and mobile technologies. Aye Mind has worked in collaboration with young people and workers to bring together a suite of positive digital resources and methods, for widespread use. A digital toolkit has been developed for all who work with young people too, to boost their ability to promote youth wellbeing. The toolkit includes practical information, case studies and reflection material for anyone interested in learning more about digital approaches to promote youth mental wellbeing.</p>
Aim	To increase awareness of the Aye Mind site to support young peoples’ mental health and wellbeing
Learning Outcomes	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the elements of the NHSGG&C Child And Youth Mental Health Improvement And Early Intervention Framework 2. Describe the content of learning and support material on the Aye Mind website 3. Demonstrate how to navigate the Aye Mind Site 4. Describe the important features of the Aye Mind content and how these can be used to support young peoples’ mental health and wellbeing 5. List a range of resources to support youth mental health
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT, WIFI access, link to Aye mind website • Presentation • Participants are encouraged to bring their mobile devices to this session • Session handouts • Reflective practice Tool

Learning outcomes	Activity	Resources	Time
1. Describe the characteristics of the NHS GG&C Child And Youth Mental Improvement And Early Intervention Framework	<ul style="list-style-type: none"> None 	Slide	10 min
2. Describe the content of the learning and support materials on the Aye Mind.	<ul style="list-style-type: none"> None 	Clip Slide	20 min
3. Demonstrate how to navigate the Aye Mind site	<ul style="list-style-type: none"> Site navigation 	Internet access Getting to know Aye Mind Handout	20 min
4. Describe the important features of Aye Mind content and how these can be used to support young peoples' mental health and wellbeing.	<ul style="list-style-type: none"> Site navigation 	Internet access How to run a GIF making workshop handout	20 min
5. List a range of resources to support youth mental health	<ul style="list-style-type: none"> None 	CYP mental health resources handout Allsorts guide	5 min
6. Looking after our own mental health	<ul style="list-style-type: none"> Self-care 	Slide	5 min
7. Reflection and session close	<ul style="list-style-type: none"> Reflection 	Reflective practice handout	5 min

Aye Mind

Facilitator notes

Please note, it is highly recommended that the facilitator familiarise themselves with the Aye Mind website prior to the session. It is essential that you have WIFI/ internet access in order to deliver this session. Ensure you have venue WIFI passwords to share with participants.

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
Slide 2	<p>Put up the session overview slide and read out what will be covered today.</p> <p>Emphasise that the session today is an introduction to the Aye Mind Website that has been developed in partnership by NHSGG&C, Young people, Mental Health Foundation, SNOOK and Young Scot to provide a safe digital platform to promote and support youth mental health. The session does not permit the time to go into every section of the website in detail and participants are encouraged to visit the site after the session to spend more time navigating through it.</p>		
Slide 3	<p>CYP Mental Health Improvement Framework</p> <p>This section will show where the Aye Mind resource sits within the context of the NHSGG&C child and youth mental health improvement and early intervention framework.</p> <p>Put up the mental health framework slide and highlight this is the NHS Greater Glasgow and Clyde framework for mental health improvement and early intervention for Children and Young People (CYP). The framework was developed in response to a review that was undertaken across NHSGG&C CYP mental health improvement services and programmes.</p> <p>Inform participants that the Aye Mind website is a resource that supports the child and youth mental health improvement framework. The framework is made up of six elements that have been demonstrated as having value in the promotion of good mental health for children and young people. Briefly highlight each element, using the information in the boxes and inform participants the focus of this session will go onto explore the social media element, in the context of the Aye Mind resource.</p> <p>If anyone would like more information on the framework contact michelle.guthrie@ggc.scot.nhs.uk</p>	10 min	Slide

Slide	Notes	Time	Resources
Clip	<p>Why digital?</p> <p>Have the Burntisland clip available and ready to show: this is accessed through the Aye mind site. Go into the professional section, click on toolkit and then why digital. This will bring up the clip.</p> <p>http://ayemind.com/toolkit/why-digital/</p> <p>Discussion point: Before showing the clip, pose the question to the participants, why should we consider technology when it comes to young peoples' mental health? Once participants have shared some comments and thoughts around this, tell them that we are going to watch a short clip to put some context around the digital technology landscape.</p> <p>Discussion point: Once the clip has ended take some feedback from the participants? The clip highlights the ongoing evolving landscape of digital technology that young people are using and the role it plays in their day to day lives. We need to embrace this digital age and use it to our advantage to support the mental health and wellbeing of young people.</p>	5 min	Ayemind website
Slide 4	<p>Navigating Aye Mind</p> <p>Now we are going to spend some time navigating our way through the Aye Mind website.</p> <p>The session will not allow detailed exploration but highlight some of the key sections. Participants are very much encouraged to go away after the session and spend time navigating through the website at their own pace.</p> <p>Close the Burntisland clip and bring up the Aye Mind home page using your internet access www.ayemind.com</p> <p>Inform participants that the session will go through some of the key features of the website to give a flavour of content and how this can be used to support young peoples' mental health.</p> <p>Inform the participants that Aye Mind is a digital platform that brings together a suite of positive digital resources and methods for widespread use for young people and those working with young people.</p> <p>If participants have their own mobile devices encourage them to use them to access the Aye Mind site and navigate as we go through the session. You may want to pair participants up to share if some don't have a mobile device with them.</p> <p>*Please note that the website was designed to be used with mobile devices. It can be viewed on desk top computers but the design may look slightly different (it is better to open site in Chrome)*</p>	15 min	Ayemind website

Slide	Notes	Time	Resources
	<p>Start on the home page</p> <p>The home page should be your starting point and provides some information on the Aye mind journey.</p> <p>Always return to the home page if you have lost your way around the site.</p> <p>You will see at the top of the homepage there are various headings, young people, professionals, about, blog, resources, contact and help. There is also a search function in the top right hand corner.</p> <p>There are various hyperlinks on the home page that will take you straight to the appropriate pages.</p>	5 min	Ayemind website
Professional Section	<p>So let's have a look at the professional section first. This is a good starting point as it provides a workers toolkit to help those wanting to learn more about digital approaches to promote youth mental health and wellbeing.</p> <p>Firstly distribute the "Getting to know the Aye Mind toolkit handout" for information.</p> <p>Keeping on the home page. There is a link to an information video that can be accessed with voiceover on how to use the toolkit. Click on this. The clip lasts just under two minutes.</p> <p>http://ayemind.com/video-toolkit-and-gif-main-principles/</p> <p>Discussion point: what are participants thoughts at this stage, does the site seem user friendly?</p>	15 min	Getting to know the Aye Mind toolkit handout
GIF's Slide 5 & 6	<p>You will see there are lots of GIF's (Graphics Interchange Format) which are animated resources which can be used to discuss mental health and wellbeing with young people. Show some examples that have been uploaded on to the site. These are a good way of engaging young people to discuss sensitive and challenging topics like mental health.</p> <p>Highlight that anyone can run a GIF making workshop. Click on the link on the home page, for more information on how to run a GIF making workshop.</p> <p>This section offers a step by step guide on how to run a GIF making workshop. There is no need to go through each step but to encourage participants to look at this in more detail in their own time and consider it as a way of engaging with the young people they work with especially around topics such as mental health that they may find difficult to talk about.</p> <p>Distribute the GIF handout: How to run a image making session guide.</p> <p>Bring up the slides that show the GIF making workshop in action and the end results.</p>	5 min	How to run an image making session guide handout

Slide	Notes	Time	Resources
Young People Section	<p>Go back to the home page. Inform participants that we will now look at the young peoples section.</p> <p>Click on the young peoples tab. There are 6 topics, mental wellbeing stories, digital resources, keeping safe on line, young people co-design, need help now and find out more information.</p> <p>Click on each section and it will give more information. However, spend a little more time on the digital resources section, as this hosts a wide range of digital resources that can support young peoples' mental health.</p> <p>There is a drop down box that you can use to demonstrate how the function works. It offers three choices, I am a young person, I work with young people, I run youth services. Use each heading to demonstrate how the function works. When you have selected a role, it will then ask you what you want to talk about. There will be a drop down list of various themes, pick one as an example. Once you have done this, a range of digital resources will come up that provides information specific to your request.</p> <p>Please highlight that the Aye Mind site notes that it is not responsible for the content of external websites and to seek professional advice in relation to all health decisions.</p>	20 min	Ayemind website
Help Section	<p>After exploring the young peoples section, go back to the home page and click on help tab. This is to reinforce that Aye Mind cannot offer direct support for mental health issues and that the site is not continuously monitored for messages.</p>	5 min	Ayemind website
Supporting resources	<p>If anyone knows of a digital resource(s) that they would like to recommend for upload onto the site, they can use the contact tab to contact Aye Mind.</p> <p>Circulate the CYP mental health resources handout, highlight this is not an exhaustive list.</p> <p>Discussion point: do participants have any information on resources they would like to share?.</p> <p>Make reference to the Allsorts handout a simple guide to social media, this provides a simple guide to digital and social media, identifying digital platforms, what they are, what they do and how better to use them. This guide can be downloaded from http://www.allsortsyouth.org.uk/resources/other-publications</p> <p>Conclude that we all, including children and young people, access different modes of support for our mental health. These can include self help through websites, reading, accessing group or 1 to 1 support, telephone support lines, talking to a supportive adult. Digital is another mode that young people may want to use to support their mental health and one that we need to be aware and make use of.</p>	5 min	<p>CYP mental health resources handout</p> <p>Allsorts Guide</p>

Slide	Notes	Time	Resources
Activity & Slide 7	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice handout

Mini-guide: Getting to know the Aye Mind toolkit

Aye Mind helps youth-related workers, policy makers, planners and service providers be more prepared to engage with young people in supporting their mental health and in drawing on digital communication technology.

We co-designed this toolkit with practitioners. It includes practical information, case studies, resources and self-reflection for anyone interested in technology, health and wellbeing. You can read the 12 short chapters online or offline at your own pace. We encourage you to try out the activities and test different online platforms.

If you work with or support young people, then read on. This mini-guide is to help you navigate the Aye Mind toolkit.













Getting started

The Aye Mind toolkit is freely available online with a Creative Commons Attribution License.

It is broken down into short chapters. While they make more sense in order, you can also dip in and out to get to the information that is most relevant. Each chapter includes videos, podcasts, reflection guidelines and activities to help you embed the learning into practice.

The toolkit is easier to read on a desktop or tablet but is also mobile-friendly. All the tools are downloadable. You are free to use them with your teams and young people.

ayemind.com/toolkit

 <p>Before you start</p> <p>Before you begin exploring, it's important that you consider a range of issues when working with the toolkit.</p>	 <p>Mental health</p> <p>We all have mental health just as we all have physical health. Read more about spotting the signs, starting conversations and looking after yourself.</p>	 <p>Why digital?</p> <p>If we live and work with young people, we have a duty to understand, as best we can, the digital dimension of our world.</p>	 <p>Online lives</p> <p>What does the life of young people look like online?</p>
 <p>Digital tools</p> <p>Few things to think about before using digital tools...</p>	 <p>Digital landscape</p> <p>Thousands of digital tools can influence mental health. So let's take a look at what's out there.</p>	 <p>More on the benefits</p> <p>There are more benefits of using digital in promoting mental wellbeing.</p>	 <p>Risk & vulnerabilities</p> <p>As well as benefits, there are some risks to using technologies.</p>
 <p>Challenges for professionals</p>	 <p>Digital citizenship</p>	 <p>Start your journey</p>	 <p>Further reading</p>



- 1 **Before you start**, it's important to consider a range of issues: from the context and strategy, children's rights and disclosure.
- 2 This chapter will not make you an expert about **mental health** but will give you a basic understanding about spotting the signs, starting conversations and self-care.
- 3 **Why digital?** Anyone who lives and works with young people has a duty to understand the digital dimension of our world. To some, 'digital' is positive. For others, it's unknown or a distraction. Using technology comes naturally to some but might be difficult for others.
- 4 **Online lives.** We need to start by understanding our motivations: what are we trying to achieve online? Are our own experiences that different from that of young people?
- 5 What do we mean by **digital tools**? What is the context within which they are used? This chapter also gives some ideas on how to keep a critical mind and evaluate tools.
- 6 **Digital landscape** introduces the service map: <http://ayemind.com/resource-map/> and a range of tools, universal or specific to mental health. The activities guide you through NetAware and Twitter platforms.
- 7 **The benefits of digital approaches** brings new perspectives around creativity, identity, social relationships and gaming.
- 8 The fears around **risk and vulnerabilities** often block professionals but research shows that online and offline risks are not radically different. It also points out that those who are most at risk offline are most at risk online.
- 9 **Digital Citizenship** is about preparing young people for a world where technology is seamlessly integrated; about the skills to use technology appropriately.
- 10 We're glad you've made it to this chapter about the **challenges faced by professionals** and suggestions on how to approach them.
- 11 Now it's time to **start your journey**. Use the self-reflective guides to do your research, connect with others professionals. Then simply start a conversation with your young people.
- 12 A list of **further readings** that you can check out.



Mini-guide: How to run an image-making session

This guide explains how to run an image (or 'meme') -making workshop with young people. It's a hands-on and fun way to get the discussion started around mental wellbeing. They can share the humorous messages with their friends. The workshop doesn't require access to any technology or tech knowledge. Young people can bring their tablets/smartphones.

Why do it?

What will young people get?

- Young people found it easier to talk about difficult issues through light-hearted activities. It's a good roundabout way to discuss difficult topics. .
- Being able to talk about mental health in a supported environment
- Having the opportunity to make better use of Internet and social media

What will you get?

- Get to know and engage with what means of communication young people you work with use
- Start discussions about serious matters via less serious methods
- Understand how young people you work with use technology and the impact it has on them and their peers

How you can use your creations

- Things young people say give you an idea of issues they're facing or platforms they use. You might use this information to inform your work or focus of support.
- Share your images online and on Aye Mind platforms.

How to do it

Duration [40-60min]

You'll need:

- Pens or sharpies
- Post-it notes or squares of paper
- Speech bubbles [attached on page 3]
- Scissors
- Large bright paper
- Toys and building blocks materials
- Camera or smartphone

Introduce Aye Mind [4min]

It's important for participants to know why they're doing this workshop and what they'll get out of it. You can use the explanations below to start the workshop. Aye Mind is an online platform run by NHS Greater Glasgow and Clyde, Snook, Young Scot and Mental Health Foundation. It aims to make better use of the Internet and social media to improve mental health for young people.

This workshop is hands-on activity to get us chatting about mental health in a fun way. We'll be making a meme to share online. Who's heard what's a meme? Have you used one?



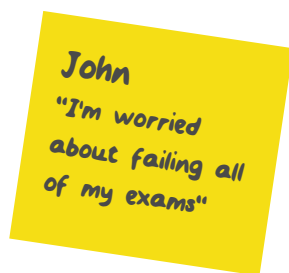
1 100 things my pal will say [5min]

This is your icebreaker activity. Ask everyone to stand up and gather around an empty wall. Each person has post-its and sharpies/pens in their hand.

You all have to come up with as many names and quotes from young people as you can for the 5mins you have.

Ask everyone to write down a young person's name and something they'll say about mental health. It can be something their friend has said recently. Or it can be something completely made up with a made up name. It can also be their name and something they'd say.

Give an example of something you'd write:



2 Speech bubbles [10min]

Form groups of 2-3 young people in each. Everyone looks at the wall and groups grab as many post-its as they want from the wall.

Now, they'll generate messages to reply to the post-its. The messages can be questions, or feel good messages written in the mini-speech bubbles.

3 Image-making [20min]

Groups choose the best messages they came up with and use them to make a fun image. They can use any of the materials you provide.

Use colourful paper as background to the photo. Arrange the scene in front - use toys and building blocks and set up an image with their speech bubble.

Once happy with the set up, take a photo on a camera or young people can use their phones. If groups have finished their image earlier than others, they can make another one.

4 Share it [3min]

If young people have smartphones, they can post the images online and tag them **#ayemind**. They can also tweet us: **@ayemind99**



Useful online tools

You can also make images online - via a computer, tablet or smartphone. Below is a selection of websites if you have access to technology and you feel comfortable with it. Get familiar with any of the below before using it:

- Website imgflip.com/memegenerator
- Website makeameme.org/memegenerator
- App [free on iTunes] - [Mematic](#)





Contact us: ayemind.com @ayemind99 #ayemind

Disclaimer: If you or anyone you now needs urgent help, call 999 for an ambulance. If you're in distress or need immediate help, there are many services you can talk to: **NHS 24 Phone:** call free on 111 or visit nhs24.com **Check for other resources:** ayemind.com/resource-map/

